

5 medspa treatments
Michael McNamara/The Arizona Republic
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Affirm laser treatment

Body area: Face, chest and neck.

Paradise Medspa & Wellness, 2060 W. Whispering Wind Drive, Suite 170,
Phoenix, 602-266-8144

What it does: We've seen how plastic surgery can tighten skin but can look unnatural. Diminishing the lines, wrinkles and even that hanging skin on our necks would be grand without going through such invasive procedures.

Affirm laser treatment helps target those troubling areas say the owners of Paradise Medspa & Wellness. It can be used to treat acne scars, sun damage, aging, fine lines and wrinkles. The laser resurfaces the deeper layers of the skin and stimulates collagen, which tightens the skin.

"You will get results with a peel sooner; this will take longer but will be more lasting," says Dr. Rebecca Weiss, co-owner of Paradise Medspa & Wellness. "It's a non-surgical face lift, with long-term benefits."

The laser is applied to the entire area you choose to treat, be it your face, neck or chest. Expect redness, but it lasts no longer than two days.

After the treatment, the skin looks tightened, pores look smaller, and lines and wrinkles should look less prominent, but it's not an instant fix. Four to six treatments are recommended to see results.

Cost: \$820 to \$2,800 per treatment for one area.

Real women say: Nancy Glasow wanted to improve the appearance of her skin. She was worried about her pores and her skin's texture.

Glasow, 59, had her first treatment of Affirm two months ago.

"I'm placing old age as the reason why I tried it," the Phoenix resident says. She says the laser felt like someone was snapping her face with rubber bands but that it wasn't too bad.

"It wasn't painful," she says. "After the first round, it didn't feel like anything."

Glasow says her face is smoother, her pores are less visible and her jowls are not as pronounced: "I think all over it's softer."

Her next treatment is going to target her neck to tighten the skin; she can't wait for those results.

"I love it. Anything at my age that makes me look better, I love," Glasow says. "There's such an improvement in the way I feel and how I look."

Tip: Stay hydrated. Hydration keeps skin healthier, fresher and younger-looking. Drinking plenty of water also will help flush out toxins.

After the treatment: SkinMedica Regeneration System, \$264 at Paradise Medspa & Wellness.