

Lasers 101: How to Zap Your Way to Perfect Skin

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While the word 'laser' may inspire thoughts of space movie props (or lights in a trendy night club), these tools are most effective in a dermatologist's office. But with so many options, how do you know which lasers – if any – are right for you? Instead of navigating unknown territory, get familiar with this basic breakdown of these highly beneficial high-beams for face and body.

Ulthera

What it does: Helps skin regain its firmness and elasticity.

Who is a candidate: Men and women with slackened skin who are not ready to move forward with a facelift. It's also for patients who are looking for preventative care.

How it works: The non-invasive treatment uses ultrasound technology to lift and tighten the skin and to stimulate collagen production, says **Dr. Stafford Broumand**, NYC based Plastic Surgeon and Associate Clinical Professor of Plastic Surgery at the Mount Sinai Medical Center. A special device is guided along the skin to administer a heating effect to the underlying tissues.

Cost: \$4,500 – \$5,500, per treatment

Recovery time: It takes up to 90 days to see the results and there is little to no downtime, however, some swelling, redness and bruising may occur.