

A photograph of three women of different ethnicities smiling and looking towards the camera. They are wearing white spaghetti-strap tops. The image is used as a background for the title.

THE SIX R'S OF BEAUTY

Retain, Relax, Resurface, Refirm, Reflate, Redrape

RETAIN

You were born with naturally beautiful skin, so the first goal is to retain that beauty. This can be done through the lifelong use of sun protection and quality skin care products. Those who start early and follow a regimented program of beauty retention will look decades younger, in their mature years, than those who do not. While good care and protection is important for the face, don't forget your neck, trunk and extremities. Additional efforts to retain your skin's natural beauty should include proper nutrition, hormone optimization, moisturization, antioxidants, vitamins and supplements. Early treatment of skin conditions such as acne will prevent scars and other destructive processes that mar your natural beauty.



RELAX

Muscle contractions can cause wrinkles, folds and creases in the skin. These include crow's feet, as well as lines on your forehead, lips, neck and cheeks.

If you see a tendency for lines in your own skin, regular use of Botox or Dysport, 3 to 4 times a year, will relax the muscles that cause creases and wrinkles, preventing them from becoming permanent.



RESURFACE

Despite our best efforts, the skin will age. In that aging process, wrinkles, scars, pigmented spots, small skin lesions, precancerous spots, keratoses, and enlarged oil glands will appear.

Resurfacing is a procedure performed with lasers, radio-frequency energy, chemical peels, or other energy sources that help restore the skin's natural beauty. These treatments are customized to the needs of each patient.

At the Ohio Skin Center, we have over 10 lasers and energy devices to better provide the perfect treatment for you. Plus, we have over 10 years of experience doing laser resurfacing.

REFIRM

Another result of aging is skin laxity. While laxity is often genetic, the sun and other environmental exposures can accelerate the problem. Therefore, skin tightening should be part of a skin maintenance program. Often skin tightening procedures are best started in the middle age of life and continued periodically as necessary to maintain firm and healthy skin. The Ohio Skin Center offers state-of-the-art skin tightening with lasers and radio-frequency devices to keep your skin tight and firm.



REFLATE

Volume lost in the face, neck and even the back of the hands is a hallmark sign of aging skin. Replacing volume with your own fat or fillers can keep you looking years younger. Younger faces have an oval appearance. As we age, we develop jowls, deep laugh lines, hollow cheeks and boney hands. Restoring volume in these areas, where it has been lost, will turn back the aging clock and restore the beauty of youth.

RE-DRAPE

A minimal incision face, neck or eye lift is necessary if the skin laxity does not respond to less invasive procedures. Threads are another way to re-drape the skin without surgery