

Glow

Beauty, Health & Wellness Magazine

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Annual Beauty Checkup 20's to 80's

The New Generation of
Breast Implants

Treating
Female Hair Loss

Surgery-free Facelift
The Pearl Lift

Relief from
Foot Problems
**Bunions
Be Gone!**

featuring

Meredith Vieira
on Connections, Inspiration
and the Days Ahead!

plus

Spotlight on Long Island • The Sweet Life: Diabetes Without Boundaries
The Professional Woman • Cooking Your Way to Gorgeous

BEAUTYCONFIDENTIAL



A roundup of what's HOT now in medical aesthetics

by Wendy Lewis

ERASE YOUR PAST

That butterfly tattoo on your arm or yin/yang symbol on your leg may have seemed like an irresistible statement in college, but as we get older tattoos fade, lose their vibrancy, and may be embarrassing in professional situations.

According to New York Dermatologist Judith Hellman, MD, "Complete tattoo removal has been very difficult, and multiple treatment sessions are always required. The number of treatments depends on the amount and type of ink used, and the depth of the ink in the skin. In some cases, the darker the ink, the easier it can be to remove because the laser can target the ink better. Tattoo removal has become better and safer with the introduction of new laser systems that get the job done faster."

When it comes to diminishing pigmentation, including tattoos as well as sun damage, the **Sandstone TriLase™** laser from Ellman International (ellman.com) delivers effective results in as little as three and up to nine treatments. With two different wavelength frequencies for resurfacing, the Q-Switched ND:YAG can be used for treatment of tattoos and pigmented lesions, and the Erbium YAG can

handle superficial resurfacing such as acne scars, sun damage, and wrinkles.

The Tri-Lase™ treats tattoos with an arsenal of light-based wavelengths that are specifically attracted to tattoo ink. In order to clear the ink from the skin, the laser system passes light through the outer skin layers targeting only the embedded ink. Energy from the laser is rapidly absorbed by the ink, which fractures into microscopic particles. Over time, the body's immune system cleans the particles from the skin, causing the tattoo to fade and eventually disappear.

Another entry in this growing category – **Cynosure®'s PicoSure** laser (cynosure.com) – works by delivering very short bursts of energy to the skin to rapidly erase almost all tattoos in fewer treatments than older lasers. "Blue and green are common in many tattoos and have been very resistant to treatment until now," says Roy Geronemus, MD, director of the Laser & Skin Surgery Center of New York. "It would take ten to fifteen or more treatments to get rid of green or blue ink in the past and now we can do that with one to three treatments. PicoSure is a quantum leap forward in tattoo ink removal."

The number of treatments required depends on whether a professional artist or an amateur created the tattoo, its age (older tattoos are easier to remove), the type of ink used, and the size of the tattoo. As Dr. Hellman says, "If you are not sure you want something permanent, don't get a tattoo."

