

Indulge Yourself

The latest and greatest in non-surgical spa treatments offered in 417-land

BY ERIN POTTBERG

The increasing popularity of reality makeover shows can leave us all wondering: "What could I do to look better... without going under the knife?" Fortunately for those of us in 417-land, a slew of treatments in local spas await those desiring a fresher appearance. In addition to traditional massage therapy, many day spas and salons offer a myriad of procedures aimed at skin enhancement, some providing dramatic results.

Face Forward

Thermage is a non-surgical facial and neck skin tightening and smoothing procedure. The first to perform this procedure in Springfield was Dr. David Randall at Springfield ENT and Facial Plastic Surgery. He began offering Thermage last October. The procedure, which has been featured on *Oprah*, uses radio frequency energy to treat the dermal layer of skin. The skin reacts, causing the collagen to tighten. Complete results are seen two to six months after treatment and should last a few years. The procedure takes about 90 minutes and there is no downtime at all. While this treatment is only available at a doctor's office, it is perhaps the newest in skin renewal.

Photo rejuvenation, or IPL (Intense Pulsed Light Fotofacial), treats brown spots, freckles, rosacea and broken capillaries. The treatment, available at Seasons Medical Spa and performed by Dr. Eugene Morrow, produces plumper skin and a brighter complexion by encouraging natural collagen production. Several treatments are needed to get desired results; however, the effects can last two to three years, depending on the amount of sun exposure you get.



Alicia Turner, certified professional esthetician, performing a European-style facial massage, one of many facial treatments offered at Seasons Medical Spa.

If injections don't bother you, a newly FDA-approved chemical may be your savior. Restylane, a thick substance similar to collagen, can minimize wrinkles and create fuller lips. It is often injected into the marionette lines that run from the sides of the nose down, also known as nasolabial folds. Unlike collagen, there is no skin test done prior to the procedure. Sylvia Glenn, the office manager at Springfield ENT and Facial Plastic Surgery, says Restylane typically lasts six months, possibly longer. So you get a little more for your money compared to collagen, which lasts three to four months.

An affordable and very popular option for skin rejuvenation is microdermabrasion, a surface treatment performed in many spas and salons. Microdermabrasion uses fine crystals/sand to remove dead skin cells. Patients with fine lines, discoloration, enlarged pores and wrinkles are

well suited for this treatment. A series of sessions are required for complete results. The procedure takes about 45 minutes, and follow-up treatments after the series are highly recommended. "We like to see our clients back in about every month or so for maintenance," says Cindy Morrow of Seasons Medical Spa. There is some redness afterwards, but no downtime.

Facials are both affordable and capable of producing visible results. These treatments are often performed by estheticians at many salons and day spas. Facials are usually done in a private suite and can be very relaxing. Facials produce some immediate results, such as skin tightening, firmness and hydration of the skin.

Beauty From the Inside Out

Deep relaxation is another focal point of spa visits. The art of massage is ancient,

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