



PHOTOS COURTESY OF NUFACE

# Turn Back Time

## New and natural non-invasive skin treatments

By **Kristin Vukovic**

Baby Boomers came of age in a culture that glamorized youth, and they're showing a greater inclination towards anti-aging products and services, which is driving industry growth. According to Transparency Market Research, the anti-aging market is expected to be worth nearly \$192 billion by 2019. But when you don't want to go under the knife or undergo harsh chemical treatments, what are your alternatives?

### LIGHTSTIM LED LIGHT

Celebrity facialist Cecilia Wong uses her eponymous skincare line with ingredients sourced from organic farms in conjunction with LightStim LED light therapy, which stimulates collagen and elastin, reduces fine lines and wrinkles and restores skin's elasticity and radiance.

"Before using the light I perform a facial massage using my Black Currant Serum, which contains Vitamin C and antioxidants," says Wong. "The heat of the light helps the serum penetrate into the deepest layer of the skin, producing an instant plump and glow." She also uses microcurrent technology in her facials to enhance age-defying results. Microcurrent facial toning sends gentle waves into the muscles to "re-educate" and restore them back to their original state, firming and lifting the face.

### NUFACE MICROCURRENT FACIAL

This treatment at Great Jones Spa in NYC provides a visible difference after just one treatment. General manager Karen Terranova recommends that clients purchase the NuFACE Trinity Facial Toning Device for at-home use to extend the benefits. "We can only do so much in 60 or 90 minutes—you need to do something every day," she says.

### GUA SHA FACIAL

Karen Terranova is always looking for a more holistic approach to the skin, which is non-invasive and healthy for the body. This fall, Great Jones Spa is introducing an anti-aging gua sha facial using an ancient Chinese scraping technique that promotes Qi (Chi) life energy flow, eliminates toxins from the skin, and diminishes fine lines, sagging, and puffy eyes.

### FACIAL REJUVENATION ACUPUNCTURE

On the West Coast, SenSpa in San Francisco is also utilizing ancient techniques for new anti-aging solutions. SenSpa's Facial Rejuvenation Acupuncture includes an herbal mask made of Traditional Chinese Herbs, organic goat milk, and organic egg whites.

Gaya Bhatnagar, an in-house licensed acupuncturist, performs this safe and

effective treatment, which reduces signs of aging by strengthening and stimulating the circulation of Qi energy within the face and entire body. The technique can eliminate deep lines by promoting collagen production, renewing elasticity, and improving muscle tone of the face and neck—while addressing underlying imbalances that may have contributed to the aging process.

Here are some natural and non-invasive anti-aging products we love.

## TOOLS

### NUFACE TRINITY FACIAL TONING DEVICE

Microcurrent technology, which has been used to treat aging in spas and medical practices for decades, became available for at-home use with this safe and effective handheld microcurrent device. NuFACE mini, a purse-size option for anti-aging on-the-go, launched in 2014. [mynuface.com](http://mynuface.com)

### LIGHTSTIM

LightStim for Wrinkles is a non-invasive solution that enables users to achieve professional-grade anti-aging results at home. LightStim for Acne heals and calms existing breakouts that are common during menopause and destroys acne-causing bacteria to minimize future breakouts. [lightstim.com](http://lightstim.com)

### REVERSE ANTI-AGING LIGHT THERAPY

Founded by Dr. Glassman, a world-renowned Beverly Hills plastic surgeon, this new LED light therapy anti-aging device from SkinClinical is the only FDA-cleared at-home LED device for full-face use with medical-grade light intensity.

“What makes Reverse so effective is the energy output, which is equal to or greater than the energy output of those LED devices that are used in professional settings,” says Dr. Glassman. [skinclinical.com](http://skinclinical.com)

### TRIA BEAUTY AGE-DEFYING EYE WRINKLE CORRECTING LASER

FDA-cleared for home use, this device is specifically designed to treat fine lines and wrinkles around the eyes in two minutes a day. Advanced laser technology passes microscopic laser beams into the skin to stimulate the body’s own natural renewal process, rebuilding new collagen deep below the surface of the skin. [triabeauty.com](http://triabeauty.com)

## TREATMENTS

### COMFORT ZONE HYDRAMEMORY MASK

Water is necessary for wellbeing—and key to a youthful appearance. Comfort Zone’s recently launched Hydramemory line harnesses hydration to help restore plump and supple skin. Hyaluronic acid, moringa oil from certified fair trade cultivations, and natural extracts prolong moisture levels for 24 hours—a perfect antidote to dry menopausal skin. [comfortzone.it](http://comfortzone.it)

### NATUROPATHICA BIO-ENERGY LIFT SERUM

Reverse the signs of aging with this new daily treatment, which contains a copper and amino acid complex that increases the quantity and quality of collagen and elastin to improve firmness and elasticity. Sea fern extracts help even out skin tone, while marsh samphire improves hydration. [naturopathica.com](http://naturopathica.com)

### EMINENCE STRAWBERRY RHUBARB DERMAFOLIANT WITH LACTIC ACID

Brightens and evens out the complexion by sloughing off dead skin cells, softening the skin, removing impurities, while moisturizing and nourishing the skin with mineral-rich thermal mud and a complex of vitamins A and C, coenzyme Q10 and alpha lipoic acid. [eminenceorganics.com](http://eminenceorganics.com)

### TATA HARPER ELIXIR VITAE

The subtitle says it all—“The Ultimate Wrinkle Solution: volumize, relax & fill.” If there ever was a cosmetic version of spackle, this is it, and more—in a good way, of course. A long list of natural ingredients work synergistically to reduce wrinkles, smooth skin, relax muscles and relax crow’s feet. [tataharperskincare.com](http://tataharperskincare.com)

### PEVONIA LIPRENEW

Lines around your lips? Pevonia’s intense anti-aging fix plumps and smooths lines and wrinkles on and around the lips. This tingling treatment counts capsicum frutescens (chili pepper) as one of its ingredients, which increases circulation. [pevonia.com](http://pevonia.com)

