

# EASE *hair studio and spa*

## HIFU

### What is HIFU Treatment (High-Intensity Focused Ultrasound)?

HIFU is a non-surgical skin treatment which is used to tighten, smooth, and firm your skin. During the HIFU skin tightening treatment, HIFU energy quickly causes the treated tissue to warm up. This heat creates something called a thermal injury which tricks the body into repair mode, thus producing new collagen and elastin.

The treatment can target different depths of your skin, from the top layer down to the SMAS which is a mesh that lays over the top of your muscle, which results in tighter, firmer, and smoother skin.

### Here's a more detailed explanation:

#### How it Works:

- **Targeted Heat:**  
HIFU devices deliver focused ultrasound energy to specific depths beneath the skin's surface.
- **Collagen Stimulation:**  
This targeted heat stimulates the production of collagen and elastin, the proteins that give skin its firmness and elasticity.
- **Skin Tightening:**  
As new collagen is produced, the skin naturally tightens and lifts, reducing wrinkles and sagging.
- **Non-Surgical:**  
HIFU offers the benefits of a facelift or body lift without surgery or downtime.
- **Areas Treated:**  
HIFU can be used to treat various areas, including the face, neck, and body.

## **Benefits of HIFU:**

- Non-invasive: No surgery or downtime is required.
- Natural-looking results: HIFU produces subtle but noticeable improvements in skin tone and texture.
- Improved skin firmness and elasticity: HIFU can help to reduce wrinkles and sagging skin.
- Long-lasting results: The effects of HIFU can last for several months to a year.

## **What to Expect During Treatment:**

- Consultation: A consultation with a qualified technician is essential to determine if HIFU is right for you and to discuss your goals.
- Preparation: No special preparation is typically needed before the procedure.
- Procedure: The technician will clean the treatment area and apply a gel.
- Ultrasound Application: The HIFU device is then placed against the skin, and ultrasound energy is delivered in short bursts.
- Post-Treatment: There is usually no downtime, and you can resume your normal activities immediately.

## **Potential Side Effects:**

- Mild Discomfort: Some people may experience mild discomfort or pain during the treatment.
- Redness or Swelling: Temporary redness or swelling may occur.
- Numbness: Temporary numbness or tingling may occur.

## **Does HIFU Skin Tightening Work?**

Yes! HIFU is well documented in clinical studies, check it out:

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## Who Is Suitable For HIFU Treatments?

HIFU is more suited to mild to moderate skin laxity. Non-invasive treatments are not likely to give those who require surgical treatment their ultimate results. Having said that, those who have more advanced skin sagging and signs of ageing can consider combining HIFU with other non-invasive skin treatments should they not be interested in surgery.

## What other treatments can be combined with HIFU?

combining HIFU with other aesthetic treatments like the PDO Threads may be appropriate, and this would be thoroughly discussed during your skin consultation and assessment.

## What is the procedure?

There's no special preparation needed before having an HIFU procedure. You should remove all makeup and skin care products from the target area before treatment.

### Here's what to expect at your appointment:

1. Our technician first cleans the target area.
2. They may apply a topical anesthetic cream before starting.
3. The physician or technician then applies an ultrasound gel.
4. The HIFU device is placed against the skin.
5. Using an ultrasound viewer, the physician or technician adjusts the device to the right setting.
6. Ultrasound energy is then delivered to the target area in short pulses for roughly 30 to 90 minutes.
7. The device is removed.

## How long does it take to see results?

While you might see some initial improvements shortly after a HIFU treatment, the most noticeable and lasting results typically become visible within 2-3 months as your body stimulates collagen production, with further improvements possible for up to 6 months.

### For example:

- **Right after treatment:**  
Some people notice subtle improvements in skin firmness and texture right after the procedure.
- **Month 2-3:**  
As collagen production increases, you'll see more significant improvements in skin tightening, reduced wrinkles, and a smoother texture.

- **Month 3-6:**  
The full benefits of HIFU, including lifting and smoothing effects, are usually seen within 3-6 months, with results potentially lasting for a year or longer.
- **Maintenance:**  
To maintain results, you may need periodic maintenance sessions, and good skincare habits, like sun protection and moisturizing, can help prolong the effects.
- **Individual Variation:**  
The time it takes to see results and the longevity of those results can vary depending on individual factors like age, skin condition, and lifestyle.

## How many sessions will I need?

For most people, 1-3 HIFU sessions are usually enough to achieve visible skin tightening and reduce fine lines, but the optimal number of treatments depends on individual skin condition and desired outcomes, which should be discussed with a professional.

### Here's a more detailed breakdown:

- **Initial Assessment:**  
Our trained technician will assess your skin's condition, including the severity of skin laxity and wrinkles, and discuss your goals to determine the most suitable treatment plan.
- **Typical Treatment Regimen:**
  - Single Session:** Many people see noticeable results with just one HIFU session.
  - Multiple Sessions:** For more significant skin laxity or specific areas, a series of 2 to 3 sessions spaced 3 to 4 months apart may be recommended to achieve optimal results.
  - Maintenance Treatments:** To maintain results, some individuals may need periodic maintenance treatments, typically every 6 to 12 months.
- **Factors Influencing Treatment Needs:**
  - Skin Condition:** Individuals with mild to moderate skin laxity may see satisfactory results with fewer sessions, while those with more severe sagging or wrinkles might require more treatments.

**Desired Outcome:** The level of improvement you're aiming for will influence the number of sessions needed.

**Treatment Area:** Larger areas or those with thicker skin may require more sessions or a higher energy level.