



NECK & NECK

The décolleté gets its due rewards with the latest technologies to hit the market

BY CATALINA MARGULIS

Thanks to all the advances in anti-aging, women are aging better than ever—at least our faces say so. But, often, as eyes scan down, a glance at our décolleté betrays our true age (hello, Madonna!) and the jig is up.

“It’s easy to spot a woman whose face doesn’t match her décolleté,” says Dr. Diane Wong, MD, cosmetic physician and owner and founder of Toronto’s Glow Medi Spa. “Most women take care of their faces and neglect their décolleté—and hands too. They

haven’t been as willing to treat issues with their décolleté due to cost, pain or downtime.”

And yet, the décolleté can be even more vulnerable to aging. With thinner skin, fewer oil glands and more sun exposure, the décolleté is especially prone to sun damage, says Dr. Wong.

So, as the apparent age of your face, it’s time to turn your attention to this often-overlooked area. Beyond extending your skincare regimen to your chest area (see “3 At-Home Remedies”), historically, options for treating

the décolleté have been few and far between. “Standard filler options were offered, [but they] often caused irregularities,” says Dr. Cory Goldberg, BSc, MD, MASc, FRCSC, FACS, a plastic and craniofacial surgeon in Toronto. “Aggressive chemical peels could also be used, but had long recovery times.”

Fortunately, a whole host of procedures are now available to treat this most age-revealing feature, offering a quick, easy and affordable solution with minimal pain or risk and little to no downtime.

PHOTOS: THINKSTOCK

INTENSE PULSED LIGHT

We’ve heard about intense pulsed light (IPL) for the face, but it can also help treat aging in the décolleté area, including superficial brown spots, redness and fine lines. According to Dr. Wong, IPL treatments use a broad spectrum of light to target brown pigment (freckles, age spots) and redness (broken capillaries, spider veins). “Collagen is also stimulated in an IPL treatment, which helps reduce fine lines and wrinkles and give skin a healthy glow and more homogeneous appearance,” she says. Dr. Wong recommends three to five treatments. Redness may appear for an hour or so, but it’s easy to cover up with makeup, she says, and there’s no downtime or anaesthesia required.

COST
\$\$\$

Approximately \$475 per treatment

FRAXEL LASER

The crepey texture of an aged décolleté is a particular pet peeve for many women at a certain age. According to Dr. Goldberg, a fractional laser, such as Fraxel, can help smooth the surface of the décolleté by stimulating new collagen growth. He recommends a series of three to four treatments. “It leaves about two days of redness afterwards,” says Dr. Goldberg, who notes that results can last for three to four years.

The Fraxel Dual laser is the latest version of Fraxel, according to Dr. Wong. She explains that it has two different laser wavelengths: a deep, penetrating wavelength ideal for deep lines and wrinkles, and a more superficial wavelength for treating sun damage and pigmentation. Bonus: The outer layer of the skin remains completely intact, which means that side effects and downtime are minimized.

COST
\$\$\$

The Fraxel Laser costs \$399 per treatment, according to Dr. Goldberg, while the Fraxel Dual Laser costs \$850 per treatment, according to Dr. Wong

VOLUDERM

For a no-downtime solution, Dr. Wong loves VoluDerm by Pollogen, which uses fractional technology, radiofrequency, galvanic electrical energy and microneedling technology to deliver controlled damage and trigger the healing process, resulting in new collagen and stimulating the body to generate hyaluronic acid (natural fillers). “It creates smoother, plumper skin that completely rejuvenates the look of the aging décolleté,” says Dr. Wong. Though there’s no downtime, redness and swelling can occur from anywhere from an hour to three days following treatment, says Dr. Wong, though she says it can be easy to hide with makeup. No anaesthesia is required. Dr. Wong recommends three to five treatments.

COST
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Approximately \$500 per treatment

FRACTORA

Fractora is another low-to-no-downtime treatment that uses microneedles, or “micropins,” and radiofrequency energy to resurface skin and stimulate collagen, plumping up the dermis and restoring skin to a more youthful appearance. It can also address vascular and pigmented lesions, according to Gina Jung, RN with the Hasegawa Clinic (hclinic.com) in Stratford, Ont. “For any dense pigmentation issues, we combine the Fractora with Lumecca IPL for complete transformation in as little as one to two treatments,” says Jung. Expect redness for 24 to 48 hours; makeup can be applied in one to two days.

COST
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From \$600 to \$2000, depending on the area number of treatments required



3 AT-HOME REMEDIES

Besides in-clinic treatments, there are other ways you can be proactive about preventing and treating aging in the décolleté area.

1 START A DÉCOLLETÉ SKIN-CARE REGIMEN. When it comes to protecting your décolleté from the appearance of aging, the same rules apply for your face. “Your general skin-care routine on your face can be carried down to your neck and décolleté,” says Dr. Wong, who adds that you should use skin-care products similar to those used on the face (think cleanser, toner, serum, moisturizer and sunscreen). “If I had to pick only one product, it would be EltaMD sunscreen, which has both UVA and UVB protection and offers greater protection than most over the counter sunscreens,” says Dr. Wong, who adds that it’s best to prevent damage rather than try to treat it later. Available at medical spas and skin-care clinics.

2 GET YOUR VITAMIN C. In recent years, vitamin C has become a major player in the skin-care industry. “Vitamin C is a great antioxidant, fights free radicals and protects against environmentally induced oxidative damage to the skin,” says Dr. Wong. She recommends a vitamin C serum that can penetrate into the dermal layers. “My favourites are VivierSkin Vitamin CE PEPTIDES, which is a serum with Vitamin C and E and peptides, and Doctor Babor Ultimate Vitamin C Booster Concentrate, an effective serum that contains 20 per cent pure vitamin C derivative.”

3 TAKE A SUPPLEMENT FOR YOUR SKIN. Besides looking for vitamin C in your skin-care products, Dr. Wong also recommends oral vitamins and supplements, such as vitamin D, omega 3s and multivitamins. Meanwhile, Dr. Goldberg stands by GLISODIN. “Oral superoxide dismutase protects the skin and reduces inflammation,” says Dr. Goldberg. “This natural product has potent enzymatic antioxidant functions that reverse and prevent skin aging,” he says. “It’s the best skin-care product on my shelf.”