

Advanced Beauty A LITTLE LIGHT RELIEF

In our eternal search for younger-looking skin, new treatments are appearing all the time. **Sam Rosenberg** investigates one such therapy available in Bushey

Working from within the stylish Bare Beauty Salon in Bushey High Street, Michelle Rose is an excellent example of the benefits of this treatment.

Michelle explains the process: “The Titan machine uses infrared light to heat the water in the cells of the deeper layer of skin, the dermis, which causes the collagen – the connective tissue which helps give skin its elasticity - to contract and tighten.”

It was also quite refreshing that unlike other places that promises you the face of Cheryl Cole and the body of Elle McPherson if you have this or that treatment, Michelle minimises your expectations and explained I wouldn’t walk away after my 30 minutes treatment looking like I have had a face lift, but it would be on my 3rd treatment that I would really notice a difference.

However after my first treatment I did look different and a friend passed comment later that day that my skin looked good!

I have been really pleased with the results after just two treatments and have noticed a significant difference on **my jowel** area and the fine lines around my mouth.

The result is that skin plumps up, smoothing out lines and softening deep wrinkles. And as the treatment also stimulates the production of new collagen, the effects continue for some months.

Michelle says, “The great thing is, unlike any kind of invasive surgery, this makes you look better, not different.”

Plus, there are minimal risks with the treatment. Other light and heat treatments have been known to affect the fat layers in the skin, which can cause dimpling. As TightLight heats only the water in the cells, there is no risk of this.

Michelle, with her smooth, healthy, young-looking skin, is a great advert for the treatment she sells (she’s had four treatments herself), and she oozes warmth and frank honesty.

There’s no hard sell, and she will even refuse to treat people if she feels it would be inappropriate,



See the difference for yourself with this before and after example of the treatment.

ate, or a waste of their money.

For instance, she says, “I advise smokers that it’s a waste of time having this treatment – smoking just kills your skin. And I’ll refuse treatment if someone is over 70 and very lined. Collagen regeneration past the age of 70 is just not efficient enough.”

The results will not be the same for everybody – the Titan works best if you have a healthy lifestyle, don’t smoke, eat well and exercise – oh, and if you’re younger. Which is the catch 22 with this kind of treatment - the people who need it less are the people for whom it has the best results.

Most people need two or three treatments, each one month apart. “After that, a top-up once a year is a good idea,” says Michelle.

The most common use for the Titan is on the face, but it can be used just about anywhere on the body, including the buttocks and upper arms. Michelle has used it on post-pregnancy mothers whose stomachs have become lined, but she stresses that it’s not a fat removal treatment. About the only area Titan can’t treat is around the eyes.

“You have to protect the eyes from the infrared light,” says Michelle. “In fact, you have to wear goggles with a facial treatment, so it can’t be used on crows’ feet or under-eye bags.”

So who is Titan for? ‘Most of my clients are aged between 40 and 60,’ says Michelle, ‘though Titan also works well as a preventative measure for younger clients.

‘I get people from all walks of life – some people have saved up for years to have this done because it’s something they really want. Even men have this treatment - male clients make up about five per cent of my total.’

Prices for a Titan treatment range from £350 to £750. To contact Michelle, phone 01702 346828, email bushey@tightlight.co.uk, or visit www.tightlight.co.uk.