



## There's a "Yoga For Your Face" Facial

Utilizing a combination of radiofrequency and microcurrent, the beauty treatment claims to shorten and lengthen the muscles in your face, toning them and resulting in a more lifted look. Ultrasonic technology, radiofrequency, and LED light therapy are also part of the treatment, promising to encourage cell renewal, push topicals deeper into skin, and stimulate skin cells. The esthetician focused on the areas of my face where the muscles are very active and gravity takes hold first (think nasolabial folds, the forehead, and the jawline).

- **The Experience:** After some standard facial procedure (cleansing, exfoliating), my esthetician first used an ultrasonic machine to help deep clean my complexion.
- **The Derm's Take:** While I enjoyed the facial, I was still curious about the muscle-toning aspect, so I asked New York City cosmetic dermatologist Paul Jarrod Frank to weigh in on the benefits of these kinds of beauty treatments.
- It was totally painless—a definite improvement over typical extractions.