

Everything you need to know about collagen-boosting skin treatments



At Gidon Aesthetics & MediSpa in Toronto, Dr. Martie Gidon proposes Clear + Brilliant laser, a mild maintenance treatment that requires just 24 hours of downtime (consider it a step up from IPL but not as intense as Fraxel). Ideal for stimulating collagen in young people, it treats millions of microscopic zones to refresh your skin from the inside out. Follow it up with OxyGeneo, a treatment that uses a brightening exfoliator and serum, and the result is immediate: smooth, glowing skin, says Gidon.

Thermage radio frequency remains the gold standard for skin tightening and lifting, adds Gidon, who has been offering the procedure for 12 years. Only one treatment is required and it's more economical than other devices that require multiple treatments. A "mini facelift," Thermage firms skin on the face and neck using heat that tightens the existing collagen and stimulates collagen growth. It also shrinks oil glands, reducing acne and skin oiliness, refining pores and minimizing scars. Combine Thermage with laser treatments well in advance of that red carpet event and movie star skin isn't so far-fetched.