



What is RF Skin Tightening and how does it work?

Radio frequency (RF) is an advanced technology that safely heats the collagen in the skin (dermis). If sufficient energy is delivered, the collagen will contract, providing an immediate change in skin appearance. The treatment also triggers a second process of new collagen production, leading to a significant change in skin appearance. A result of collagen remodeling is tighter, younger looking skin. RF has two major intrinsic advantages over other technologies: 1) it penetrates deeper into the skin and 2) it is not affected by skin color.

What are the disadvantages of other types of available RF treatments?

Earlier types of RF technology either penetrated too deeply into the tissue, which can be painful and may result in surface or sub-surface burns, or they deliver heat too superficially which limits their clinical benefit.

Which areas of the body can be treated with ComplexCity RF?

The ComplexCity RF technology is efficient for most body areas: face, neck, & body are all commonly treated areas.

Through our research, we have found that different body areas require different energy parameters. We offer different applications which are customized for various body areas, with dedicated hand pieces for most effective treatment results.

What should I expect during treatment?

During the procedure, the deep skin layers are gradually heated, while the skin surface remains around 40° C (hot shower temperature). Your skin temperature will be constantly monitored. Depending on the size of the treatment area, treatment may take between 15-60 minutes. The treatment is relaxing, pain free and carries no side effects.

What is the recovery time?

Following treatment, you may immediately resume all routine activities. You may notice slight redness around the treatment area, which usually disappears in a couple of hours.

How many treatments are required to see results?

According to your treatment program, ComplexCity Spa will offer a series of treatments. Usually 8 treatments achieve the best results, in 3-4 week intervals. You should start to see improvement in your skin following the 2nd treatment and additional improvement will gradually appear as the treatment course progresses. As new healthier collagen is formed, tighter, more natural looking and firmer skin will be produced. The gradual improvement in your skin will continue even after completion of the treatment series.

How long does each treatment take?

The length of the treatment depends on the size of the area treated. Generally, it takes about 30-60 minutes.

How long does the effect last?

The improvement in skin quality should be long lasting, 1 year on average. Some patients seek 1-2 treatments per year for optimal maintenance. However, maintaining the results of, for example, body skin tightening treatments, is also subject to a person's calorie intake, exercise and lifestyle. So, a balanced diet, proper exercise program and healthy lifestyle will help to maintain the desired treatment effects.

Why does our skin lose elasticity and start to sag?

Even with a healthy lifestyle and minimal sun exposure, our skin gradually loses its firm, youthful look. Aging, cumulative sun exposure, multiple pregnancies, and weight fluctuation are all factors which affect the strength and elasticity of the collagen fibers in our skin. This, in turn, causes the wrinkles and sagging skin.