

NIR (NEAR INFRARED) SKIN TIGHTENING INFORMATION



WHAT IS NEAR INFRARED SKIN TIGHTENING?

Near infrared (NIR) skin tightening is a non-surgical, non-invasive skin rejuvenation treatment. It uses infrared light energy to penetrate the tissue underneath the skin's surface, leaving the top layer of skin unaffected. The light energy heats the water in the skin tissue which causes the collagen fibres to contract and tighten.

WHAT AREAS CAN NIR TREAT?

Chin & jowls, crow's feet, forehead, neck & décolletage, upper arms, hands, buttocks, abdomen and thighs.

IS THE TREATMENT PAINFUL?

You should not feel any pain during the NIR skin tightening. You will feel a warm sensation and building of heat that may become slightly uncomfortable at times.

ARE THERE ANY SIDE EFFECTS?

Because the treatment involves heating your skin to a relatively high temperature, you should expect some redness afterwards. You may also have some mild swelling, but this and the redness should settle down within a few hours (24 hours at most).

HOW SOON CAN YOU SEE RESULTS?

You should notice your skin looking firmer immediately after the treatment. The most significant results happen gradually over the following 2-3 months. In this period, the tightening becomes more visible as the skin forms new collagen.

HOW MANY TREATMENTS ARE RECOMMENDED?

Most people benefit from a course of 3-6 treatments, at intervals of up to 3 weeks. During your consultation for the procedure, we will discuss the number and frequency of treatments that you need to achieve optimal results.

HOW LONG DO THE RESULTS LAST?

NIR skin tightening treatment can help to reduce some of the visible signs of ageing skin. It is expected the results from the treatment to last for a year at the least, and more often up to 2 years. NIR can't completely halt the ageing process- you may continue to need top-up treatments to maintain results.