

THE LIFT WITHOUT THE KNIFE

Why everyone's talking about Ultherapy



Kristine Azaryan, MD, PhD,
dermatologist and the owner
of the Azaryan Medical clinic

Looking fresh and radiant doesn't have to mean surgery anymore. One of the most talked-about ways to gently lift and define the face without going under the knife is Ultherapy – a high-tech ultrasound treatment that works deep beneath the skin's surface.

The secret lies in something called the SMAS (Superficial Musculo-Aponeurotic System) layer, the network of muscles and ligaments under the skin that gives the face its shape and structure. When plastic surgeons perform a facelift, this is exactly the layer they're working on, yet Ultherapy can reach it without a single cut by using focused ultrasound energy that gently warms the tissue. This heat wakes up the skin's natural repair system, encouraging it to make fresh collagen – the protein that keeps skin firm and smooth.

Kristine Azaryan, MD, PhD, dermatologist and the owner of the *Azaryan Medical clinic* emphasises that the change doesn't happen overnight, and that's part of what makes it so natural. Over the next few months, your skin slowly tightens and lifts as new collagen builds from within. The result

is a refreshed, firmer look – but you still look like you.

Ultherapy can work for almost anyone, but it's especially popular with people in their 30s to 60s, when the first signs of sagging tend to appear. Maybe the jawline isn't quite as sharp, the cheeks feel a little heavier, or the brow isn't as high as it once was. Ultherapy can help bring everything gently back into place without changing your natural expression.

The treatment doesn't require recovery time, doesn't leave scars, and is suitable for both women and men. It's often used to lift the brows, firm the cheeks, smooth the jawline, define the chin, and tighten the skin on the neck and décolleté.

As Dr. Azaryan explains, one of the reasons Ultherapy has earned so much trust is its proven track record – it's the only SMAS-lifting technology approved by the U.S. FDA, which means its safety and effectiveness have been thoroughly tested. During the procedure, the doctor can actually see what's happening beneath the skin in real time, ensuring that the energy is delivered with precision exactly where it's needed. The lifting effect can last for up to two years, and most patients experience little to no side effects – there is no pronounced swelling or bruising, and scar tissue does not form.

What also makes Ultherapy special is how well it works with other treatments. Think of it as the foundation of your rejuvenation plan – it strengthens everything underneath, while other procedures, like mesotherapy for hydration, fillers for volume, or gentle laser treatments for a smoother texture,



take care of the surface. The result is fresh, lifted skin that looks healthy and natural, not 'done'.

Combining it with biostimulants such as Radiesse allows for a double lifting effect – Ultherapy strengthens deeper tissues, while Radiesse stimulates even more intense collagen production, improving skin thickness and elasticity and giving the face a fresh and firm appearance. The procedures can be performed on the same day or gradually, depending on each patient's individual plan.

Ultherapy is often chosen as a preventive alternative to surgery for patients with mild signs of aging, after surgery to maintain and prolong the results of a surgical lift, or as a transitional solution if the patient is not yet ready for an invasive solution. This approach allows you to maintain a naturally youthful appearance with minimal intervention. It isn't about changing how you look – it's about bringing back what time has softened. It's a quiet and subtle way to turn back the clock and feel like yourself again, only fresher.

AZARYAN
MEDICAL CLINIC

To make an appointment:

Address: Tēriņu iela 79, Rīga
Phone: +371 24 400 333
+371 67 244 333
Email: info@azaryan.lv
Web: azaryan.lv