

## How Radio Frequency Skin Tightening Works

Radio frequency skin tightening works by utilizing radiofrequency (RF) energy to heat skin tissues in the subdermal level. This, in turn, stimulates collagen production and causes fine lines and sagging skin to be significantly reduced. The contraction that is induced by heating the skin tissues creates a visible tightening effect on the target areas.

You can compare RF with laser technology which uses high-frequency light waves, as both are non-invasive techniques for heating the deep layers of skin.

However, you should take note that RF uses only low frequency and yet is able to penetrate deeper than laser does.

According to the [American Board of Cosmetic Surgery](#), the advantage of radiofrequency over laser technology is that RF performs the lifting effect from deep within, unlike with laser that only works on improving the surface.

Also, you're likely to experience discoloration, burns, and irritation the more often you undergo laser tightening treatment.

RF, on the other hand, can be used for all skin types as it won't interfere with your skin's natural barrier.

### 1. Non-Invasive Treatment

If you're afraid of Botox and other facelifting or body contouring surgeries, then the RF route is best for you.

No surgical knife, injectables, or any other invasive tools will be used on you if you prefer to undergo a radiofrequency treatment for achieving tight skin.

The RF energy does the contouring and lifting jobs that typically belongs to surgical knife and related tools.

### 2. Zero-Downtime

Zero-downtime in cosmetic surgery means that there's little to no recovery time at all since the procedure isn't likely to cause interruption of your daily lifestyle routine.

The radiofrequency machine has the power to transform your face and body in just 30 minutes.

You can walk out of the treatment room without having to undergo a recovery phase. Hence, it is ideal for women who need to go back to their normal routine every after treatment.

### 3. Scar-Free Facelift

Next to knife penetration, the worst part of getting a surgical facelift is the scarring that lingers after the treatment.

This is especially difficult if you've had it done on your face.

Thankfully, this isn't the case with RF machine as it uses energy to penetrate the skin, thereby leaving the surface unharmed.

Also, unlike laser, it doesn't cause burns that often lead to skin discoloration among frequent users.

### 4. Boosts Blood Circulation

If your face is looking dull, it is probably due to poor blood circulation.

A good side-effect of radiofrequency treatment is that it stimulates your blood to flow in your areas of concern through causing a microinflammation.

Not that this inflammation can hurt you, but it is actually part of what draws the elastin and collagen to your skin layers.

By boosting your blood circulation, you can achieve a rosy glow and even make the skin around your eyes brighter.

### 5. Targets Cellulite, Reduces Wrinkles, And Contours The Body

If anti-aging serums are not working enough for your beauty concerns, it's probably time to use RF machine.

It can bust out cellulite, zap wrinkles and fine lines, and even eliminate fats through thermal heating of your skin tissues.

## What Is A Radio Frequency Facial?

**Radio frequency facial is the use of RF technology to stimulate collagen and elastin production in areas prone to wrinkling and sagging. It resembles a facelift, but only without surgery and scarring. You can have this facial for when you want to contour your face, particularly the jaw area, as well as to improve skin elasticity.**

For some women, there are other benefits of undergoing an RF facial other than for skin firming.

Apparently, you can also have it to eliminate acne, dark under-eyes, and age spots.

In other words, RF facial simply means you're applying the device on your face where most of your concerns are visible.

## **How Long Does Radio Frequency Treatment Last?**

Each session of radio frequency treatment lasts for about 10 to 60 minutes. For best results, it is said that you'll need to do sessions every 4 weeks. Most programs meant to diminish signs of aging involves 6-10 sessions. This is often followed by ongoing maintenance to retain the effects. Similarly, skin tightening will continue to be visible up to 12 weeks of post-treatment.

## **Are Radio Frequency Skin Treatments Safe?**

Radio frequency skin treatments are safe whether it is performed at a clinic or at home. Most RF machines are FDA-cleared, meaning, it is risk-free for users. Since it is non-surgical and doesn't interfere with the skin barrier, there are no reported permanent side-effects in using radiofrequency treatments.

## **How Often Can You Do Radio Frequency?**

Depending on the device you use, you can do radio frequency for around 12-15 minutes per session. You can repeat the session 2 to 3 times a week. You must keep it at this pace for 6-8 weeks for best results.

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