

What is SMAS Therapy?

SMAS Therapy is a skin tightening treatment that uses HIFU, which stands for High-Intensity Focused Ultrasound. HIFU is a revolutionary technology for skin tightening, because it is one of the only non-invasive technologies that can target the Superficial Muscular Aponeurotic System (SMAS) layer without surgery. By encouraging the growth of collagen in the SMAS layer as well as the surface layers of the skin, this treatment can produce long lasting results from a single session.

SMAS Therapy helps to reduce signs of ageing such as lines, wrinkles and crow's feet, and can tighten the skin in areas such as the face, neck and décolletage.

How does SMAS Therapy work?

SMAS Therapy is ideal for facial skin tightening. When the applicator is placed onto the skin, it emits tiny ultrasound beams into the skin at predetermined depths. The depth of 1.5mm is used to target the epidermis, the depth of 3.0mm targets the dermis and the depth of 4.5mm is used to treat the SMAS layer. These ultrasound beams converge under the skin, creating invisible micro-holes. By doing so, this stimulates the repair and strengthening of collagen fibres, which work to tighten the skin and give it a firmer appearance.

Ultrasound gel is applied prior to the treatment. You may feel a warming sensation when the micro-holes are formed.



Post-treatment care

It is normal to notice redness, tenderness, and swelling after the treatment. These side effects generally fade within a few days. Please follow these instructions below, which will help you to get the best results:

Apply C TOX Serum at least once a day following the treatment.

Do not use hot showers, saunas or steam rooms for at least 72 hours after the treatment.

Do not undergo any other treatment involving heat for at least a few days.

Wait at least a week before going ahead with any Botox or fillers.

Stay hydrated during and after the treatment to aid the healing process.

You can wear make-up after the treatment.



When will you see results?

It is important to remember that the results from SMAS Therapy are gradual, and will develop in the weeks following the treatment.

Generally our clients can see the full effects of the treatment around 3 to 6 months after the procedure. We advise that you take a picture before the treatment, and use this for comparison, as some of the changes may be subtle.

Before & After



FAQ (Frequently Asked Questions)

Can SMAS Therapy be conducted on the eye area?

SMAS Therapy can be performed surrounding the temple area and forehead, but cannot be used to treat the eye area. This is due to the nerves, as it may cause high levels of discomfort.

How many sessions will I need?

Typically, clients see results from one session of SMAS Therapy. However, some clients may benefit from a top-up treatment to see the best results.