

# A FACE ODYSSEY

Dr. Halland Chen is one of those people whose age is nearly impossible to ascertain. Fit and with nary a wrinkle or frown line in sight; if one were to see him on a college campus he might easily be taken for a young man barely past drinking age. Meet the doctor at his Park Avenue office however, and the guessing game becomes more difficult. Adding up medical school, residency, a medical career in Miami and now a thriving practice situated in one of Manhattan's most well-heeled neighborhoods and it's clear that despite appearances Halland Chen must be older than he looks. All in all, it's a very good problem for a physician who specializes in regenerative medicine to have – the good doctor is his own best piece of advertising. "I laser myself pretty often!" he quips when asked how he maintains a face that would make Dorian Gray jealous and I – who is there for my own Pure Glow Laser facial – am sold.

At a cost of about \$350 per session, the expense of the Pure Glow Laser Facial is less than one might expect given the futuristic accouterment used in the process. "It's around the same someone with a coffee habit might spend on lattes," Dr. Halland says with a smile. "But this is better, coffee doesn't help make you look younger."

To better understand Dr. Halland's approach to turning backtime, one must understand Dr. Halland. With a practice initially specializing in sports injury and pain management, Dr. Halland began researching ways to capture the benefits of regenerative therapy – a concept he was already using to increase cell turnover in his pain and sports medicine patients – in a way that could be applied to help reverse the visible signs of aging. The research answered with a resounding, 'YES'.

"I'm using second generation technology of the Nd:YAG laser," explains Dr. Halland. "The process begins with the application of a glaze that encourages the laser to target dead skin layers. After the glaze is applied, I begin to use the laser – making adjustments to its settings as I go in order to best pinpoint the areas that need to be addressed". Targeting age spots, discolorations, fine lines and enlarged pores that are the bane of many, Dr. Halland points his laser and poof – they're gone. "What the laser does is actually vaporize the dead cells – so what the patient sees are immediate results. We're working on a cellular level to achieve in seconds what would ordinarily take months to accomplish."

Despite all the banter about lasers and vaporizing trouble spots, the treatment itself is remarkably pain-free and the pre/post treatment ministrations rather pleasant. After gently cleansing my face, an assistant fitted me with eye protection and applied a layer of the conductive glaze. I'm comfortably settled and Dr. Halland begins the actual treatment. Once he's begun, it's the

noise that startles me more than the sensation – a popping and snapping not unlike the sound of water droplets hitting hot oil. The sensation itself has been compared to having a rubber band snapped against the skin but for me, it was more akin to the feeling of sleet pelting my face – not particularly desirable but certainly not painful.

After about 20 minutes, I'm done and a cooling gel is applied to my face. A final cleansing, some moisturizer and I'm ready for the big reveal... and what a reveal it is. My pores are noticeably smaller, traces of redness near my nose and chin have mysteriously vanished, tiny dark spots on my cheeks are gone and my skin feels tighter. I'm amazed, not to mention impressed. "There's no downtime with the Pure Glow Laser Facial," explains Dr. Halland. "You can come in before a special occasion or in between meetings and not worry about redness or irritation."

Results vary from person to person, but for most of his patients Dr. Halland recommends a regime that includes visits every four to six weeks. When used in conjunction with a daily skin-care routine and in combination with injectables like Botox and Restalyne, the laser has infinite potential as the missing link in a veritable trifecta against aging. "The immediate results you are seeing are from the rapid exfoliation," Dr. Halland explains. "Long-term results include regeneration of the cells and collagen production... it's not a resurfacing, which is more superficial - it's a retexturing of the skin" — GINA SAMAROTTO