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The best skin treatments for acne, wrinkles and more in your city

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No needles or knives involved



Image: Bikramjit Bose

If you're still under the impression that in-office dermatological treatments are largely limited to Botox or surgery, you're missing out. Skin treatments don't always have to be invasive—especially if you have a phobia for needles or knives—in order to be effective and deliver promising, long-lasting results. Here's our city-specific guide to the best in the business.

WHAT: Venus freeze

WHY: Sagging, serious wrinkles, lost elasticity

HOW: It's touted as an alternative to plastic surgery if you want to get rid of loose skin from your face or body. The targeted areas are hit with multi-polar radio frequency, which increases heat in the underlying tissues. With the increase in temperature, the body is forced to switch on its healing mechanism, which, in turn, stimulates the production of collagen and new elastin fibres. This active collagen helps skin contract and look tighter, and reduces cellulite and the appearance of wrinkles. It's the painless, more pleasant version of a face lift.

WHERE: Skinfiniti Aesthetic and Laser Clinic, Mumbai; Cosmetic Studio, Bengaluru

WHAT: ClearLift laser

WHY: Pigmentation, dullness, uneven complexion, redness

HOW: Clearlift is a non-ablative fractional laser. It sounds way scarier than it actually is. A laser is essentially a narrow band of light that allows dermatologists to precisely target areas they want to treat. It also allows them to target deeper tissues without resorting to surgery. Clearlift works by creating tiny thermal zones called pixels, which contain damaged tissue, leaving healthy tissue intact. It stimulates healing and kick-starts the production of more collagen. Because the laser is incredibly gentle, it can even be used around the sensitive eye area if you're struggling with dark circles.

WHERE: Skin & You Clinic, Mumbai; Dr Jayanthi Ravindran's Tamira, Chennai

WHAT: Radiofrequency microneedling

WHY: Severe acne scars

HOW: True, this treatment involves needles, but not in the way you think. The device contains insulated microneedles that can reach your dermis and deliver a radiofrequency pulse into the targeted tissue. The radiofrequency energy is released in short bursts to trick the skin into creating new collagen fibres, which heal and fill acne scars. It sounds painful but the procedure begins with the application of a topical numbing cream, so any discomfort you feel will be minimal.

WHERE: Derma Med Spa, Chennai; Arshi Skin & Hair Clinic, Hyderabad

WHAT: Oxygen-infused facials

WHY: Dull skin

HOW: The premise behind the treatment is that exposure to polluted air, alcohol, smoking and poor diets prevents your skin cells from receiving the oxygen it requires to look healthy. This facial restores all that missing oxygen. First, a nutrient-rich anti-ageing or brightening gel is applied on the skin depending on your skin condition, which is activated using a little capsule. This process instigates a chemical reaction that produces carbon dioxide bubbles that burst on the skin, removing dead skin, decreasing pores and erasing fine lines. The carbon dioxide also pulls oxygen-rich blood to the surface, helping detox skin and enabling better absorption of the active ingredients. The result: revitalised skin texture and a healthy glow.

WHERE: Kosmoderma, Bengaluru; The Ageless Clinic, Mumbai; Skin Alive, Delhi

WHAT: Chemical peels

WHY: Pigmentation, acne scars, large pores, new fine lines and wrinkles

HOW: While the term sounds horrid—why would anyone use a chemical on their face that causes their skin to peel!—they’re actually more effective and less damaging than traditional granular exfoliators or scrubs. The fairly simple technique involves the application of a solution that removes dead skin cells and stimulates the production of collagen, which leaves you with younger, tighter and brighter-looking skin. The intensity of the peel (superficial, medium or deep) and the acid used (AHAs like glycolic acid, BHAs like salicylic acid or lactic acid) are determined only after a personal consultation and matched to your specific skin type and problem areas.

WHERE: ISAAC, Delhi; Skin & You Clinic, Mumbai; Skinlab, Bengaluru