

Rejuvenate Your Face with Renuva at GoodSkin

Susan Romero | August 18, 2024

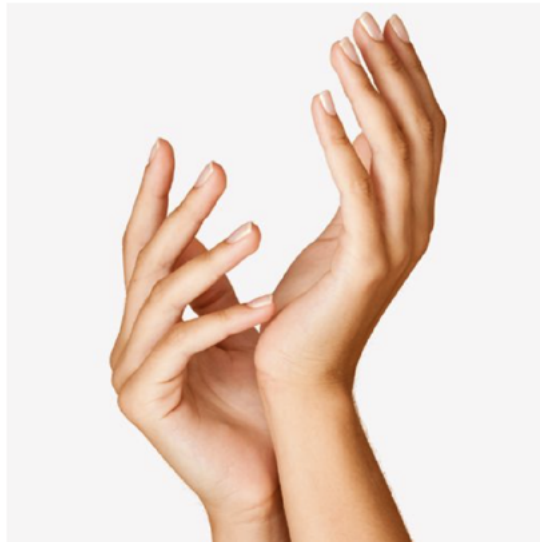


This summer I decided to try a bioregenerative treatment called **Renuva**, which helps to restore volume in the face. Although this treatment has been around for years, it is just now becoming popular, and I was excited to try a more natural way to increase fat in the parts of my face that have lost volume over the years. I recently visited Lisa Goodman, PA, founder of GoodSkin Clinics, to experience Renuva, and tour her amazing, modern office.



When I arrived at GoodSkin Clinics, I was so impressed with the high ceilings, neutral, comforting earth tones, and soothing atmosphere, that I was more than ready to relax in the comfortable treatment chair. Each treatment room has glass doors, allowing you to see inside, which contributes to the open, airy feeling of the office. The natural light, even on the rainy day that I went, was plentiful, and flowed throughout the space.

Goodman's staff is top notch, and so welcoming that anyone would feel comfortable, and in good hands before their treatment. So many aesthetic treatment offices can feel sterile and add to the anxiety you may feel. Not so at GoodSkin. I first met with GoodSkin's Patient Advocate, Bo Kim, who instantly made me feel relaxed, and explained the next steps. My consultation began with thorough 3D photos, from different angles, and a meeting with Lisa Goodman. She really takes time to focus on your face and come up with the best treatment plan that will make you have the GoodSkin "untouched look." Goodman also discussed the purpose of Renuva, and what I could expect from the treatment.



I discovered that Renuva is ideal when your face loses fat, like mine, resulting in hollowed cheeks, temples, fine lines, and wrinkles. It can also be used to fill out hands that are one of the first parts of the body to show age. Injecting Renuva will cause your body to create more fat that has been gradually lost over time. Goodman explained that the results of Renuva are subtle, and take time to appear, but can last for up to ten years, which is the life of a fat cell.

After numbing the treatment areas on my face, Goodman skillfully injected Renuva into my temples and in the hollows of my cheeks. The injections were only mildly uncomfortable, and afterwards, I had slight swelling and a light bruise in one area. Although there was swelling, I could see results in my temples and cheek area immediately. One difference between Renuva, and Sculptra, which I had tried in the past, is that with Renuva I did not have to massage my face post treatment. Another plus for me was that I felt much less soreness and discomfort, and it dissipated faster.



Over the next week, the swelling diminished and I noticed more fullness in my temples and cheeks than I had before. It is exciting to know that Renuva is working gradually to rejuvenate fat naturally and subtly, without anyone noticing a sudden change. That is the beauty of Renuva, along with the fact that it does not require frequent, regular treatments to maintain results.

I highly recommend trying Renuva at GoodSkin if you have lost volume in your face. It is a game changer, and a genuine, long-term solution, if you are willing to be patient and allow your body to work its magic with a little help from Renuva. It is also important to go to skilled and knowledgeable practitioners, such as Goodman, and her team, who are experts at analyzing your facial structure, and can recommend how you can look your untouched best. Visit <https://www.goodskinclinics.com>.

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