

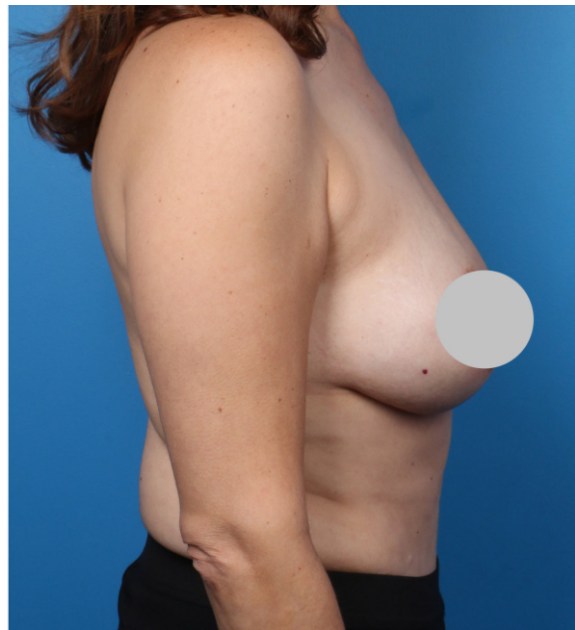
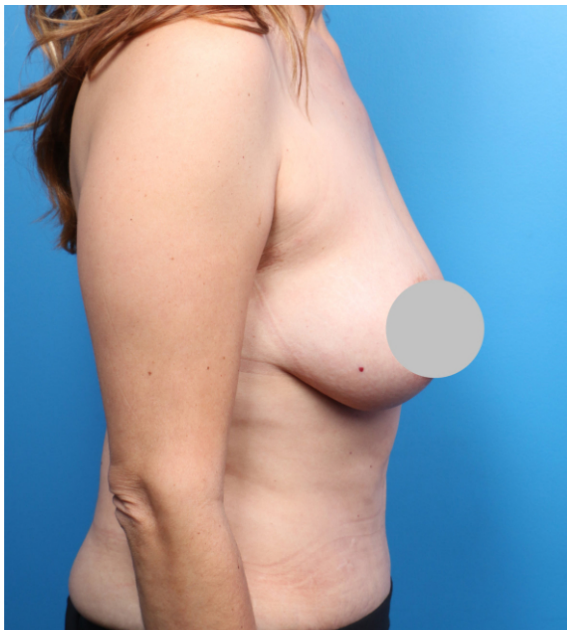


A Scarless Breast Lift That Takes Just One Hour Has Arrived

DANIELLE DIRECTO-MESTON



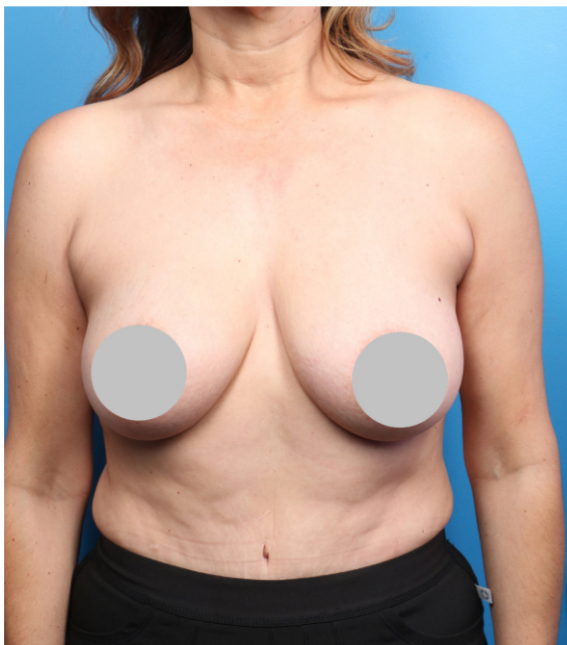
There's a new breast lift option that takes about one hour and requires zero incisions. ThermiBreast gives boobs a boost without scars and in drastically less downtime compared to traditional treatments. "ThermiBreast is best for those requiring only a few centimeters of lift and avoiding surgical scars," says Beverly Hills-based board-certified plastic surgeon [Dr. Lisa Cassileth](#), who's the first to offer the treatment in Los Angeles. "The typical surgical breast lift, by comparison, has a two- to three week recovery time and requires incisions around the areolae, as well as often vertically down to the crease on the breast and under the breast, [which is] called the 'anchor' scar."



The minimally-invasive procedure landed on the market in October 2016 and uses a radio frequency device equipped with a small probe, which heats body tissue to a specific therapeutic temperature. That heat allows doctors to rejuvenate the skin and lift, tighten, and round the breast in a single session.

Patients can see improvements as soon as one to two weeks after treatment, says Dr. Cassileth, "with maximum results seen within 5 to 18 months." Recovery takes approximately two days, and patients can expect mild bruising and swelling and should avoid active workouts for about a week, she says. "Patients [should] wear a supportive bra, but may shower and participate in day-to-day activities."

ThermiBreast starts at \$5,000 and is available nationwide; check out another before-and-after photo below and tell us in the comments if you're considering the procedure.



Main image: [Victoria's Secret](#)

WELLNESS

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