

Facial Rejuvenation Procedures Comparison

Treatment ¹	Average Cost ¹	Annual Maintenance Cost ³	Average Satisfaction Rating ¹	Down Time, days ¹	Lift Cheek	Lift Brow	Naso labial Folds	Forehead Creases	Lip Wrinkles	Fine Wrinkles	Crows Feet	Improve Skin Tone	Eye Hollows	Eyelid 'hood'	Neck	Acne	Reported Side Effects & Contraindications ¹
SCFR® Second Chance Facial Rejuvenation (microcurrent)	\$1795 (full 12-session regimen over 6 - 12 weeks)	\$400 - \$500	98%*	0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	increased energy, reduction of high blood pressure and 'bad' cholesterol, weight loss, improved eyesight; contraindication: epilepsy
Botox	\$500/item₂	\$1500 - \$3000/item₂	64%	1-14	✗	✗	\$500 ea ²	\$500 ea ²	\$500 ea ²	✗	\$500 ea ²	✗	✗	✗	✗	✗	nausea, flu syndrome, headaches, fatigue, light-headedness, respiratory infection, forehead and eyelid drooping, redness, pain, swelling, numbness, chest pain, speech problems, double vision, bruising, muscle weakness, bleeding
Cheek Lift	\$7,200		53%	3 - 7	✓	✗	✓	✗	✗	✗	✗	✗	✓	✗	✗	✗	pain, infection, bleeding, numbness, facial nerve injury, change in ear position, nausea and vomiting, hair loss, bruising, scarring, medical risks (can be fatal) due to anesthesia, etc
Contour Thread Lift	\$3,300		27%	3 - 7	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✓	✗	pain, infection, bleeding, numbness, facial nerve injury, change in ear position, nausea and vomiting, hair loss, bruising, scarring, medical risks (can be fatal) due to anesthesia, etc
Dermabrasion	\$1,500	\$1500 - \$3000	67%	14 - 28	✗	✗	✗	✗	✓	✓	✗	✓	✗	✗	✗	✗	permanent uneven skin color, skin darkening or shiny skin, scars, redness, acne flare-up, infection, allergic reaction; no shaving or waxing for 2+ weeks, avoid aspirin or ibuprofen for 1 week, no active sports for 6 to 8 weeks, no sun exposure for 3 months
Surgical Facelift	\$11,600		82%	5 - 10	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	pain, infection, bleeding, numbness, facial nerve injury, change in ear position, nausea and vomiting, hair loss, bruising, scarring, medical risks (can be fatal) due to anesthesia, etc
Fractional Laser	\$1,500		69%	3-14	✗	✗	✗	✓	✗	✓	✗	✓	✗	✗	✗	✓	intense pain, scalling, peeling, blistering, crusting, swelling, infection, ingrown hairs, milia (surface cysts), erythema (redness), postinflammatory pigmentation, skin discoloration
Juvederm	\$800/item₂	\$2400 - \$3200/item₂	62%	1-14	✗	✗	\$800 ea ²	\$800 ea ²	\$800 ea ²	✗	\$800 ea ²	✗	✗	✗	✗	✗	swelling, bruising, lumps, bumps, skin irritation, infection, immune system reactions, drug interactions, allergic reaction to gram-positive bacterial proteins, history of anaphylaxis; avoid Aspirin, ibuprofen, vitamin E and fish oil for 1 week before treatment
Laser Resurfacing	\$2,100		70%	1-5	✗	✗	✗	✗	✓	✓	✗	✓	✗	✗	✗	✗	swelling, infection, scarring, skin discoloration, bruising, milia (surface cysts), acne, ingrown hairs, medical reactions to anesthetic
Lifestyle Lift	\$5,800		50%	3 - 5	✓	✓	✓	✓	✗	✓	✓	✗	✓	✗	✗	✗	pain, infection, swelling, bleeding, chest pain, weakness, nausea, shortness of breath, headaches, accelerated heartbeat and/or heart palpitations, hearing loss
Micro-dermabrasion	\$300		62%	1-5	✗	✗	✗	✗	✗	✓	✗	✓	✗	✗	✗	✓	skin injuries, infections, flaking, redness, scabbing, itching, skin and eye irritation; acne, permanent light/dark patches, respiratory problems from inhaling micro-crystals, interaction with medications (Retin-A, Accutane, etc); avoid sun exposure for 1 week after
Restylane	\$700/item₂	\$2100 - \$3500/item₂	60%	1-14	✗	✗	\$700 ea ²	\$700 ea ²	✗	✗	\$700 ea ²	✗	✗	✗	✗	✗	bruises, pain, swelling, redness, itching, infection, lumps, blue hues around the injection site, lip lumps, droopy mouth, allergies to anesthesia, drugs or gram-positive bacteria, avoid Aspirin, ibuprofen, vitamin E and fish oil for 1 week before treatment
Thermage	\$2,700		40%	3-5	✗	✗	✗	✓	✓	✓	✓	✓	✗	✗	✓	✗	redness, swelling, burning sensation, bumps, heat blisters, permanent scarring pitting or discoloration, nerve damage

1: Data from www.realfself.com; *SCFR Satisfaction data is from client feedback forms at end of each treatment regimen (over 4,000 clients treated and 400+ Practitioners trained since 1999)

2: "item" = one specific issue, e.g. one nasolabial fold, one forehead treatment, etc.

3: Annual Cost = annual recurring treatment cost to maintain results, e.g. Botox doctors recommend repeat treatments every 3-4 months (many patients report every 1.5 - 3 months needed)