

Mar 28, 2019, 12:00pm EDT | 26,409 views

# Transform Your Complexion In Just Minutes With The Candela VBeam



**Katie Chang** Contributor ⓘ

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Vbeam by Candela is a pulsed dye laser (PDL) that treats rosacea, broken capillaries, acne, port...

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The suggestive appeal of a rosy cheek is undeniable. Whether it's the result of youth, or a vigorous workout, that pinch of pink helps make everyone look more, well, alive. (There's a reason why so many women feel naked without a pop of blush to perk up their complexions.) While a

hint of color is a plus, an intense full-on flush – whether it’s caused by rosacea or broken capillaries – isn’t. And depending on its severity, it can even make one feel self-conscious and embarrassed.

I fall squarely in the second category. Ever since I was young, my face would shift gears from neutral to tomato-red in seconds – whether it be from exercising, finding myself in an uncomfortable situation, or even eating spicy food. And even though I have a professional background in beauty – I owned an apothecary in Brooklyn for ten years, and began my writing career covering the industry – I believed my aggressively red face was something that could only be treated topically: namely, with concealer and tinted moisturizer.



The latest Vbeam Prima device offers two treatment wavelengths (595 nm and 1064 nm) and greater... [+] CANDELA

This is when the [Candela Vbeam](#) enters the picture. In brief: it’s a pulsed dye laser (PDL) with a wavelength of 595 nm (nanometers). (The newest Vbeam Prima device offers two treatment wavelengths, 595 nm and 1064 nm, and is slowly being rolled out throughout the U.S.) It treats skincare concerns related to blood vessels (like my rosacea and broken capillaries),

and also acne, pigmented scars, pigmented lesions and wrinkles, and photo aging. (In fact, it's so safe and effective it can even be used on children to treat port wine stains.) But to dig deeper into what Vbeam is all about, and to see how it could relieve my own ruddy complexion, I turned to [Dr. Claire Chang](#) at Union Square Laster Dermatology.

After a brief consultation, we decided to proceed with three treatments. But that number can vary, and “depends on the skin condition being treated, the severity of the condition, and on the individual patient's response,” says Chang. Another thing to be aware of? Your skin tone. Tanning, as you know by now, wreaks havoc on your skin, and Vbeam isn't a fan of it, either. Chang explains, “The ideal candidate for Vbeam is someone who is fair-skinned and does not currently have a tan. In patients with a tan, the skin pigment can compete for the laser energy and increase the risk of side effects.”



A patient before and after a single Vbeam treatment at Union Square Dermatology. UNION SQUARE DERMATOLOGY

The three sessions, for the most part, followed the same protocol. After

wiping my face clean of any sunscreen and makeup, my face would be photographed from various angles. (This helps the practice document my progress.) After putting on goggles to shield my eyes, and reclining in a chair, Dr. Chang would get to work. (As for bedside demeanor, Chang gets extra gold stars for being so calm and steady, but chatty enough to keep me distracted.) Since I didn't have any numbing cream on – I was assured that I'd be comfortable – I was a little nervous of what was to follow during my first treatment.

Thankfully, the most unpleasant part of each session was the flash of bright light and the sudden pumping-like sound that came with each pulse. As for how Vbeam felt? Just as Chang assured: “like a rubber band snap.” While the first session was a breeze, Chang accordingly adjusted and raised the laser's settings – based on my comfort level and results from the previous session. That being said: the last session required more deep breathing on my end than usual, but the discomfort was thoroughly tolerable. Even better? Each session didn't take longer than a few minutes.

How did I look and feel afterwards? A little red, and a little puffy (which was expected) – but not enough to thwart my evening plans with some girlfriends. And after a solid night's sleep, I was almost completely back to normal. What surprised me most, though, is how quickly I saw results. Many of the excessively rosy patches and crimson squiggles that plagued my complexion in my adult life – and that I'd spent considerable time poring over in a magnifying mirror – had seemingly vanished. And for the first time, in as long as I can remember, I didn't worry about tapping concealer around my nose before heading out the door.

While every patient is different, Chang recommends coming back for maintenance treatments every 3 to 12 months. And though the cost, too, can also vary from practice to practice – please make sure you're seeing a licensed healthcare professional – the price for an individual treatment at Union Square Dermatology starts at \$500.

But perhaps what's best about Vbeam are the quick, visible results and just as important, comfort for everyone involved. "As a physician, I love that patients are relatively comfortable during the treatment," says Chang. "I also get consistent results with the Vbeam, which increases patient satisfaction."

*Check out my [website](#).*



**Katie Chang**

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Travel's my beat, but I love nothing more than being home in Brooklyn. I got my "accidental" start as a writer contributing for T: The New York Times Style Magazine, and... **Read More**

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