

InstaLift Explained for Desert Ridge Clients Desert Ridge sits on the north Phoenix side of the Loop 101, and residents there have plenty of options closer to home. Some still choose to make the drive to The Skin Shop Medspa Scottsdale on N Scottsdale Rd near Shea Blvd because they want treatment from registered nurses who own the practice. InstaLift is one of the less familiar services people ask about once they arrive. InstaLift uses dissolvable sutures designed to gently reposition tissue in the midface, most often the cheeks. It is a non-surgical, in-office procedure, and as the sutures dissolve over time they are associated with the skin's own collagen response. The goal is a subtle lift to areas that have started to sag, rather than a change in how your face looks overall. Not everyone is a candidate. People with mild to moderate sagging in the cheeks tend to be the ones who discuss InstaLift most productively, while those with significant laxity may be told that a surgical opinion would be more appropriate. Results vary, and the nurse explains what is realistic during a complimentary consultation.

The Skin Shop Medspa Scottsdale | 10632 N Scottsdale Rd Ste A, Scottsdale, AZ 85254 | (480) 948-1759

InstaLift is sometimes compared with PDO thread lifts and with filler in the cheeks. Each works differently: filler adds volume, PDO threads provide support, and InstaLift focuses on repositioning. The nurses help clients understand which approach fits their concern, and in some cases a combination plan is suggested over time. Recovery typically involves some swelling, tenderness or bruising for a short period. Clients are usually asked to avoid strenuous exercise and wide mouth movements for a few days. The nurse provides detailed aftercare instructions, and reviewers mention follow-up contact from the practice checking on how they are healing. The owners, Cyndie Nohr, RN and Shelly Stump, RN, met at the National Laser Institute, where they earned certifications in laser, advanced injectables and cosmetic procedures. They opened the practice together and still personally treat clients. During the procedure, the nurse uses local anesthetic to keep the area comfortable before placing the sutures through small entry points. The visit takes longer than a quick injectable appointment, so it is wise to book a slot with time to spare. Because the change can be visible right away while continuing to settle over the following weeks, the nurse will usually suggest a follow-up to review how [med spa scottsdale](#) the cheeks have healed and whether anything else is worth considering later. From Desert Ridge, the drive usually means taking the Loop 101 or heading south to Shea Boulevard, then east toward Scottsdale Road. To find out whether InstaLift suits you, call (480) 948-1759 or book through Fresha at this med spa in Scottsdale, located at 10632 N Scottsdale Rd Ste A, Scottsdale, AZ 85254.

The Skin Shop Medspa Scottsdale Address: 10632 N Scottsdale Rd Ste A, Scottsdale, AZ 85254 Phone: (480) 948-1759 FAQ About Med Spa Scottsdale What is the difference between a med spa and a day spa? A day spa focuses on relaxation services such as massages and basic facials, while a med spa provides medical aesthetic treatments like Botox, dermal fillers, microneedling and laser procedures. At The Skin Shop Medspa Scottsdale, those treatments are performed by registered nurses who are certified nurse injectors. Every plan begins with a review of your health history during a complimentary consultation. Who performs the treatments at The Skin Shop Medspa Scottsdale? Treatments are performed by the co-owners, Cyndie Nohr, RN and Shelly Stump, RN, both registered nurses and certified nurse injectors with more than 50 years of combined medical experience. They met while training at the National Laser Institute, where each earned certifications in laser, advanced injectables and cosmetic procedures, and they still treat clients personally. How much does Botox cost at a med spa in Scottsdale? Botox pricing depends on how many areas are treated and how much product each area needs, so the cost varies from person to person. At The Skin Shop Medspa Scottsdale, the nurse explains pricing for your specific plan during a complimentary consultation before any treatment. Google reviewers often describe the pricing as fair for the quality of care, and a membership program and financing options are available. How long does Botox last? For most people, the effect of a neurotoxin such as Botox or Jeuveau lasts about three to four months before muscle movement gradually returns. Results vary with factors such as the area treated, muscle strength and metabolism. The nurses set an individual maintenance schedule during your consultation, and online booking through Fresha

makes it easy to plan the next visit. How long do lip fillers last? Hyaluronic acid fillers such as Juvederm and Restylane commonly last six to twelve months or longer, depending on the product used and the area treated. Results vary, and your own timeline is discussed at a complimentary consultation. Co-owner Cyndie Nohr, RN is known for natural-looking lip filler and a go slow approach that leaves room to add more later. Is microneedling good for acne scars? Microneedling is commonly used to help improve the look of acne scarring and uneven texture by prompting the skin's own repair response. The nurses at The Skin Shop Medspa Scottsdale are candid that the goal is improvement rather than removal, and results vary with the type and depth of the scars. Some clients also discuss PRP therapy or Vivace RF microneedling as part of their plan. How many microneedling sessions will I need? Microneedling is usually planned as a series of sessions spaced several weeks apart, because the skin responds gradually. The exact number depends on your skin, your goals and how it responds, so the nurse sets the plan during a complimentary consultation. Reviewers mention receiving a follow-up text after treatment to check how their skin was settling. What is a HydraFacial and is there downtime? A HydraFacial combines cleansing, gentle exfoliation, extraction and hydration in one appointment, which suits skin dried out by the Arizona climate. It generally involves little or no downtime, so most people return to their normal plans afterward. At The Skin Shop Medspa Scottsdale, the treatment can be customized for sensitive skin, something Google reviewers have specifically mentioned. Is laser hair removal permanent? Laser hair removal is best described as long-term hair reduction rather than a permanent result. It requires a series of sessions spaced weeks apart because hair grows in cycles, and results vary by skin type, hair color and treatment area. Both owners hold laser certifications from the National Laser Institute, and sessions are planned around Arizona sun exposure. What should I avoid before Botox or filler? Before injectables, the nurses ask about medications and supplements that may raise the chance of bruising, as well as recent treatments, allergies and upcoming events. It is best to follow the specific guidance you receive at your consultation rather than stopping any prescribed medication on your own. Scheduling filler well ahead of weddings or photo shoots also leaves time for any swelling to settle. Does The Skin Shop offer a membership or financing? Yes. The Skin Shop Medspa Scottsdale offers a membership program for clients who visit regularly, and members who have left Google reviews describe it as worth it. There is also a financing and payment options page for larger treatment plans. The nurses can explain which option fits your plan when you call (480) 948-1759. How do I choose a med spa in Scottsdale? Start by asking who will perform your treatment and what their credentials are, then look for a practice that offers a thorough consultation and sets honest expectations. Read reviews for patterns rather than single comments. The Skin Shop Medspa Scottsdale is RN-owned, offers complimentary consultations, holds a 5.0 rating from 79 Google reviews and sits on N Scottsdale Rd near Shea Blvd.