



PHOTOS COURTESY OF LISA WILLIAMS

## The Art of Aesthetic Refinement in the Age of Medical Weight Loss

An expert perspective from Lisa Williams of **Ultra Smooth Skin** on treating the body beyond the scale.

The rise of medical weight loss has changed far more than waistlines. GLP-1 therapies like *Ozempic*® or *Mounjaro*® have helped countless patients achieve profound metabolic and physical transformation—but rapid weight loss also introduces a new set of aesthetic considerations that require expertise, restraint, and a deeper understanding of structure.

When weight comes off quickly, the body doesn't always have time to adapt. Facial fat that once provided natural support diminishes. Collagen and elastin can struggle to keep pace. The result, for some patients, is a face that appears hollow or fatigued, deeper wrinkles, reduced firmness, and a body that may lose smoothness and tone despite overall weight loss success.

According to Lisa Williams, founder

of *Ultra Smooth Skin*, the solution is not about chasing volume or overcorrecting what's been lost.

“True rejuvenation isn't about adding volume,” Williams explains. “It's about restoring the architecture beneath the skin.”

### A New Philosophy: Structure First

At Ultra Smooth Skin, aesthetic refinement begins with balance and precision. The practice takes a non-invasive, structure-first approach that respects the body's natural proportions while addressing the specific challenges that can arise after significant weight loss.

Technologies such as *Thermage*® are used to tighten and strengthen the skin's underlying framework, supporting collagen remodeling without altering facial expression.

For the body, *CoolTone*® stimulates targeted muscle contractions to help preserve and rebuild muscle tone—an important consideration as lean mass can decrease during weight loss.

For areas where stubborn fat remains, *CoolSculpting*® allows for precise refinement rather than broad reduction. Ultra Smooth Skin recently introduced the latest-generation CoolSculpting system, which delivers faster treatment times—often nearly half the length—along with improved comfort, greater precision, and more efficient contouring. The result is a sculpted appearance that still feels natural and proportional.

Facial Restoration Without Overfilling  
Facial rejuvenation after weight loss demands experience and restraint. Rather than immediately replacing



lost volume, Williams favors a gradual, regenerative strategy.

Biostimulatory treatments such as *Sculptra*® are used to encourage the body's own collagen production, rebuilding deep support over time. When appropriate, carefully placed dermal fillers are used sparingly to restore balance, not bulk. Neuromodulators like *Botox*® and *Dysport*® soften expression lines while preserving natural movement. This layered approach allows firmness, elasticity, and structure to return progressively—avoiding the overfilled look that can undermine even the most advanced weight loss results.

### Refining Skin Quality at Every Level

Weight loss can also reveal changes in skin texture, tone, and laxity that were previously less visible. Ultra Smooth Skin's comprehensive skin-rejuvenation portfolio addresses

these concerns with minimal downtime.

Advanced treatments include *RF microneedling*, *Fraxel*® resurfacing, *Clear + Brilliant*®, *medical microneedling enhanced with exosomes*, and *DiamondGlow*®. Exosome therapy, in particular, has become an important addition, helping to accelerate healing, stimulate collagen, and improve long-term skin quality.

The focus is not simply on surface improvement, but on strengthening the skin so it performs better over time.

“Great skincare isn't about age—it's about thoughtful treatment at every stage of life,” Williams says.

Younger patients may benefit from preventative strategies that preserve collagen and skin integrity, while more mature patients often need restorative treatments that support structure, quality, and balance after weight loss.

### Where Aesthetics and Wellness Intersect

Located within Village Health Club & Spas, Ultra Smooth Skin offers a distinctive integration of aesthetics and wellness. Patients can align aesthetic treatments with strength training and fitness, reinforcing muscle tone, metabolic health, and long-term results.

In the era of medical weight loss, aesthetic refinement is no longer about dramatic change. It's about ensuring that the face and body reflect the health, vitality, and confidence patients have worked so hard to achieve—through precision, restraint, and respect for the body's underlying structure.

## /From the Expert



Lisa Williams, RNP-C, is a triple-degreed Certified Nurse Practitioner and the founder of Ultra Smooth Skin, a premier multi-location MedSpa serving Scottsdale and Chandler. With more than 20 years of experience in medical aesthetics, she is recognized for her expertise, precision, and innovation. Holding a Master's degree in Nursing and dual Bachelor's degrees in Nursing and Business, Lisa blends clinical rigor with entrepreneurial vision. She is a Black Diamond Top 1% Cosmetic and Juvederm Provider, ranking among the top 100 nationwide.

### Locations

Ultra Smooth Skin has three convenient locations inside the Village Health Clubs & Spas:

#### Gainey Village Health Club & Spa (2nd floor)

7477 East Doubletree Ranch Rd.  
Scottsdale, AZ 85258

#### DC Ranch Village Health Club & Spa

18501 N. Thompson Peak Pkwy  
Scottsdale, AZ 85255

#### Ocotillo Village Health Club & Spa

4200 S. Alma School Rd.  
Chandler, AZ 85248

