

If you're battling **crepey skin**, you've likely explored various treatments promising tighter, smoother, and younger-looking skin. Two popular options often come up in conversations: *Ultherapy* and *RF microneedling*. Both boast collagen stimulation, yet work quite differently under the skin. Which is better? To answer that, we need to go beyond marketing hype and understand how these treatments interact with different skin layers, their technology, and what results you can genuinely expect.

Understanding Crepey Skin

Crepey skin resembles thin, wrinkly tissue paper. Unlike typical wrinkles that form from repetitive muscle movements, crepey skin stems from thinning, loss of elasticity, and collagen degradation at multiple skin layers, including the dermis. This causes a saggy, fragile, and crinkly [trulyexpatlifestyle](#) appearance. Treating crepey skin effectively means addressing the skin's structural support and surface texture simultaneously.

Surface Tightening vs Dermal Tightening vs Structural Lifting

When evaluating treatments for crepey skin, always ask: *what layer are we actually treating?*

- **Surface tightening** targets the epidermis or superficial dermis. It improves skin texture and firmness but doesn't address deeper support.
- **Dermal tightening** involves heating or stimulating the mid to deep dermis, encouraging collagen remodeling.
- **Structural lifting** goes deeper still—reaching the SMAS (Superficial Musculo-Aponeurotic System) or connective tissue, providing a genuine lift that affects facial shape and contour.

Many treatments target only the surface or dermis, which can improve texture but may fall short for sagging crepey skin requiring more structural support.

Ultherapy: Focused Ultrasound for Structural Lifting

Ultherapy, including the updated Ultherapy Prime, uses **Micro-Focused Ultrasound with Visualization (MFU-V)**. The technology penetrates multiple depths—typically 1.5mm, 3.0mm, and 4.5mm—targeting dermis and crucially, the SMAS layer, which lies around 4.5mm beneath the skin surface.

Why does this matter? The SMAS is the tissue surgeons manipulate during facelift procedures. By heating the SMAS, Ultherapy triggers collagen and elastin production, tightening, lifting, and providing structural improvement beyond surface effects.

- **Real-time Imaging:** Ultherapy's device displays the actual skin layers being treated, ensuring precise and consistent delivery at the intended depths.
- **Depth Targeting and Efficacy:** The 4.5mm probe reaches the SMAS, a unique advantage for lifting sagging skin that RF microneedling cannot match.
- **Visible Results:** Lifting and tightening over 2–3 months after a single treatment.

Price note: Ultherapy consultations and treatments typically range from *SGD 3,800 to SGD 6,500* depending on the treated areas and clinic. The Ultherapy Prime device offers enhanced modes but does not always mean higher pricing—do check specific clinic pricing transparently.



RF Microneedling: Collagen Stimulation via Dermal Heating

RF microneedling combines tiny needles puncturing the skin with controlled radiofrequency energy delivered into the dermis. This heat stimulates collagen remodeling and tightens at the dermal level.

- **Penetration Depth:** Typically adjustable from 0.5mm to 3.5mm, focusing on the dermis but not the SMAS.
- **Collagen Stimulation:** Heat causes immediate collagen contraction and long-term neocollagenesis.
- **Surface Renewal:** The microneedling itself encourages epidermal repair, improving texture and pigmentation.

RF microneedling excels at improving skin texture, fine lines, and moderate laxity caused by dermal collagen loss but does not provide substantial lifting since it doesn't reach the SMAS layer.

Price ranges for RF microneedling generally fall between *SGD 900 to SGD 2,500* per session, with multiple sessions often recommended.

Comparing the Technologies: What Layer Are We Actually Treating?

Feature	Ultherapy (MFU-V)	RF Microneedling	Target Depths	Up to 4.5mm (including SMAS)	0.5mm - 3.5mm (dermis only)
Real-time Imaging	Yes, for precise targeting	No, depth estimated by needle length/power settings			
Structural Lifting	Yes, possible due to SMAS heating	No, limited to dermal tightening			
Pain and Downtime	Moderate discomfort; possible soreness/swelling for a few days	Mild to moderate discomfort; redness and swelling 2-3 days			
Surface Improvement	Minimal epidermal effect	Good epidermal remodeling			

Common Mistake: No Pricing in SGD Provided

Many clinics omit or obscure pricing details in SGD, a frustrating dodge from transparency that leaves patients guessing if a treatment will fit their budget. When comparing Ultherapy and RF microneedling, concrete prices matter. Expect to pay more for Ultherapy because of the device's FDA clearance for lifting and the ability to target the SMAS layer. RF microneedling is typically more affordable and may require multiple sessions to achieve desired results.

Which Is Better for Crepey Skin?

It depends on your priorities, skin condition, and budget. Here's a quick guide:

- **If sagging and structural laxity dominate:**
 - Ultherapy's SMAS targeting offers genuine lifting and long-term tightening, addressing deeper crepey skin issues.
- **If your primary concern is texture and early loosening:**
 - RF microneedling improves surface quality, diminishes fine lines, and tightens the dermis but won't lift.
- **For best results, combining modalities is an option:**
 - Ultherapy for lifting and foundational tightening, followed by RF microneedling for surface rejuvenation.

The Bottom Line: Ask Smart Clinic Questions

When consulting about either treatment, watch out for sales phrases that dodge these real answers:



- "No downtime" without mentioning soreness or swelling.
- Before-after photos that don't disclose lighting or angles.
- Sales staff giving medical advice instead of clinicians.
- Missing concrete pricing in SGD and treatment plan transparency.

Always verify:

1. The exact depths targeted.
2. Whether the SMAS layer is addressed (important for lifting).
3. How many sessions are recommended.
4. Expected downtime and discomfort.
5. Clear pricing delivered upfront in SGD.

Summary

For crepey skin, treating the right skin layers is paramount. Ultherapy's micro-focused ultrasound with real-time imaging targets the SMAS layer, providing long-lasting structural lifting that RF microneedling cannot replicate. RF microneedling remains a strong choice for enhancing surface texture and collagen stimulation within the dermis. Budget considerations and treatment goals should dictate the best approach. Always demand transparent pricing in SGD and clear clinical explanations before committing.

If you want genuine, evidence-based skin tightening with attention to layers and technology, Ultherapy Prime remains the leader for structural lifting, while RF microneedling complements with skin surface rejuvenation.