



Dr. Chiranjiv Chhabra  
MBBS DVD IADVL

Dr. Chiranjiv Chhabra, is one of the leading dermatologists in India today. She has obtained her MBBS and PG in Dermatology, Venereology and Leprology from Maulana Azad College, New Delhi. She is also specializes in Laser Surgery and Medicine. Having received various specialized trainings from world renowned doctors, today Dr. Chhabra is imparting her expertise to doctors in India and worldwide.

She is also a founder member of various dermatology societies, such as, the Indian Association of Aesthetic Laser Surgeons. This association holds instructional classes of aesthetic laser at national as well as international levels. She is also a member of International Society of Laser surgery & medicine. In August 2010 she was elected as fellow of the IMSA(International Medical Science Academy)for her outstanding contribution for the advancement of medical sciences.She is a Senior faculty at IMCAS and Antiageing Medicine World Congress.Also a Key opinion leader for Allergan,Zeltiq,Ulthera,Cynosure & Fotona.She has been awarded as the best Skin Expert in India by Vogue Magazine India.Recently she is honoured as entrepreneur of the year at India helath and wellness summit

Dr. Chiranjiv Chhabra storms the erstwhile bastion of derma-physiology spiking it with technically evolved medicines and therapies. She gave shape to her dreams in the form of Skin Alive clinic in 1997 with just one branch at Panchsheel Park.Now with her hard work she has added 7 more clinics in Greater kailash,Vasant kunj,Mehar chand market, Punjabi Bagh,Gurgaon and Chandigarh.

Skin Alive has been honoured as the best medical Spa in the country by Vogue.Skin Alive Clinics are equipped with modern scientific and medicinal remedies and world class facilities that all patients trust. Practicing dermatology since 1996 she has earned for herself a stellar reputation as a doctor capable of devising safe solutions to critical derma based ailments.

She also specializes in integrating the most innovative procedures into the most natural and aesthetically pleasing results for her patients.

The most prominent quality about Dr. Chhabra is that she has been a pioneer in her field for over a decade, undertaking dermatology procedures and treatments years before they became common place in India. Dr. Chhabra has managed not only to solve her patients' problems but also create a feeling of comfort and security.

### **Details of various Trainings Dr.Chhabra has gone through**

1. Invited by Allergan for Facial Aesthetics Expert meeting –Asia Pacific 2009 held at Shanghai 2010. Topic was “Leading Innovations in the Sciences and Practice of Medical Aesthetics”
2. Invited to attend various Botox advanced training sessions.
3. Attended specialist training course for the use of Restylane held at Bangkok May 2008.
4. Trained by Dr. Emil Tenghetti, USA 2007 on the Affirm Fractional Lasers.
5. Trained by Dr. Mitchell Goldmann, California USA 2007 on -
  - Pulse Dye Laser(for vascular lesions, scars, Psoriasis & Keloids)
  - Intense Pulse Light
  - Fractional Lasers
6. Trained by Dr. Mario Luca Russo MD(Director Research Depilase)Venice April 2002 on use of Nd Yag Lasers
7. Trained in use of Q Switch Nd Yag Laser in Korea 2003(for birth marks like Nevus of Ota, pigmentation,melasma, lentigenes etc.)
8. Trained and certified in Thermage Radiofrequency therapy for skin lifting.Certificate presented by Stephen J – Fanning Chairman of Board, president and CEO Thermage Inc.
9. Trained on Excimer Lamp Phototherapy for Vitiligo And Psoriasis.

10. Trained in various sessions in 2003 on filler injections for scars and Rhytides.

11. Trained on Low frequency Ultrasound Lipolysis for volume reduction  
At New Delhi in 2008.

12. Trained on Cold radiofrequency for lifting and tightening of face and body.

13. Trained on Laser lipolysis for fat reduction and body contouring.

14. Trained on Scarlet minimally invasive (microneedling) RF for skin tightening  
and lifting.

15. Trained by Prof. N. Polnikorn, Head Of Aesthetic Medical Department,  
Kasemrad Hospital, Bangkok on –Advance training in clinical applications  
Medlite C6, Revelite, Q- switched, ND Yag Medical laser Hoya ConBio-2011

**Details of Various papers she presented at national and international conferences:**

1. IMCAS (International Master Course on Ageing Skin) Singapore July 08  
Contributing lecture

- Applications of Fractional 1320nm + 1440nm laser lights

E Papers

- Use of Pulse Dye Laser and Long pulse NDyag laser (in sequential firing mode) to treat vascular lesions.
- Radiofrequency therapy for non-invasive skin tightening-An Indian Experience.

2. IMCAS Agra Dec -08

Contributing lecture

- Applications of fractional 1320 & 1440nm laser lights.

E Papers

- Use of Pulse Dye Laser and Long pulse NDyag laser (in sequential firing mode) to treat vascular lesions.
- Radiofrequency therapy for non-invasive skin tightening-An Indian Experience.

3. Presented a lecture at the 17<sup>th</sup> Annual conference of Indian Academy of Aesthetic And Cosmetic Dentistry in November 2009 (Delhi) on the topic-Non invasive techniques in the management of ageing.
4. Presented a lecture on the topic- Non invasive techniques in the management of ageing at 3<sup>rd</sup> Annual conference -Fem Gen Con 2009 held at India Habitat Center, New Delhi.
5. Presented a lecture on the topic–Collagen Remodelling and other applications of Fractional Affirm Multiplex Laser at AESURG , April 2010 organized by Indian Association of Aesthetic plastic Surgery at Portblair.
6. Presented lectures in various conferences and workshops organized by Delhi chapter of IADVL.
7. Presented a lecture on Botox And Hyaluronic acid fillers at Voluma Launch May'2010.

#### 8. IMCAS Hong Kong July'10

##### Contributing Lecture

- Radiofrequency therapy for non-invasive skin tightening-An Indian Experience.

##### E-Papers

- Applications of fractional 1320 & 1440nm laser lights.
- Use of Pulse Dye Laser and Long pulse NDyag laser (in sequential firing mode) to treat vascular lesions.

9. Invited as Judge for Vogue Beauty Awards 2010, to judge international brands of cosmoceuticals.

10. She was part of Aesthetics 2010 (conference of plastic surgeons and dermatologists) held at Lady Hardinge Medical College, New Delhi

\*Invited as the moderator to Aesthetics 2010 for the Topic-Ablative vs Non ablative

vs Radiofrequency tightening -What's the best-A panel discussion(Aug 28<sup>th</sup>)

\*She was part of the discussion on controversial procedure-Skin Polishing-Dr.Chhabra

shared her views on the modality.

\*She presented a paper on the topic-Collagen remodelling and other applications of Fractional lasers.

11.She addressed a group of IASOWA(Indian Administrative Service officer's wives association 22<sup>nd</sup> Sep 2010)  
Topic - Antiageing solutions for the Urban Woman

12.She was invited by the plastic surgery department KGMC, Lucknow (Medical College) 10<sup>th</sup> Oct 2010 when they were setting up a special wing on Laser Surgery.

She Conducted hands on training in lasers for consultants and residence doctors. She

also presented the following lectures:

a)Lasers for Photo dermal ageing

b)Hair Removal by lasers

c)Laser Pre And Post Care

13.She presented following lectures at Cosmo Lasercon at Mumbai(8<sup>th</sup> Jan 2011)

a) Treatment of Nevi or Non-Nevus Pigmented Lesions with Nd YAG Lasers

b) Thermage: Does it really work?

14. Chromage Asia 14<sup>th</sup> Jan 2011, she conducted a teaching programme on Botox &

Fillers (Facial Analysis and technique) organized by Allergan India.

15. Invited for Allergan Asia Pacific Medical Aesthetic Congress(March 19<sup>th</sup>-21<sup>st</sup> 2011) held at Cebu,Philliphines.

16.Invited as a guest speaker at **COSMEET-2011, the 4<sup>th</sup> North Zone Workshop on Newer Trends in Anti-Ageing and Lasers** held at Paras Hospital on **24<sup>th</sup> April 2011,Her topic was-Laser depilation with YAG Laser.**

17.Invited to IADVL clinical monthly meeting(April 30<sup>th</sup> 2011) to conduct a lecture on Thermage-Does it really works?

18. IMCAS Singapore July'11

Contributing Lecture

**-Treatment of nevi and non nevus pigmented lesions with yag lasers**

E-Papers

- **Radio frequency therapy for non invasive skin tightening – Does it really work?**

- **Low intensity diode laser induced lipolysis**

19. Invited as a guest speaker to Aesthetics India 2011 held at India Habitat center India on 4th Sep'11. It is a place where Plastic Surgery & Dermatology, comes together under one roof, under the aegis of Association of Plastic Surgeons of India (Delhi Chapter) and Association of Cutaneous Surgeons of India, to discuss topics of common interest in Aesthetic practice.

Her Topic was-Skin Tightening - What works- what doesn't –what is the best?

**20. Presented following lectures as a teaching faculty at IMCAS, India, Nov. 2011-**

-Management of pigmented lesions with yag laser

-Low intensity laser lipolysis for volumetric loss

-Efficacy of capacitative monopolar radiofrequency device for skin tightening

- Treating melasma with lasers-teaching course

-Boom in Skin Tightening-Fractional Bipolar Radiofrequency With Micro-needling-Demo by Dr.Chhabra

**21. She was a guest speaker at “Annual CUTICON 2011\*”, the annual conference of IADVL-DSB on \*11th December, 2011 .Topic was- What's new in aesthetics!**

**22. Presented following lectures as a teaching faculty at IMCAS, Shanghai, July, 2012-**

- Role of Low intensity laser therapy for cellulite reduction and volumetric loss.

-Treating melasma with laser

-Skin Tightening with microneedled Bipolar Radiofrequency-An Indian Experience

**23. Presented following as a faculty at IMCAS Singapore July 2013-**

-Bipolar radiofrequency with micro-needling: multiple indications.

-Role of non ablative lasers in treating acne scars – An Indian experience

-Treating lower third of the face with neuromodulators

- what's new in facial rejuvenation with energy based devices

**24. Presented following at Aesthetics 2013(23-25 Aug) at India Habitat Center New Delhi-**

-What is better monopolar RF or needled RF

-Lessons I learnt about marketing

**25. She was part of COSDERM 2013 at Kochi-29<sup>th</sup> Aug-1<sup>st</sup> Sep as-**

-Panelist of Panel Discussion on "Fractional Lasers"

-Moderator of Panel Discussion on "Body Contouring & Skin Tightening"

-Panel Discussion on "Pigmentation"

**26. IADVL Meet-How to set up an Aesthetic practice**

**27. Presented following at -IMCAS Hong kong july2014**

- Role of non ablative lasers in treating acne scars – An Indian experience

-Fundamentals of Microneedling

-How I use lasers and light devices in treatment of Melasma in Asian Skin

-Cryolipolysis for removal of excess adipose tissue

**28. Presented following at IMCAS Nov,2014,Goa**

-Melasma and lasers;different approaches

-Comprehensive approach to lower face rejuvenation with injectibles and energy based devices

-Microfocused ultrasound for skin tightening

- Live Demo-Fotona 4D – non-invasive laser face lifting

**- Live demonstration - lumenis india pvt ltd - coolsculpting® -machine for cryolipolysis**

**Other Interests**

She is wellness consultant for Times of India newspaper and the newspaper carries a weekly column by her.

She writes for skin and wellness supplement for Times of India group.

Her views in field of dermatology are carried by various newspapers like Hindustan Times, Times of India, magazines and electronic media.

She is attached as a skin consultant with organization, UDYAN CARE which work for educating under privileged and integrating them with society.