

## CONSUMER

# Swift beauty fixes



says: 'We offer non-invasive, anti-ageing treatments that can be done in under 60 minutes. Restylane and Sculptra are popular with women who want subtle, non-painful procedures.'

Consultant Dermatologist Dr Nick Lowe says: 'I believe it's an area that is showing evidence for growth. People in the UK are becoming more knowledgeable about treatments and future trends will depend on the results of new studies.'

He expects developments in fibroblast (connective tissue cells) injectables and plasma resurfacing, where skin is regenerated using nitrogen plasma heat treatment.

So can you really turn back the years in less than 60 minutes? We look at the latest treatments to find out what they involve, and whether they really work.

### Wrinkle treatments

**Time:** 30 minutes.

**Cost:** From £200 per vial.

**Lasts:** 3-5 months.

**What is it?** The ultimate in quick-fix beauty treatments. Botox has now also become the

most convenient, with more and more people going back for further top-up treatments.

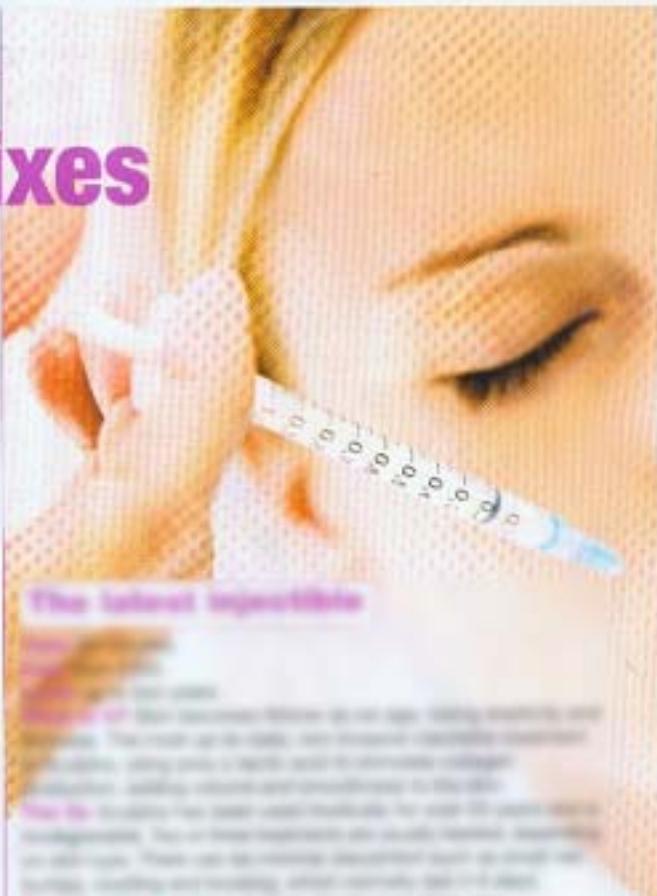
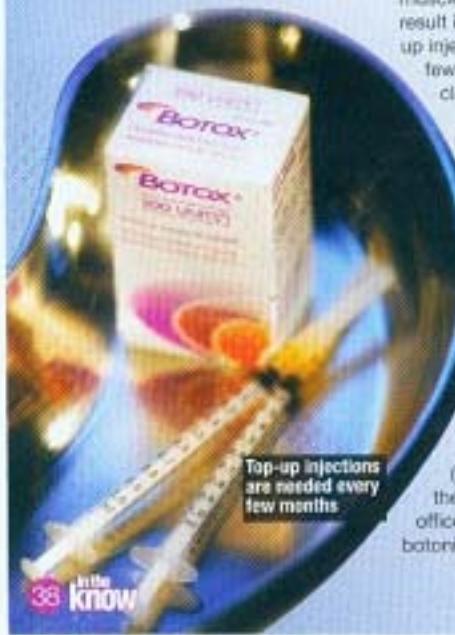
**The fix** Small, highly diluted doses of Botulinum are injected to temporarily paralyse the facial muscles that make wrinkles. The result is not permanent and top-up injections are needed every few months. Some doctors claim Botox can help prevent deeper lines forming as it retrains muscles, but some people can react with temporary complications, including droopy eyebrow or difficulty with facial expressions.

**Best for** Reducing the appearance of fine lines and wrinkles.

**Appointment**

Botonics, 07931 108 222 (you can visit their clinic or they can arrange home or office calls) or visit [www.botonics.co.uk](http://www.botonics.co.uk)

Top-up injections are needed every few months.



Non-invasive treatments such as Botox and dermal fillers have become increasingly popular over the last few years. These treatments offer a quick fix for wrinkles and fine lines without the need for surgery. However, it's important to understand what each treatment involves and the potential risks involved.

Botulinum toxin (Botox) is a muscle relaxant that is injected into specific muscles to reduce the appearance of wrinkles. It works by blocking the nerve signals that cause the muscles to contract, resulting in smoother skin. The effects usually last for several months before needing to be repeated.

Dermal fillers, such as hyaluronic acid, are used to plump up the skin and smooth out wrinkles. They are injected into the skin to provide a temporary volume increase. The results are immediate and can last for several months.

Both treatments are relatively safe, but there are some potential side effects. These may include temporary numbness, bruising, and swelling at the injection site. In rare cases, more serious complications such as allergic reactions or muscle weakness can occur. It's important to consult with a qualified professional before undergoing any treatment.

### BEFORE



### AFTER