



# BOTOX to go?

## The latest lunch-time procedures

Cosmetic surgery has become so commonplace that many women go for a treatment in their lunch break. But it's wise to be aware of potential pitfalls.

**THIN OR PLUCKERED LIPS:** BOTOX can be used to relax the muscles around the mouth, but it can also lead to a thin or plucked appearance. It's important to discuss this with your practitioner.

**LINES AROUND THE EYES:** BOTOX is commonly used to treat crow's feet, but it can also lead to a heavy or drooping eyelid if not administered correctly.

**It's your face at stake. Make sure the practitioner has your health as top priority.**

**THINKING OF COSMETIC SURGERY?**

**WRINKLE FIXER?**

**HAS SHE? OR HASN'T SHE?** Are the wrinkles, whether from a combination of aging, Botox, or other treatments, or from a single treatment? It's hard to tell some things.

### LOOSE SKIN:

CREPING, LOSS OF FIRMNESS, MILD JOWLING

**THE TREATMENT:** Infra red technology – for example, the Sciton SkinTyte broadband light energy (BBL) or the Cutera Titan infrared light.

**HOW IT WORKS:** Infrared light penetrates into the dermis to target and stimulate the collagen, leading to a skin-tightening effect over the following six to eight weeks.

**BENEFITS:** With several sessions you can expect a refreshed look, without much surface burning or pain. You can also treat the neck and chest.

**NEGATIVES:** Don't expect the extreme results of laser resurfacing or face lifts. Results are variable; in fact, some patients may see very little tightening.

**DOWNTIME:** Several hours of redness.

**COST:** BBL from \$300 to \$600 per session, depending on how much skin is treated; Titan, from \$2000 for a programme.

**HOW LONG IT LASTS:** "The longevity is unknown," says Kathleen Hoskins, from the Eden Institute of Plastic & Cosmetic Surgery in Sydney's Baulkham Hills, who uses the SkinTyte BBL. "I don't tell clients that it's permanent. I advise them to have three treatments done a month apart initially, and then to perhaps look at doing it once every two years."

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## DEEP LINES

### LOOSE SKIN: