

# WRINKLES IS BOTOX THE ANSWER FOR YOU?

In today's world, the way we look and dress matters. So how do we maintain a young, healthy appearance? First, protect, then nourish and enhance what you have. Your skin lasts a lifetime!



Wrinkles and frown lines are depressing signs of aging. But a lot can be done to reduce them: mechanical procedures, such as micro-dermabrasion; chemical procedures, e.g., peels and collagen stimulation; physical procedures, such as plastic surgery or line filler injections, and last, but not the least important, supporting procedures, such as serums, moisturizers and sunscreen. Some of these treatments and products are available for home use, some in beauty salons, and some are performed only by MDs because of concerns about safety.

Botox® Cosmetic is a registered trademark of Allergan, Inc. that refers to a purified protein, Botulinum toxin Type A, produced by the Clostridium botulinum bacterium. The product is prescribed and administered only by doctors for the temporary improvement in the appearance of moderate to severe frown lines between the brows in people 18 to 65 years of age. According to the American Society for Aesthetic Plastic Surgery, this was the most popular of all physician-administered cosmetic procedures (surgical and non-surgical combined) in 2002 and 2003. Yet only in the last few years has Botox® been associated with elective beauty treatments - for many years previously, it was used to treat "lazy eye" in children.

Botox® is administered in a series of tiny injections that need to be expertly placed for optimal effect. Each procedure takes only a few minutes, and can cost upwards of several hundred US dollars. Since the effects typically last up to 4 months, injections need to be repeated to maintain the result, which is visible within days.

Like all pharmaceuticals, Botox® is not for everyone. It's a powerful drug, with potential short-term and long-term side effects, such as headache, respiratory infection, temporary eyelid droop and nausea. Some people experience pain in the face, erythema (swelling) at the injection site, and muscle weakness. Botox® injected in the throat area can render a patient unable to swallow if done incorrectly. Please examine this option carefully, choose an experienced physician and discuss all medications, allergic sensitivities, and neuromuscular disorders.

Following any drastic procedures, such as plastic surgery or Botox®, nature finds its own balance, sometimes resulting in unexpected, unwanted outcomes. It is critically important that you prepare not just the skin, but also the body, before and after. The less trauma your skin and body endure, the faster and easier you will heal.



Personal footnote. A thought-provoking quote from Coco Chanel - "At the age of 50, you finally get the face you deserve." A courageous philosophy? Sadly, our society judges our wrinkles to be an enemy and not an ally. Our wrinkles represent our character, they enrich our ability to communicate with others, beyond what words could ever express. The ability to express our character is a valuable, additional tool we earn over time. From our expressive faces, people sense our warmth, disapproval, anger, joy, hurt and so on. No wonder that Steven Spielberg does not allow any of his stars to be treated with Botox® while working in his movies. Why have we not recognized the amazing gift of empowerment from our wrinkles, enabling us to touch others?

Please send all inquiries to: [info@marythe.com](mailto:info@marythe.com)