

## BOTOX

### WHAT CAN IT DO FOR YOUR FACE?

Botox can temporarily smooth forehead lines, vertical creases between brows and crows feet. It can also lift downturned lips, iron out lines that go down from the corner of your mouth to your chin and reduce drooping jowls.

**COST:** £250-300 per area

### WHAT CAN YOU EXPECT?

Botox and Dysport, the two big muscle-relaxing injectables are prescription-only, so must be administered by a doctor, dentist or nurse. We recommend only using an experienced cosmetic doctor, and only at their clinic, certainly not a Botox 'party'. The injections are highly diluted botulinum toxin which affects nerve signalling, so muscles responsible for expression lines no longer move in the same way, and lines smooth out. Afterwards, avoid rubbing the area or doing activity that makes you sweaty as there's a small risk of the product migrating into surrounding areas. It's not instant. Optimum results take a couple of weeks, and last around three months. It's short but for its fans it's sweet – a muscle-relaxing jab is really the only way to fade these lines. Done properly, Botox can refresh the face with few side effects. It's not just about smoothing the forehead – top practitioners will use it to restore the arch to brows, widen eyes, soften a scowl and relax muscles in the lower face and neck that drag down cheeks. Used in the right way, it can easily take 10 years off.

### BUT READ THIS BEFORE YOU BOOK...

Not all doctors are equal and some haven't progressed further than a completely frozen,

over-stretched forehead. And having a baby-smooth appearance above your eyebrows and the face of a 50-year-old below can actually add years. This "mismatch" effect gives Botox a bad name,' explains Dr Michael Prager, a favourite of celebrity needleholics. 'If a doctor just injects the forehead of an older woman, she'll come back and complain the lines around her mouth have become deeper. They haven't, but the more work you do in one area, the older the rest of the face looks in comparison. You have to treat the whole face.' Even before you factor in additional treatments, Botox is expensive and time-consuming. Injections need repeating every four months. There are risks. Minor bruising for a few days is normal, but if the product is injected wrong you can end up with a lasting souvenir. In 1-2% of treatments, the practitioner strays a few millimetres wide of the mark, causing lopsided brows, an uneven mouth or drooping eyelid. They're temporary, and even if an asymmetry can't be corrected with a 'balancing' injection, these effects will wear off, but it's gonna feel like a long, long time.

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**THE COST?** Botox wears off in less than six months and costs around £300 a pop, so a 15-year habit from the age of 21 to 36 could cost up to £10,000 to maintain

# HOW YOUNG IS TOO YOUNG?



It's our favourite lunchtime wrinkle-fix and demand for Botox just keeps rising. But do the increasing number of women in their 20s – who in some cases don't even have wrinkles yet – need to be turning to a toxin to hold back the years? *Celebs on Sunday* investigates...

## CASE FOR

**Dr Patrick Bowler** of the Court House Clinic says: 'I see a number of women under 30. If they've inherited frown line, or they've abused their skin with sun and smoking, I make sure they're advised about proper skincare, which can make a difference. Once this is achieved we might introduce treatments like Botox. For women who don't have visible wrinkles, no studies show Botox will prevent wrinkles forming later, but theoretically, if you don't crease skin up so much, wrinkles will be slower to form.'

## CASE AGAINST

**Dr Nick Lowe** of The Cranley Clinic in London says: 'You don't need Botox until your late 20s or 30s. Even then, only if you've got real lines while your face is at rest. There are other ways of managing fine lines on young skin. Use day creams with UVA protection and min SPF15. If you have crow's feet, creams that contain peptides are very effective, and less expensive. Also, some patients develop resistance to Botox, after having it for several years. So start too early, and it might not work when you really want it.'

## A YOUNG BOTOX FAN

Kloey Penman is only 21, but after developing lines from sun damage, she's a Botox aficionado

When I was 16 to 20 I spent a lot of time working in Spain. I loved sunbathing and sunbeds. I didn't look after my skin so at 18 I had a deep line between my eyebrows, and smaller ones either side. I always looked like I was frowning, which affected my confidence. I look like I'm frowning in this 'before' picture, but I'm not! I wished I could turn back time and slap on factor 60. My surgeon suggested a skincare regime that would help. He pointed out I was very young to be considering Botox, but said that if I was sure it was what I wanted they could use the lowest possible dose to smooth out the line on my forehead. The injections didn't hurt at all



and I'm so happy with the results. It looks really natural and I love that by stopping me frowning it prevents the line getting deeper. I've had two treatments and plan on keeping it up. By having it now I'm hoping I'll need it less in my 30s.

## 'WE HAD BOTOX YOUNG'

**Glamour model Danielle Lloyd, 25,** says, 'I used to have a line between my brows which has gone.'



**Suzanne Shaw** admitted having Botox at 25.



**Page 3 girl Coralie Robinson** admitted she loved Botox when she was 24.

**Tara PT** had Botox when she came out of rehab in 1999, age 27.