

BOTOX..LOOK GOOD BUT FEEL DEPRESSED



'Blues jab' . . . Botox injection

BOTOX injections can make you feel depressed, researchers warned yesterday.

The jabs get rid of wrinkles by partially freezing muscles.

But scientists have discovered they also stop people being able to express their

By **KATE WIGHTON**

feelings visually. That leads to them keeping emotions bottled up inside and perceiving the world in a negative way.

Dr Judith Grub, who led the research in Holland, said: "Suppressing negative emotions is something we do every day to be polite.

"However, my research

shows that paralysing muscles that help you to express emotion leads to internalising those feelings."

In the study, 30 people were shown gruesome images. Some were allowed to show their emotions, while others were asked to keep a blank face.

Those who did not show their feelings perceived the world as a worse place, and

felt negative emotions for longer. Dr Grub added: "Many people think, 'Oh, it's just Botox - I can get it in my lunch break.' But they forget that there may be side-effects."

However, UK cosmetic treatment expert Dr Patrick Bowler last night insisted: "Botox shouldn't paralyse the face and you should still be able to make facial expressions."