

WITH JUSTINE WILLIAMS

MYSTYLE



Face the facts

Botox has changed since the early days when your expression was frozen like a mask.

BOTOX seems a bit old hat now – right? Wrong. Botox is part of many women's lives these days but there is nothing dated about this treatment, as I discovered by talking to Teresa Cattin, cosmetic physician and spokesperson for its makers Allergan.

When Botox first arrived in New Zealand it came with the same heavy-handed technique popular in America. It didn't sit well with the New Zealand way of thinking – or looking.

It seems that after many years of freezing faces, we have settled into the more European-style of Botoxing that works to achieve what the French refer to as "enhancing natural beauty". It's an aesthetic that strives to be age appropriate and takes into account the harmony and symmetry of the face.

Dosage is considerably less these days, and it works like this: The more you inject into a muscle the longer it will last, but you will look frozen.

With Botox you pay for how many units are injected, so the best way is to have less of it injected at regular intervals – usually four times a year.

So the frozen look is out the door. But the key to enhancing your natural beauty is actually not about lines anyway, it's about volume, says Cattin. She describes an aging face perfectly when she tells me it's like a balloon – that is slowly deflating with age. This is where fillers come in.

Fillers, like Juvederm, are made of Hyaluronic acid in an injectable gel form. Hyaluronic is found naturally in the tissue of all living animals, including human skin, and is responsible for that wonderful youthful volume we start to lose as we age. Often used to plump lips, fillers are being used successfully to plump up hollows or deeper facial folds and the results last for around 12 months.

Most people who decide to have Botox come in having already singled out that

one line or cluster of lines for treatment. But that, says Cattin, is a classic example of not being able to see the wood for the trees. We need to stand back and take a look at our faces as a whole.

Botox is being used by young women before lines have even formed. Cattin

admits that she was a little uncomfortable with this at first but has changed her mind.

"If you have a family history of a strong frown line or crow's feet why not stop them before they form? You now have the ability to choose – get your mum's lines or don't get them," says Cattin.

There is no denying we are judged by our facial expression. So if you've been thinking about a wee jab of something for a while but never had the nerve, it might just be your year to give it a go.

The best way to find the right person is on the website of the College of Appearance Medicine. www.nzcam.co.nz

Teresa Cattin is the director of FaceWorks on 09 477 3775 or at www.faceworks.co.nz

'If you have a family history of crow's feet why not stop them before they form?'

Dr Teresa Cattin



Photo: iStock