



Nice necks

With Dr Catherine Stone, as seen on TV One's *10 Years Younger*

What to do when you need a chin up

Q I have two big creases in my neck that I need plumped up. What are my options?

A We call these “necklace lines” and there’s several options for treatment. Botox can sometimes be used to relax the platysma muscle – a thin, flat muscle that sits just beneath the skin of the neck and extends from your collarbone and the top part of your chest, over the top of your neck muscles and inserts into the muscles of the lower face. As we age, this muscle tightens and pulls the

lower face down to create the turkey neck bands at the front of the neck. Relaxing this muscle can help soften

the lines and turkey neck bands. Another option is using a dermal filler such as Restylane. The results are instant and last about 6-12 months.

Another option is to use laser-based wrinkle reduction technologies. Elos Matrix uses a combination of radiofrequency energy and lasers, which can stimulate your skin cells to produce more collagen. This is a much slower process, with a course of five treatments over five months, gradually softening the lines as the collagen rebuilds.



Matrix therapy for neck

HOW MUCH \$2500-\$3500 for 5 monthly treatments.
RECOVERY Nothing superficial to recover from.
RESULTS LAST By the fifth treatment, changes are becoming evident. This is due to the new growth of collagen fibres, which take up to six months to mature.

Botox therapy for neck

HOW MUCH Varies – could be \$400-\$900.
RECOVERY Immediate, might get “itchy-bite-like” lumps on your neck, so wear a neck scarf. These usually settle on the first day.
RESULTS LAST About 3-4 months.

Filler for neck

HOW MUCH About \$500-\$700 depending on amount used.
RECOVERY Some swelling and redness first 1-2 days.
RESULTS LAST About 6-12 months, sometimes longer if used with Botox therapy.

QUESTIONS FOR CATHERINE? WRITE TO wdaynz@acpmagazines.co.nz OR Woman's Day, Private Bag 92512, Wellesley Street, Auckland