



Facing Botox

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

How to avoid that 'frozen' look

Q I want to get Botox in my frown and around my eyes, but I'm scared I'll look "surprised" or frozen. How do I avoid looking "done"?

A I know there are some bad examples out there, but your Botox treatment does not have to look "done". Appropriate doses and artful placement will usually give a softer, fresher appearance to your face, while still looking natural.

An experienced doctor will usually assess your face, looking at your features and working with you to determine what characteristics enhance your appearance.

As with any industry, there are some fantastic doctors who really care about getting great results, and unfortunately, there are also some cowboys.

Starting with lower doses of

Botox can also help avoid the "frozen" or overdone look, which can occur with higher doses. If you want to retain a natural look, remember that the aim is to have you looking great, rather than complete obliteration of lines. This is especially important when using Botox treatments around the eyes and in the muscle, which lifts the brows and creates horizontal lines across the forehead (the frontalis muscle).

Please also be aware that cosmetic surgery treatments such as brow lifts, eyelid surgery and facelifts can often create a frozen and/or surprised appearance if not performed artfully.

If you are considering cosmetic surgery at any stage, I recommend seeing 2-3 different plastic surgeons before making your decision and ask to see before and after photos of their patients who have had the same surgery.

Botox	
HOW MUCH Frown - \$220- \$480. Eyes: \$120- \$480 depending on amount needed.	RESULTS LAST Usually around 3 months, this may increase with repeated treatments.
RECOVERY Straight back to work immediately after treatment.	STARTS WORKING in 3-14 days

PICTURES: GETTY IMAGES.



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