



Botox

The quick "miracle" procedure for facial lines is such a runaway success that in New York City, the looks-obsessed now take Botox lunches at the doctor's office (only qualified medical practitioners such as dermatologists and plastic surgeons should administer it).

A crease-free mien is achieved by injecting small quantities of Botox or Botulinum Toxin Type A to block nerve signals to tiny facial muscles so they

remain relaxed. First used as a treatment for muscle spasms, it's been in the market for six years, although its cosmetic popularity has surged in the last two.

Results are visible within 48 hours and are most obvious after 10 days. They last another four to six months according to Dr Joyce Lim, consultant dermatologist in private practice. But Dr Wong Soon Tee, consultant dermatologist and physician at Raffles Hospital, notes that the interim

period between each Botox jab increases with each follow-up.

The cost is another deterrent. At Raffles Hospital, a unit of Botox serum costs \$13 and ironing out crow's feet can take six to 18 units per eye. Also, although Botox is minimally invasive, you still have to tolerate the injections. On the plus side, there are no known cases of botulism poisoning from it, since it would require 700 bottles of Botox to kill a man.

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Whether it's a quick visit to the doctors or slathering on a miracle cream, women are now spoiled for choice when it comes to saving their skin.