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*What are some benefits of common cosmetic treatments not known to the general public?*

Most of us know that Botox® and related toxins eliminate or soften frown lines, crow's feet, horizontal forehead lines and accomplish a subtle brow lift. However, there are reports in scientific literature that Botox® injected into frown lines can have lasting anti-depressant effects. Apparently, preventing frowning by relaxing the muscles involved in creating this expression leads to less facial feedback for negative emotions correlating with reduction in depressive mood. More studies need to be done, but I hear from patients that they are happier after a Botox® treatment and the reasons for this may go beyond creating a more youthful, rested appearance.

Another less-known fact about Botox® is that it can be used "off-label" in other areas on the face or neck. We can eliminate so-called "bunny lines" on the upper nose, or lift downturned lip corners. In my practice, Botox® and other toxins are used without creating the cookie-cutter "frozen look" with upturned, Spock-like brows. Many patients are afraid of starting Botox® injections, because they don't know that natural results are achievable. We're happy to prove them wrong.

*What are the most popular no-downtime anti-aging treatments at your practice?*

Our Swiss, suction-free microdermabrasion (Sapphire 3® Photo Abrasion) is an extremely popular maintenance treatment that not only feels good but also gently accomplishes effective exfoliation. Fire and Ice Facial is a wonderful no-downtime treatment based on natural, botanical ingredients. Collagen induction therapy with fractional micro-needling (Dermapen®) and broadband light photo rejuvenation are also popular. Which treatment is chosen depends on patients' unique needs and concerns. We can accomplish so much without significant down-time by stimulating natural capacity of the skin to renew and regenerate. Aging is inevitable, but increasingly, wrinkles are optional.

