

Botox + Filler = Rejuvalift, a Non-Surgical Facelift

How often do you stare into the mirror, pull at your skin, squint sideways, and perhaps admit to the start of an "age spot" - most likely due to all the glorious tanning you once enjoyed? How often do you ask yourself "When did I start looking so old?". There is good news: you aren't 'old' and you definitely aren't alone. An ever-increasing focus on ageing, and more importantly, anti-ageing products and procedures has quickly become a hot topic in our day-to-day lives. We see this focus in magazines, on TV, in the media and in discussions with family and friends. And with age, comes one thought "facelift". But surgery isn't for everyone, and in fact, isn't always necessary. For anyone looking towards non-surgical options, there are many products and procedures available that can give facelift results without having to go under the knife. Tried and true is the combination of Botox and Dermal Fillers. These two safe and reliable products can give you instant results with little, to no downtime. For anyone looking for a non-surgical option, 'The Rejuvalift' is exactly what Dr. M.W. Elmaraghy MD FRCS(C), Medical Director of Rejuvenate Medical Spa would prescribe. The combination of these products provides significant improvement for patients who want immediate volume restoration and wrinkle correction.

One of the main questions we are asked at Rejuvenate Medical Spa is 'What is the difference between Botox and Filler?'. So let's start with a clarification on their main differences and what each product is intended to do.

Botox, or Botulinum Toxin A, is a purified protein that is injected into the muscle. The goal of Botox is to reduce muscular contractions in the area where it's injected. Botox is a slow release substance; it takes up to two weeks before you can see and feel its full effect. However, Botox has numerous medical indications besides just its well-known cosmetic applications. During the 1990's, numerous research trials were conducted using Botox. Two major findings were: Botox could treat and temporarily cure Cerebral Palsy and Hyperhidrosis (excessive sweating). An ophthalmologist by the name of Dr. Jean Carruthers used Botox to treat muscle spasms in her patients and she noticed they were returning 'wrinkle-free'. Dr. Carruthers decided to perform a study on Botox's ability to decrease glabellar lines (those frowning wrinkles between your eyebrows). Once her positive results were published, Botox rapidly grew in popularity. Botox Cosmetic was officially approved in 2001 for cosmetic use and treatment for excessive sweating. In most cases, Botox is used in the upper third of the face for areas such as, frown lines, forehead lines and crows feet. And, while Botox may stop a muscle from contracting, which creates smoother looking, relaxed skin, it doesn't get rid of existing deep lines - this is where Filler comes in.

Dermal Filler, such as Restylane, is a clear gel that contains Hyaluronic Acid (Non-Animal Stabilized Hyaluronic Acid, or NASHA). Restylane is also Dr. Elmaraghy's filler of choice at Rejuvenate Medical Spa. Hyaluronic acid naturally occurs in the body. It is a component of our skin, helping to maintain the skin's firmness, it contours our features and it provides lubrication in our joints. Hyaluronic acid attracts and binds to water, (holding 1000x its weight in water) which is the main reason it is used to add volume to those deeper lines and areas that need contouring. Restylane can be used on areas such as cheeks, laugh lines, hollows under the eyes, lips, chin and jawline. Clients see instant results and walk out immediately looking more youthful.

Rejuvalift combines the best of both worlds: Botox + Restylane provides clients with a non-surgical face lift. Look years younger without the need for surgical intervention. Without question, your friends, family and colleagues will pay compliment to how refreshed and rejuvenated you look – yet no one will know your secret because of the limited or no downtime. In addition to a great skin care regime including daily SPF, Rejuvalift should be in everyone's anti-ageing arsenal.