

## **Pebble/Dimple chin**

The mentalis muscle, which together with the jaw bone forms the chin, can be hyperactive or too large, resulting in an appearance to the lower face that is less than ideal. For some patients, chronic spasm of the muscle makes the chin move in an uncontrollable fashion, resulting in short lines that mar the skin of the chin, creating a ‘dimpled/pebblestone’ appearance.

Some people also have a liner crease/shadow under the lip and above the chin, or a very narrow chin giving the appearance of a retracted face. All of these can be corrected with Botox® to the chin muscle.

## **Botox® Brow Lift**

Certain muscles play “tug-of-war” with areas of the face. For example, the outer part of the eyebrow: The squinting muscles pull the eyebrow downwards while the forehead muscles pull it upward. Overtime this upward holding effect weakens due to excessive use and gravitational pull. In addition, loss of skin fat creates a ‘sagging’ look, particularly over the lateral aspect of the eyes, making the eyes look tired or sleepy. Previously this was always treated with a Blepharoplasty (excision and removal of excess skin), but with the emergence of Botox®, these procedures are reducing in frequency.

Botox® can be injected just under the eyebrow into the orbicularis oculi muscle, relaxing it and causing unopposed pull from the muscles lifting the eyebrows, hence lifting the skin up and opening the eye. Where the Botox® is injected will depend on the look achieved, so one can choose to have a ‘Kylie kick’ or ‘mid-brow’ peak. Botox® can also be used here to correct facial asymmetry. The injections are quick, painless, extremely effective and can last around 3-4 months.

## **Bunny Lines**

These lines are created by contraction of the ‘upside down horseshoe muscle’ called the nasalis. The lines created can be static (seen at rest) or active (seen on movements such as laughing or talking). They can progress towards the cheek and eye area and can result in a ‘stressed appearance’ for some.

These lines can be relaxed by injecting Botox® into each side of the nose and are often combined with upper face Botox® treatments to the frown and crow’s feet areas.

## **Gummy Smile**

The prominence of gum tissue on smiling results from the elevation of the upper lip by muscles. This can sometimes be a source of embarrassment when smiling in front of others. Often people claim to avoid smiling in photos to avoid feeling self-conscious, or being unable to fully close the mouth.

Small dosages of Botox® can simply be injected into the top half of the muscle to relax it, allowing it to slightly drop.

## **Nefertiti Neck Lift or Platysmal Band Botox®**

Aging around the jawline and the neck are the main reasons why some women look older than they are. Overtime, loss of muscle tone, skin fat and gravitational pull leads to the appearance of the ‘Turkey Neck’. The contour of the jawline disappears and platysmal bands look more prominent.

Small diluted concentrations of Botox® can be injected into this muscle at various points across the platysmal bands and beneath the jawline relaxing this muscle and causing unopposed pull from the musculature above and hence a mini nonsurgical face lift. The procedure ‘Nefertiti Lift’ was named after the Egyptian Queen Nefertiti for her sharp jawline, and is highly regarded as a sign of attractiveness.

## **Excessive underarm sweating- Axillary Botox®**

Hyperhidrosis (Excessive Sweating) is a common problem affecting the armpits, hands and feet, and a major cause of distress and anxiety.

Humans have up to 4 million sweat glands distributed over the body. Eccrine glands secrete an odourless, clear fluid that serves to aid in the regulation of body temperature by allowing heat loss by evaporation. These glands are in higher density on the soles of the feet. Apocrine sweat glands are also located in the axilla and genital regions—and produce a thick, odourless fluid that undergoes bacterial decomposition, leading to substances with strong odours, often known as ‘B.O’

Botox® injections can help relieve sweating in all these areas through blocking nerve control of sweating. Although routinely used in the hands and feet by specialists, it is only currently licenced for the armpits. Botox® injections are quick, relatively painless, extremely effective and can last between 6-9 months.

## **Square Jaw Line- Masseter Botox®**

Botox® jaw reduction is a specialized technique to reduce the width of the jawline changing an overly square jawline to a more attractive oval or heart shaped face. In some patients, the masseter muscle, a chewing muscle, is enlarged creating extra facial width. Botox® selectively weakens this muscle over time leading to an overall reduction in the size of this muscle. Jaw reduction surgery used to be the only option for many patients. However, patients had long recovery times, inconsistent and unnatural results. Now Botox® has revolutionized facial reshaping. Botox® allows for changing the shape of the face without a scalpel, pain, swelling and zero downtime. The procedure is quick and virtually painless, and can also help with medical conditions such as Bruxism (painful teeth grinding).

