

4Hour Rule:

- Try to exercise your treated muscles for the 4 hours hour after your Botox treatment (this will work the injection into your muscles)
- Do not lie down or do strenuous exercise for 4 hours after treatment (try to avoid any exposure to a sauna, hot baths/showers or tanning for 4 hours).
- Keep head upright if picking anything up from floor.
- Do not drink alcohol for 4 hours.
- Do not rub the treated area for at least **24hours** – no facials and apply makeup very gently.

It is also worth noting – you may experience a mild headache after the Botox treatment, if this does happen you may take Paracetamol as needed.

Do not take (either before or after treatment) Aspirin, Ibuprofen, Neurofen or other anti-inflammatory as this may increase bruising.

There is a risk of bruising. If this does occur, it will only be temporary and can easily be covered with makeup.

Any bumps, marks or redness will go away within a few hours after your Botox treatment. Botox can take anything from 3 to 10 days to begin to work. The botox treatment can take up to 2 weeks to reach the completed results.

How long will it last?

Anti-wrinkle injections are a temporary procedure and have different effects on every individual. After your first treatment you may find that the effects wear off slightly quicker than consecutive treatments that you may have. This is normal, as botox works on the chemicals in the muscles it will gradually over time build up resistance and create a longer lasting effect. However this will take time and your 1st treatment may only last 2 months. If you maintain your treatment appointments with the frequency recommended (normally every 3 months), the duration of each treatment result may last longer.

Muscle groups:

We do offer Advanced botox treatments (**bunny lines/lip/chin/marionette/underarms**) however the main areas are frown/forehead and eyes.

Eyes: As the muscle is a round sphincter muscle – and we only treat a small section (crow feet area) therefore eye area will still have movement. We cannot freeze this area but we can soften any lines that you have. So when you smile naturally you will see smoother skin. However if you have 'deep lined crow's feet' they may not disappear, as botox doesn't treat the skin only the muscle.

Frown/forehead: Frown lines can give an undesirable look and make the client look tired or angry. Over time these deep lines will smooth and lessen but it can take a few treatments to see the effects of softening deep lines. Prevention is better than cure, so if you commence your botox as the lines start forming and you prevent creasing the skin, you will prevent them becoming deep and permanent.

Top Ups and costs:

We do not do 'top up' procedures as normal practice, however if we feel that your muscle is particularly resistant you have a 2 week window to advise us then a further 1 week to see us. After this time we will not add any more botox to the muscle in case of complications and risks arising from over use of the Botulinum Toxin.

As only 5% of our clients request a top up treatment, we have made the decision to reduce the price of our treatments to so as they do not include a 'top up' price. It seems unfair to charge everyone for a treatment they may not have? Top up treatments are now priced at **£25** (see above for time scales) and have been deducted from our main charges.

We are looking to achieve a natural restrictive effect which is flattering to our clients; we do not promote the 'frozen face' effect which some practitioners like to do. Badly done botox is noticeable for the wrong reasons, and that doesn't do much for our reputation. That's why people come back to us time and time again!



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