

Separate The Fact From Fiction: Botox

Botox is the most common non-surgical procedure performed in the world today but it is also one of the most misunderstood. Lisa Price of The Jade Cosmetic Clinic answers some of the most commonly asked questions about the so-called wonder drug.



Is it a poison? No, Botox is a purified protein that was first isolated from the botulism bacteria about 30 years ago in much the same way penicillin was derived from mould.

Is it safe? Botox has one of the best safety profiles of any drug. The long-term safety has been established over at least 20 years of use with no long-term side effect ever being attributed to treatment. People are right to treat the product with caution but they should also be realistic. Botox has been used to treat children as young as two with cerebral palsy, at 300 times the strength of its cosmetic use.

How does it work? Tiny amounts are injected just underneath the skin using a fine needle. Over a period of three to five days the wrinkle-causing muscles will gradually relax as the nerve stimulation to the muscles is reduced. Wrinkles will smooth and new lines are prevented from forming.

I don't want anyone to know – will they be able to tell I have had Botox? It is your business if you choose to tell someone you have had a Botox treatment, but with artful placement of Botox you will retain natural expression without the unwanted lines. The chances are you will receive lots of positive comments about how well and refreshed you look. No-one wants to look as though they have had something "done". The treatment is very quick and the minor swelling and redness that occurs immediately after treatment will subside within a couple of minutes. Many patients have a treatment done in their lunch break and return to work with no signs of anything being done.

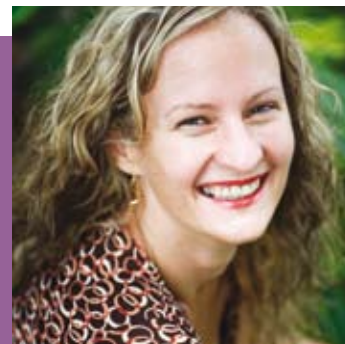
Do you have to continue having treatments? Not at all, however most people are so pleased with the result they continue with treatments and the benefits tend to be longer lasting with repeated treatments.

Where is it used? Botox is most commonly used to smooth out frown lines, crow's feet, to lift and shape the brows, widen the eyes and even give lips a more upward tilt. It is also a very effective treatment for excessive underarm sweating (hyperhidrosis) giving results that will last up to 12 months.

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Dare To Be Powerful

If you knew you were powerful, what would you do? Thomas Edison said that we would literally astound ourselves if we knew how powerful we really are.



Yes – you are powerful beyond measure.

Yes – you can achieve and contribute so much more than what you are doing right now.

Where is this power?

No, it isn't under your bed.

No, it isn't a special potion.

No, it isn't waiting for you overseas.

The power is within you.

What does being powerful mean? It means confidence, determination, strength and a burning desire to be all that you can be. It's knowing that you have the opportunity to live an extraordinary life – not an ordinary, average one – but a vibrant, fulfilling passionate one. And yes, everyone possesses this power. And yes, you deserve it.

How can you unleash this power? One answer, use your mind.

Realise your mind is a powerful tool. It is the cause and solution of everything. It can heal your body and produce wonderful feelings. It determines what you focus on in life, how you behave and how you communicate. The question is, do you control your mind or is your mind in control of you?

Here are three steps to taking control of your mind:

1. Be aware – be vigilant of your thoughts. What you think is what you become. Remember you are not your thoughts and you are not your mind. Your mind is a tool and you are the one in charge, not your mind. Do not criticise your negative thoughts, just observe them with curiosity.
2. Train your mind and choose thoughts that benefit you. You are the leader so take charge and instruct your mind with authority about what you want. Say it with conviction, just as a captain instructs his crew.
3. Visualise – Albert Einstein said imagination is everything and it's more important than knowledge. If you can imagine it then you can achieve it. Yes, your mind loves images. Therefore start daydreaming and envision what you want by adding emotion to it. Imagine it, feel it and you will live it.

Norman Vincent Peale once said, "without a humble but reasonable confidence in your own powers you cannot be successful or happy."

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