

# Botox Without the Botox

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Your face is often the first thing that someone sees when they look at you, and understandably you want to keep it looking great. However, in pursuit of flawless beauty and eternal youth, many of us often spend endless hours stressing over dreaded wrinkles! Apart from the thousands of creams, tonics and potions on the market to help, some people have turned to Botox – a quick fix that involves injections which ‘freeze’ the targeted area. Its non-invasive nature and relative affordability have made Botox injection one of the most popular cosmetic treatments in the world. Notwithstanding its effectiveness and painlessness, there are some persons who aren’t so keen on injecting substances into their faces. If you are one of those persons, there are multiple alternative treatment options available which don’t involve a syringe.

1. Face Yoga - Yes, face yoga is a thing and the Duchess of Sussex, Meghan Markle swears by it. (And if it’s good enough for royalty well, ....) Face yoga is simply a series of facial exercises, which, similar to the effect that yoga has on the body, stretches the facial muscles and improves blood flow and circulation. This treatment option is all natural, self-administered, can be done in 15 minutes or less and, best of all, it’s FREE!!!!

2. Cosmetic Acupuncture - The traditional Chinese medical practice of acupuncture became an anti-aging treatment recently and is referred to as Cosmetic Acupuncture. As with the benefits of traditional acupuncture, this cosmetic procedure is a natural and holistic one that is said to make the skin look younger, smoother and healthier. Unlike Botox, cosmetic acupuncture doesn’t only target the signs of aging, but is focused on improving the overall health of the skin and body.

3. Vitamins - Most of the body’s ailments can be fixed from the inside out, so it’s no surprise that one way to address wrinkles is to take vitamins. Although some facial creams contain vitamins, by ingesting them, you help your body to absorb them faster and promote a youthful, healthy glow. The best vitamins to take are Vitamin C (to promote the production of collagen) and Vitamin E (to protect your skin from ultraviolet light) but only in moderation.

4. Facial Creams - Facial creams are topical treatments for wrinkles that work by being absorbed into the skin. As mentioned before, facial creams contain vitamins, and their effectiveness depends on how well your skin absorbs them. There are multiple face creams on the market that are said to treat wrinkles, but the most effective ones are those that contain antioxidants or cell regulators as these have a direct effect on collagen production in the face. Also, look out for the ‘skin vitamins’, E and C. Never be fooled by a price tag. Not because it’s extremely expensive, means it’s the best. Do your research and try some samples before you buy.

5. Chemical peels - Chemical peels are popular for treating acne and pigmentation of the skin, but they are also useful in reducing the signs of aging. The treatment involves a chemical solution applied to the face (this will tingle, A LOT) which literally peels off the top layer of skin. The new skin that’s revealed is usually smoother and more youthful. Please note: A chemical peel should only be done by a licensed and trained practitioner, such as a dermatologist, and

requires a healing time of anywhere from 24 hours to three weeks.