

BOTOX: Why It's More Popular Than Ever!



By: Lisa Espinoza MD

fact, patients who regularly receive Botox injections talk about looking 10 years younger—without having to go under the knife!

What Getting Botox is Like

Botox injection is usually performed in a medspa or office setting by a physician. It typically takes 5 to 15 minutes to complete, depending on the extent of treatment. Patients may experience some minimal discomfort from the needle injection, but the majority describe it as painless. Results are evident within one week—Botox typically reduces wrinkles by 80 percent!—and last about three to five months.

Botox Side Effects and Recovery

Side effects are uncommon in cosmetic Botox, but have been reported as headaches and nausea. Very rarely can there be drooping of the upper eyelid muscles, which has been reported by some patients. However, this development usually corrects itself within one month. In addition, the FDA has stated that cosmetic use of Botox appears to be safe.

How Much Does Botox Cost?

There are four main factors that influence the cost of Botox: the area you live in, who the injector is (nurse vs doctor), type of medical practice, and most importantly how much Botox you need.

When it comes to picking a doctor, it may seem tempting to go with whomever offers the lowest price. However, as with all medical procedures, experience does matter, so be sure to look for a physician who is board-certified, has extensive training in cosmetic treatments and most importantly --- that you trust and are comfortable with.

In addition, injections should make up the majority of your doctor's practice. He or she should also ensure that you are getting Botox made in the U.S. by Allergan, not an unregulated form of Botox from other countries. If the price of Botox seems too low, it is likely not the real deal or is over-diluted.

When it comes to applying Botox cosmetically, the substance is extremely safe: There are no long-term adverse effects or health hazards related to its use. Even better, there is no cream, device, or laser treatment that can treat wrinkles of the upper face as effectively as Botox; in

typically the more Botox you get, the more you will pay.

There are three areas of the face targeted by Botox: the lines between the brows, forehead lines and crows' feet. In general, expect to pay between \$125 to \$400 per treatment area.

The Right Time to Start Botox

Most women who opt for Botox are between the ages of 35 and 60. However, in Europe, over the last few years there has been a doubling of "grannies"—women over the age of 60—receiving Botox injections. After all, women are living longer and healthier lives and want their outsides to look as good as they feel on the inside!

It is, however, important to remember that Botox is an anti-aging prevention method. So although Botox will dramatically improve the look of wrinkles you already have, you'll get the best possible results if you start using Botox as soon as you see the first signs of wrinkle formation.

What are you waiting for? Schedule your first Botox consultation today!

Botox is just one of the many excellent nonsurgical treatments we offer at La Chelé Medical Aesthetics at the Zanya Spa/Salon. Other popular treatments include Botox injections, Velashape, Cellulite Reduction, Fractional Skin resurfacing and Hair & Vein Removal. Schedule a complimentary consultation today at (609)773-0770 and visit our website lachelemedspa.com for additional information.

La Chelé Medical Aesthetics is located within the relaxing, luxurious and convenient atmosphere of the prestigious Zanya Spa/


Salon in Lambertville, NJ. We are a one-of-a-kind facility with an award-winning hair salon, full day spa, and medspa under one roof. Dr. Lisa Espinoza provides Complimentary Consultations and Skin Evaluation to all of her clients. She specializes in non-surgical skin rejuvenation services and anti-aging treatments with the philosophy of promoting health and well-being through a personalized approach of healthy aging. She personally performs all Botox, injectables, and laser treatments herself - providing you with experience, safety, and great results!

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