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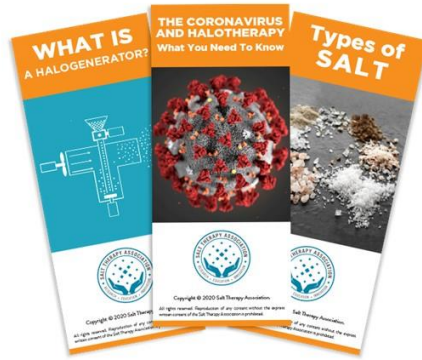
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Facelift for Today's Time. "Non-surgical facial rejuvenation requires minimal downtime, is performed in a medical office setting, and is a great way to take care of yourself and welcome Spring.



Art of
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THRIVE WHILE STAYING IN PLACE

By Erica Hampton, Your Spa Concierge

I hope you are all safe and well. I want to give you a couple of tips and tricks about how to survive this downtime.

1. Make sure you have structure in your home. Stick to a daily method of operations (DM). It is easy to spend the whole day not being productive but that will soon become boring. For me, I wake up at 5:30am every day, I work out, I meditate... I make sure I take care of myself before I take care of the world.
2. Stay in touch with friends, family, and important clients.
3. Stick to workout routine and good nutritional habits. This is a great time to revisit those wellness plans and reinforce good habits.
4. What other goals can you work on over the next 30 days?

Let's come out this time stronger, faster and better. We want to work forwards, not backwards.

Journaling is a very effective way to capture this time and create some accountability to yourself. Don't forget to put in words of gratitude. We have so much to be thankful for. See you soon!



Facelift for Today's Times



FACELIFT FOR TODAY'S TIMES

Can the Alternative to Surgical Facelift Come from a Needle?

Dr. Nia D. Banks, Modern Aesthetics

Are you wondering why chemical peels, **BOTOX® Cosmetic** and “dermal fillers” are so popular? Are they right for you? Our face is our calling card, it's the first thing people see, it's our canvas, it's how we express ourselves. Wrinkles and fine lines add character and expressivity but sometimes they distract from the image we want to project. Non-surgical facial rejuvenation requires minimal downtime, is performed in a medical office setting, and is a great way to take care of yourself and welcome Spring.

Wrinkles are caused by repeat folding of the skin. Over time, these folds become set in your skin. There are several ways to lessen the appearance of facial wrinkles. If they are associated with excess skin, a facelift or eyelift may be most appropriate. These procedures remove excess skin and lessen the appearance of wrinkles by pulling the skin taut. You may never need or want these surgical procedures, although they do provide dramatic differences.

To manage wrinkles without surgery, we can use neuromuscular blockade (to temporarily weaken small muscles that pull the skin and cause wrinkles) or fillers (gel particles that add volume and fill in the cracks caused by wrinkles).

BOTOX® Cosmetic and **Dysport®** are both agents that cause neuromuscular blockade. They temporarily stop muscles from receiving the signals that cause them to contract, allowing the overlying skin to relax. The most commonly targeted muscles are the corrugator muscles (pulls the eyebrows together), frontalis muscles (wrinkles the forehead), and the orbicularis oculis (creases the skin around the eyes). Carefully placed, they target problem wrinkles. The goal is not to make your face to look like a mask! **BOTOX® Cosmetic** and **Dysport®** are generally used around the eyes and the forehead. A treatment takes 10-15 minutes and improvement will be seen at one to two weeks after the treatment. The effects last for 3-4 months. This is an

ideal treatment for both men and woman to relieve furrows between the eyebrows and lessen the appearance of crow's feet.

[Restylane®](#), [JUVEDERM®](#), and [Prevelle® Silk](#) are similar gel products made of hyaluronic acid (a compound already abundant in your skin) to fill in fine lines and wrinkles. They are injected into the deep layer of the skin to literally “fill” in cracks. These are most commonly in-office procedures. The effect can be seen immediately and last for 3 months ([Prevelle® Silk](#)) or 6-9 months ([Restylane®](#), [JUVEDERM®](#)). Fillers are a great for women and men that want an immediate improvement in wrinkles around the nose and mouth. They can all cause some mild swelling and bruising, so you should plan your treatment several days before any important meetings or events.

If you want a subtle but noticeable improvement in your appearance with minimal downtime, these [treatments](#) may be right for you. For additional information, call 443 424 4080 or schedule a virtual consultation online at www.artofbalancespa.com/virtual-consultation-form/.

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