

at fingertips

are stress-free, effective ways to refresh our looks.

going for that Hollywood look that is very noticeable, most clients want to look natural. They want to look fresher and younger so that colleagues or friends might notice them looking good, but not so much that people speculate whether they have had something done. So it is discreet and subtle.”

Though most people know the name, Botox, it is in fact a brand name. Botulinium toxin is the generic name of the treatment. Dysport is the name of another brand that is a direct competitor of Botox. Leanne offers both.

Leanne discusses where she will put the product and how much of it. Some love the completely unlined face, which she can do, but I say I prefer to soften lines rather than completely remove them. In order to calculate where the treatment needs to go, Leanne asks me to frown or smile. She gives me a rubber ball to squeeze while she injects tiny amounts of Botox into the muscle affecting these facial lines. She puts some into my forehead and a couple around my mouth.

I am not squeamish about needles but am nervous of anything near my face so I close my eyes. Leanne warns there will be a sting. I do feel the needle go in but it is quick and painless.

It doesn't leave a mark although Leanne warns that sometimes, and rarely, the needle can cause a little bruising.

Within days of the injections, the muscles of my forehead relax — making my frown lines flatten and look smoother.

It took a week for the muscles to relax and then I did notice creases lessening. There was no sense of discomfort or having a frozen face. I could move my face normally but the wrinkles far less than before.

These treatments are intended to enhance and refresh your looks and will only relax muscles beneath the facial lines at the point of injection, so other elements of facial expression remain active.

Leanne says the results will last three to four months but can last up to six. It has been more than four months since the procedure and the effects are still working but I will repeat the procedure after six months. Leanne says it varies from person to person and she will advise — again, what I liked is that if you don't need it, she doesn't give it.

Fillers

Leanne uses Restylane which, like Botox, is injected into an area to restore fullness. It can help lift the brow or a downturned mouth as well as softening deep creases

which cannot be removed by Botox alone.

I chose to have it put in my lips. I know I am in good hands when Leanne tells me it is “her favourite treatment” to perform. Lip fillers have become notorious through some celebrities having over-filled lips, which look obviously plumped. Although that look can be achieved, Leanne says most clients want to look like they have not had anything done so that the effect is nicely shaped lips but none of the trout look.

“Having your lips filled is a really underrated procedure. People always have the thought getting lips done means big, bulbous feature lips that walk in to a room before you do. It is more about restoring someone's lips to what they once had.

“It really completes a person's look and I like doing it as I like seeing the confidence boost women get by something that is subtle, but really beautifully enhancing.”

This treatment can be painful so Leanne uses a local anaesthetic to numb the area. After that I do not feel anything as she injects several times around my lips.

Afterwards I can see the marks of the needle and this is normal. My lips are numb and Leanne advises going home, resting and using icepacks. She also recommends an antihistamine to reduce swelling.

Leanne warns that lips can be swollen with some bruising for up to a week after the treatment. This is important to note because, if you don't want to tell people about the treatment, it will be best to have it done on a day before a weekend.

Bruising can vary from person to person but resting and applying icepacks immediately after the treatment helps to reduce it. That night and the morning after my lips are quite swollen and I have a little bruising on one side but this is easily covered with concealer and makeup.

As I am writing about the treatment I recall having no qualms about going to work the next day and, in fact, all my (female) colleagues were interested and intrigued. Until I pointed it out to them they had not noticed any bruising or swelling. My lips felt slightly dry but I used a natural lip balm all day. After a few days all swelling and bruising had disappeared.

I visited Leanne for a follow-up a week later so she could assess the lips. I love them, and they are exactly what I asked for — not overly full but just as though I have used lip liner. Leanne says if a client doesn't like the lips, there is a treatment that totally reverses the process, removing all the Restylane.

She says has never had to do this — mainly because, as she says, her experience helps to gauge what a client wants.



Botox smoothes lines by being injected into facial muscles.

STILL STUMPED ON WHAT TO BUY? HOW ABOUT A TOOLSHED GIFT VOUCHER?

RED HOT DEALS ON LAST MINUTE XMAS PRESSIES AT YOUR TAURANGA

The Tool Shed

QUALITY WITHOUT THE COST!

ToolShed Drill Bit Sharpener ~~\$119~~ **\$99.90**

Arges 10.8 volt Li-ion Drill ~~\$149.90~~ **\$139**

Arges Practical Rotary Craft Tool Kit ~~\$79~~ **\$49.90**

ToolShed 1.5 h.p. 8 Litre Compressor ~~\$159~~ **\$129**

ToolShed Trade 140amp Inverter Arc Welder ~~\$268~~ **\$199.90**

AWESOME PRESENT IDEAS ALL FOR JUST \$9.90 each!

- ToolShed Trade 150mm Adjustable Wrench
- ToolShed Trade Mini Hacksaw
- ToolShed Trade Circclip Pliers
- ToolShed Trade 125mm Self-Locking Pliers
- ToolShed Trade Coping Saw
- ToolShed Trade 25mm Utility Knife (snap-off blade)
- ToolShed Trade Silicon Carbide Oil Stone
- ToolShed Trade 1 metre Folding Rule
- ToolShed Trade Set of 3 Cold Chisels

HEAPS MORE BARGAINS IN-STORE!
OPEN WEEK DAYS 8-5pm & SATURDAY 9-1pm

TAURANGA TOOLSHED • 42 SECOND AVE • TAURANGA • PH. 578 1301

DownSize!

& DETOX

New research-backed programmes starting in 2015

Call today for an obligation free consultation.

Faulkner's Pharmacy,
398 Cameron Rd
Tauranga (07) 578 5205

Aevum

wellness™