

Beautywithin

NEWSFLASH

**44 Aerodrome Drive, Northmead, Benoni
011) 849-4478 or (011) 425 5069**



Hi Ladies,

Great News !! Beautywithin Salon will be providing Botox and Juvederm Filler treatments as from April 2010. We have Dr Ansua Steyn from the West Rand who will be coming to Beautywithin once a month to do these treatments. Dr Steyn has been a GP for approximately 8 years and is now focusing purely on Botox and Filler treatments.

Dr Steyn will be visiting Beautywithin Salon on the 29th of April, her prices are reasonable and range from between R1000 to R2500 depending on how many injections you need. If any of you Ladies are keen on any of these treatments please give us a call. Attached please find some information on both treatments for your interest.

What is Botox?

Botox® injections are a diluted form of botulism which is injected into facial muscles to paralyze or weaken the muscles that form wrinkles. Last year, the procedure was performed in the United States more than 1.6 million times, a 46 percent increase since 2000 and a 2,356 percent increase since 1997.

How it works

'Botox' works by blocking the nerve receptors (neuro-muscular junction) that innervate the muscle injected. More specifically it blocks the release of acetylcholine, thereby preventing the muscle contraction. This stops the ability of the muscle to receive signals to contract, and this allows the smoothing of the overlying skin which in turn causes wrinkles to smooth out and prevent the wrinkle from deepening.



It is now possible to look ten years younger without taking days out of your schedule. Anyone from the age of 18 to 65 will benefit from the treatments.

Botox treatments offered by Beautywithin Salon can restore a more youthful and wrinkle free look without any invasive procedures. Deep folds and wrinkles are caused by contractions of the muscles in specific areas. Every time you smile, cry, laugh, frown or make a facial expression the muscles contract. Over time these wrinkles and lines become permanent and deepen. The frown line between the eyes is sometimes the most prominent.

Botox is an effective method for alleviating wrinkles for a period of three to six months. You will thus only need two treatments a year to ensure long lasting results. If you stop the treatments, the lines will just re-appear over a period of time. It is however not suitable for skin damage caused by over exposure to sun or for the use of treatment for sagging skin.

The sites on the body where botox will work best

Today a wide area of cosmetic uses can be achieved with the correct application and dosage of 'botox'. Most commonly, the upper face (frown, forehead, and eyes) have a high success rate. However, great results may be achieved with the bunny lines (wrinkles on the nose), lifting the brow and eyebrows, chin (orange peel effect), or lifting the corners of the mouth.

Who will benefit most from Botox Doctors recommend that people start using botox from the age of around 27 to 30, depending on the degree of sun damage as 'botox' is a great tool to not only prevent wrinkles in the future, but also to delay surgery for as long as possible.

Furthermore, varying dosages and techniques, allows the injector design an individualised treatment plan for each individual, avoiding a mask-like appearance. One can inject areas of the face to accommodate those who need a lot of facial movement (performers on stage, presenters etc.), or those who want maximum benefits and anywhere in between. Basically any person who would like to improve, enhance and return to a more youthful-looking face can benefit from 'Botox' injections.

What does Botox look like?

Botox comes in glass vials containing a small amount of crystals. A special solution containing water and a small amount of salt is added just before use to make it ready for injection.

How is it given?

A freshly made solution of the drug is injected into the affected muscle(s), using a disposable syringe with a fine needle.

Does the injection hurt?

Botox itself does not cause irritation or inflammation when it is injected. Patients occasionally complain briefly of discomfort or pain at the injection site. This may be due to the amount of fluid injected or some other factor unrelated to the drug.

Are there any side effects?

Side effects may occur, but they are usually mild, don't last long and can be treated. Serious side effects are uncommon, and no long term complications have been reported.

Side effects vary, depending on where Botox is injected and for what purpose.

What are the possible side effects?

- Swelling at the site of injection that disappears very quickly.
- Bruising at the site of injection, but this is rare and usually the bruise is tiny and heals within two to five days. This can be easily hidden with make-up.
- Stinging at the sight of injection, but everyone is different and most patients feel very little.
- Swelling of the upper eyelids that can last for up to two weeks has been noted in some patients. This is usually mild and transient, and is thought to be due to the mild trauma to the forehead muscle (frontalis) with the injections resulting in inflammation/oedema.

What is Juvederm Dermal Filler ?

JUVÉDERM™ Ultra injectable gel is a colorless hyaluronic acid gel that is injected into facial tissue to smooth wrinkles and folds, especially around the nose and mouth. Hyaluronic acid is a naturally occurring sugar found in the human body. The role of hyaluronic acid in the skin is to deliver nutrients, hydrate the skin by holding in water, and to act as a cushioning agent.



What does it do?

JUVÉDERM™ Ultra injectable gel temporarily adds volume to facial tissue and restores a smoother appearance to the face.

How is it used?

JUVÉDERM™ Ultra injectable gel is injected into areas of facial tissue where moderate to severe facial wrinkles and folds occur. JUVÉDERM™ Ultra injectable gel temporarily adds volume to the skin and may give the appearance of a smoother surface.

What will it accomplish?

JUVÉDERM™ Ultra injectable gel will help to smooth moderate to severe facial wrinkles and folds. Most patients need one treatment to achieve optimal wrinkle smoothing, and the results last about 1 year.

What are possible side effects?

Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less). The most common side effects include, but are not limited to, temporary injection-site reactions such as: redness, pain/tenderness, firmness, swelling, lumps/bumps, bruising, itching, and discoloration. As with all skin-injection procedures, there is a risk of infection.

How does Juvederm work?

Juvederm Ultra injectable gel temporarily adds volume to facial tissue and restores a smoother appearance to the face.

The Juvederm group of dermal fillers are designed to

- smooth away wrinkles,
- create fuller lips and overall restore the youthful 3-dimensional contour of the face.
- enhance facial contours,
- rejuvenate skin on the face, neck, décolleté and hands face
- volume restoration can elevate cheeks and jowls and give a non surgical face lift.

How long will a Filler treatment last ?

The results of a treatment with Juvederm are long-lasting, without being permanent, giving you the freedom of choice to maintain the effect. A treatment with Juvederm will generally last 12 months, and with only one re-treatment the effect has in a recent clinical study been shown to last up to 18 months.

Excelsior Pilates

A client of Beautywithin, Lee Landman is giving Pilates classes in Farrarmere and I, (Cindy) have recently joined her classes and I'm thoroughly enjoying it. It really works the tummy muscles, for those of you who have had Caesarean operations this is a fantastic form of exercise to get those tummy muscles to work again. Some information for those of you who don't know anything about Pilates.

Who can do Pilates ?

Anyone can. Pilates is a low impact exercise, designed to help anyone return to the health they enjoyed when young, and learn to move smoothly and confidently, with strong, uniformly developed muscles. Pilates is one of the greatest tools for keeping ageing bodiesageless. Regular Pilates practice makes you stronger, more flexible and more confident.

Benefits of Pilates

Great back strengthening exercise
Good circulation
Deep, healthy breathing and increased lung capacity
Strength and flexibility
Healthy bones and joints
Improved posture, balance and co-ordination
A strong abdomen and powerful "core"
Energy, stamina and stress relief
Reduction of body "aches and pains"

Duration and cost of classes

R50 for an hour, once or twice a week.

To book class please phone Lee Landman on 083 338 4768

Girl Friday

Girl Friday, general administration, typing of any nature, filing, data capture, Secretarial, filling in for short periods of staff absence, if required.

Please contact **Beryl Gill on 082 353 7791**

Beautywithin Reminders

Beautywithin will be closed on the Public Holiday Tuesday 27th of April.

Beautywithin specials this month are :

½ price on all waxing
R100 for all Pedicures and Manicures
R250 – Dermalogica Facials
R200 – Environ Facials
R220 - Shzen Facials

So do hurry and make your booking before the end of April. These specials are only valid until the 30th April. You also may purchase a Gift voucher for these treatments and use your voucher next month.

Look out for our May Mothers Day specials. It will be sms'd to you soon.

Cindy and all the girls at Beautywithin Salon

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