



TrueBeauty

Advice you can trust in today's world of beauty

Q

What's the difference between Botox® and Restylane®?

Botox Cosmetic® is a purified protein that is injected into a muscle and interferes with its ability to contract, thus relaxing the area being treated. The upper face is the most common area for muscle relaxants like Botox Cosmetic® and Dysport®. They can minimize lines between the brows and on the forehead, as well as soften crow's feet.

Dermal fillers such as Restylane® and Juvederm® replace volume in the face. Hyaluronic acid is the most universal ingredient in these fillers, which are frequently injected in the lower face to correct deep nasolabial folds, marionette lines and thinning lips.

Sometimes both products are combined for maximum benefits. For example, if you have deep scowl lines between your brows, treatment may start with Botox® to relax the muscle, followed by Restylane® to smooth out the creases.



Muscle relaxants and dermal fillers are often used in combination to relax deep lines and soften creases.

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All these products offer temporary benefits and can be done relatively quickly with little downtime. Make sure your treatment provider

is a trained medical professional who understands your goals so you receive the most appropriate service to achieve the best results.



CENTER FOR PLASTIC & RECONSTRUCTIVE SURGERY

This beauty Q&A with beauty expert Gina Thompson is brought to you by The Center for Plastic & Reconstructive Surgery, Reichert Health Area, Aesthetics Suite 5008. For appointments and information, call 734 712-2323.



Q As I've gotten older, my brows seem more sparse. What's the best way to shape and fill them?

Start with some good tools:

- Brow pencil
- Matching brow powder
- Clear brow gel
- Effective tweezers
- Angled eyebrow brush
- Eyebrow comb
- Stencils

Before you start plucking away at stray hairs, you should define the length and general shape of your brows.

1. Take your brow pencil and line it up vertically between



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the outer corner of your nose and the inner corner of the same eye. Make a dot with the pencil: this is where the eyebrow should start.

2. Line up the pencil from the corner of the nose through the center of the eye and make a mark here. This is where the highest arch of the brow should be.

3. For the third mark, line up the pencil from the corner of your nose to the outer corner of your eye—this is where the brow should end.

Next, fill in your brows:

1. Make light feathery strokes (like creating little hairs) with your brow pencil, connecting the marks from beginning to end. Use the existing brow shape to help determine the thickness or buy a set of eyebrow stencils to help you create your favorite shape.

2. Apply a matching brow powder with a stiff angled eyebrow brush over the pencil. This sets the pencil, which can sometimes smudge, and the powder creates a more natural look.

3. Use the eyebrow comb (or a clean mascara wand) to brush through and blend. If the color appears too dark, comb through a few times to soften.



TRUEBEAUTY TIP: It's easy to forget rinse-off cleansers and scrubs if they're out of sight. Put them where you use them—in the shower and alongside the sink—and stop reaching for the soap.

4. Finish with a clear brow gel for additional staying power and control of unruly brows.

With a perfect shape in place, now you can you tackle the strays with tweezers. If you pluck before you shape, you may have a tendency to overdo it and end up with brows that are too thin. No face is perfectly symmetrical, so your eyebrows will never be exactly the same. Do your best and if you aren't happy with the results, seek the advice of an eyebrow expert for a professional shaping, or for permanent makeup that will last for years.



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For more beauty advice from Gina Thompson, please visit www.DiscoverYourTrueBeauty.com



Q How do I know if I'm using enough skin care lotion or cream without wasting it?

It can take a while to figure out the perfect dollop for each and every product you use. For most cleansers, one pump about the size of a quarter is probably plenty to cleanse your face and neck.

Other treatment serums, lotions and creams may require an amount from a pea to a nickel size. You want to be able to easily glide the product across the surface of your skin. If you have to tug or pull while you apply, you may not have enough—and if your skin feels sticky or wet, you may have too much.

A granular scrub is one product I sometimes suggest using more generously because if it's applied too thin, it can be scratchy and a little irritating. The more you use, the gentler it will be on your skin. Most professional products are quite concentrated and you usually need less than you think. If you happen to use too much and you have some left over, rub the excess on your chest or the backs of your hands. After all, our faces aren't the only surfaces that need a little TLC.