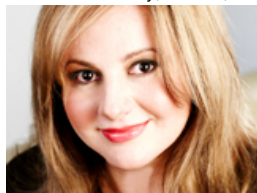


Lunchtime beauty fixes to boost your holiday look

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Published Thursday, Dec. 17, 2009 7:53AM EST



It's hip to have a fresh, youthful fullness to your face these days. If nature has robbed you of that feeling, a little pre-holiday lunchtime procedure can help you reclaim it before the season's mad party rush begins.

PHOTOS



A bottle of Botox is seen at a doctor's office in Beverly Hills, Calif., March 20, 2002. (AP / Damian Dovarganes)



Colleen Delsack, 47, of Alexandria, Va., has Botox injected by Dr. Shannon Ginnan, at Reveal in Arlington, Va. on Friday, June 5, 2009. (AP / Jacquelyn Martin)

"Women and men are looking for quick, low-risk procedures that will get them the results they want, especially before those holiday parties begin," says Dr. Peter Bray, a board certified cosmetic plastic surgeon with Elements Wellness Spa in Toronto.

To that end, Botox and a host of new injectable facial fillers on the market today can give both sexes the chance to freshen up their facial appearance in a flash.

These instant fixes aren't cheap. And, as Dr. Bray says, nothing replaces good skincare habits like cleansing, moisturizing, exfoliating and drinking lots of fluids.

For those who can afford it, however, these fast fixes administered by a trained professional will get the job done.

Botox bound

What it is: Botox is a chemical that weakens facial muscles. It is the preferred choice to treat wrinkles related to muscle activity on the forehead.

What it delivers: "What's great about Botox is that there is no downtime," says Dr. Bray. "There may be some mild bruising or swelling the following day simply because a needle has penetrated the skin. A little camouflage makeup will take care of that."

How long will it last? "Everyone is different, but generally speaking Botox will last four to six months depending on the area being treated," says Dr. Bray.

Price: \$300 and \$500, depending on the size of the area treated.

Filler magic

What it is: Injectable fillers like Restylane, Juvéderm and others are used to fill up depressions under the skin like laugh lines. They also give the face a smoother look.

What it delivers: "The beauty about injectables is that they can be used to sculpt the face and restore fullness in areas that have been depleted with time such as the cheekbones or grooves under the eyelids," says Dr. Bray. "The effect is also visible right away."

How long will it last? Six months, but sometimes longer depending on the patient.

Price: \$1,000 to \$1,200 for an injection session. "The price will vary depending on the type of filler and the size of the area that needs to be treated," says Dr. Bray.

Fraxel light-based laser therapy

What it is: Fraxel is a new generation of light-based laser therapy that gently revives tired skin.

What it delivers: Fraxel helps to improve skin texture and make it smoother. It stimulates collagen production so the elasticity of the skin is better. It also helps improve discolorations on the skin.

How long does it take? "One to three treatments done six weeks between appointments will get you the results you want," says Dr. Bray.

Price: \$900 per session.

Instant skin firming with SkinTyte

What it is: SkinTyte is another one of today's new generation of light-based skin therapies. It gently tightens the skin for a firmer, more youthful appearance.

What it delivers: "This is a great treatment for people who don't have lots of scarring or blotchiness. It's also a good solution for a person who has nice skin but just wants a little extra party boost," says Dr. Bray.

How long does it take? A full facial treatment can run up to 60 minutes.

Price: \$400 per full facial treatment.

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