

1. Target Keyword: Doing botox for the first time

Page Title: Doing botox for the first time? Here's what you need to know

You have been wanting to look younger, but not sure what exactly to do. Finally it hits you, your biggest problem areas are fine lines and wrinkles on your face that make you look older than you actually are.

Your friends have been telling you to consider botox, that it is easy and effective. Finally you decide to listen to them and try it.

Planning on doing botox for the first time might leave you with a sense of anxiety. You might fear discomfort or side effects. Here is the thing: Knowing the facts will set you free. And surely put your fears to rest.

Botox Cosmetic is an FDA-approved purified protein that temporarily smoothes crow's feet, forehead lines and moderate to severe lines between the brows, by reducing the activity of muscles which cause wrinkles and lines.

Your botox appointment will be short, probably just ten minutes or less. The doctor will inject the Botox Cosmetic, a liquid, into targeted muscles in your face using a fine needle. She will apply a topical anesthetic first to reduce any possible discomfort. The Botox will inactivate some of your facial muscles that produce wrinkles including laugh and frown lines. The botox will also target deep lines and wrinkles from laughing, frowning, smiling and squinting.

Within a few days you will surely notice a marked improvement in your facial and frown lines. After about ten days you will generally see all the amazing effects of botox including smooth, wrinkle-free skin and a more youthful glow.

Approximately three to four months later, your results will start to fade away gradually. It is essential to come in for your next appointment before the results completely disappear. Even better is to schedule your next treatment at the time of your first one.

There are certain serious side effects of botox including difficulty swallowing or other effects of botulinum toxin such as hoarseness or trouble swallowing, but they are quite rare.

Women all around the globe are embracing botox to look and feel their best. When doing botox for the first time, you might be surprised at how good you look and feel after the procedure. Welcome to the joys of botox. All of your friends will be jealous and wonder what new skin regimen you are trying. Tell them it is your secret and keep them guessing. No need to let anyone know you got a little help in looking and feeling terrific.

The FDA approved Botox in 2002. Today it is the most popular anti-wrinkle treatment. In 2005 there were 3 million procedures performed.

If you have any questions about Botox, contact us at (201) 505-1020. The Spa also offers numerous other services such as ultratherapy, a face and neck treatment where an ultrasound is used to tone and lift loose skin (no surgery involved), microdermabrasion, chemical peels and laser resurfacing.

2. Target Keyword: things you should know about a Melanage Peel

Page Title: 3 things you should know about a Melanage Peel

If you want to know details about a Melanage Peel, you have come to the right place. Women who have uneven skin tone, melasma, or deep pigment concerns should consider using the Melanage Peel. It is designed to treat pigment, specifically melasma. The method comes in two parts, which are a masque applied by medical staff and an after care regimen offered during your appointments. The Melanage Peel will transform the appearance and texture of melasma and hyperpigmented skin.

The masque is the first step of the skin lightening procedure and it will be freshly applied in the spa by a qualified medical aesthetician. This is to ensure the reliability and potency of the treatment, which will take about 30 minutes. Depending on your unique skin type and condition, you might have to wear the masque for about two to ten hours. The aesthetician will give you a specific time to wash the masque from your face. It is advisable that you do not leave the masque on longer than the time given, as it will be counterproductive. To ensure you get the best results, you need to listen carefully to the medical aesthetician.

As soon as you arrive at home and you remove the masque as requested, you need to complete the first half of the Melanage Peel treatment. At this point, you will be given a home care kit and you need to be responsible with the instructions given. Although the instructions are easy to follow, they are very strict, thus, it is imperative that you follow every instruction thoroughly. Be prepared to spend about thirty days or so, in order to complete the treatment successfully.

One of the things you should know about a Melanage Peel is that the results vary from one person to the other. Nevertheless, you will generally see a significant improvement in the pigmented areas. Your dark spots and skin texture, as well as your tone will certainly improve. Even though a large number of patients tend to experience peeling of skin, it does not happen to everyone. Many women require only one Melanage Peel, but if they need further results, they can be treated to the second peel only six months after they have received the first treatment.

The Melanage Peel does not cause any pain, although some patients will experience a tingling sensation as soon as the masque is applied. When the masque is removed, the tingling sensation might become stronger. The most common side effects of a Melanage Peel are the peeling of the surface of your skin, which will last about seven to ten days, and you will experience a bit of redness.

Now that you know about a Melanage Peel, it is advisable that you consider it thoroughly before you decide to obtain the treatment for your skin.

3. Target Keyword: How an elluminating peel can make a different in your skin

Page Title: How an elluminating peel can make a different in your skin

Your physical appearance gives the first impression and who doesn't want the first impression to be the best. The quality of your skin plays a very important role not only in your appearance but also acts as a mirror of your health and well being. The skin acts as a warrior of the human body acting as a defense against various infections.

The basic skin care regime comprises of three steps; Cleaning, Toning and Moisturizing. All three are quite simple as compared to the elaborate procedures depicted by many. However, owing to stress, bad weather conditions, pollution, dirt and constant exposure to the sun, our skin tends to get damaged proving to be a much dreaded nightmare for every woman.

Latest on the skin care regime is the elluminating peel. This is a fast and effective way to get rid of pigmentation, pregnancy stretch marks, skin tanning and helps in restoring the melanin content. It is a peel off mask that contains hydroquinone and retinoic acid which makes it safe for any skin type.

How does it work?

After cleansing the skin, a vitamin A peel is applied which is a creamy mask that nourishes the skin. This is done to bleach the skin and remove signs of tanning. Care must be taken to avoid walking under direct sunlight soon after using the peel. You will not experience any pain; however the skin might feel raw and sensitive.

What to expect?

After the removal of the mask, your skin may experience a slight irritation or redness which will eventually settle down. Peeling of the skin typically begins after a few hours. What you get is lighter skin tone, improved skin texture, and an even skin tone.

Quick fix- At home procedure

If you want a quick fix procedure, you can grab a pack of DIY elluminating peels. Apply and keep this on for ten minutes then massage it gently with wet fingertips before rinsing the whole mask off.

Who should avoid?

You must avoid the elluminating peel if you have recently undergone chemotherapy or radiation, if your skin is sore or has open wounds, if your skin is very sensitive and or you have had a skin disease recently.

With an array of skin care products available in the market, you must remember that not every product is meant for you. Though you can buy and use a DIY kit, it is advisable to visit a spa or a skin clinic where besides being pampered, your skin will be looked after by an expert.

Elizabeth Roche MD Med Spa is one such spa that provides various services that will make you look radiant and beautiful. The experts at Elizabeth Roche Spa use quality products of leading companies that nourishes the skin from deep within without any side effects. We also offer elluminating peels that not only restore a subtle glow to your fading skin, but also brings out the new you, making you feel wanted, always!