



N a v i g a t i o n

The New Way Botox With Th

B X L E X J U L Y • N E W S . o r g
F E A T U R E S



To Botox or not to Botox? That's the question that a lot of women (and men) ask themselves at a certain point when the lines on the top half of their face start to become increasingly noticeable. I've stood on both sides of the fence on this subject. I first tried Botox about 15 years ago when it started becoming popular. Though I didn't need it for lines I was getting bad headaches/migraines and I was advised it would help, which it did a bit. Also, as someone who has always been beauty curious, I was generally interested in the effect it would have. This phase lasted a couple of years until I got a bad case of 'Botox eyebrows' and this put me off having it done again for a long time.

About four years ago, I thought I'd give it another shot (figuratively and literally) but again I was left disappointed with the results. I felt it made my eyebrows look heavy, my eyelids droop very slightly and gave me under eye puffiness.

Unsurprisingly, I was put off it again. Recently, Dr Sarah Tonks asked whether I considered having Botox so I explained why I didn't think it was a good option for me. My assumption was that my face just wasn't suited to Botox due to slight facial asymmetry and possibly the wrong type of muscles. Dr Sarah Tonks explained this wasn't the case and the placement of the injection sites along with the dosage were key.

A couple of weeks later, Dr Tonks asked if I wanted to be a model for her so she could test out new device for administering Botox called the Juvapen. It's been designed to be very precise which has three main advantages:

1. It gives a more subtle end result.
2. It's less painful and there is less bumps and bruises afterwards.
3. The precision means less Botox is needed.

I agreed to play the role of the guinea pig but was clear about the look I wanted to achieve. After years of looking at women with bad Botox I knew the pitfalls I wanted to avoid such as a heavy eyebrow, a forehead ridge, eyebrows that are high at the outer edges and, of course, under eye puffiness. I didn't feel at all uncomfortable saying this to Dr Tonks and she didn't make feel I was being too demanding or that I should leave the decision making to her. She's definitely a cosmetic doctor who works with her patients, is really easy to talk to and actually listens to what they say.

With the traditional syringe it's very hard to get a precise dose of botox because the increments are almost too tiny to see. With the Juvapen you can preset the amount you want to use so there's no risk of injecting more than that was intended. It also means the doctor can focus on the face rather than having to keep looking at the syringe.

When I had Botox with the Juvapen I could hardly feel a thing, it really didn't hurt at all. There was no immediate swelling that can sometimes happen with Botox injections and I didn't get any bruising either. What's also interesting is that I got the result I wanted and Dr Tonks only used half the amount of Botox she would have done if she'd have used the traditional syringe. Even though my opinion of the **Juvapen** is based on only having used it once I do think it's a clever and effective device for those who want a more natural result.

More info on the Juvapen can be found [HERE](#) and you can contact Dr Sarah Tonks on 020 3695 5400.

This post contains press samples unless otherwise stated. Please visit my Disclosure page for more information

Tweet

Like 0

+1 1

Pin it

← 3 Fresh Skincare Products Under The Spotlight

re-Empty Series - The New Preventive Range From Perricone MD →

— Y o u M i g h —



How Blogging Changed My Life



3 Summer Beauty Products I Love

— N o C o m m —

L e a v e a R e

N A M E

E M A I L

W E B S I T E

P O S T C O

NOTIFY ME OF F O

E M A I L .

NOTIFY ME OF NE'

— W E L C O M —



Thank you for visiting by my blog. Here you'll find the latest beauty news and trends alongside honest reviews and features.

I'm 40+ but my blog is for women of all ages as beauty is for women of all ages.

I've been shortlisted for the following awards:

Next Big Thing 2016 by the Thirty Plus Awards

Best Beauty Blog 2016 by the Beauty Blog Awards

Best Established Blog 2016 by the Johnson & Johnson Awards.

Best New Beauty Blog 2015 by the Beauty Blogger Awards.

+ BLOGLOVIN'

S O C I A L





A D V E R T



Flash version 9,0 or greater is required
You have no flash plugin installed
Download latest version from [here](#)

T O P P O S T



The Frizz Ease 10 Day Tamer - Does It Work?



111 Skin Meso Infusion Micro Masks - Review



Hylamide C25 - An Affordable (And Stable) Vitamin C Serum



NARS Audacious Lipstick Collection - Review, Swatches & Competition

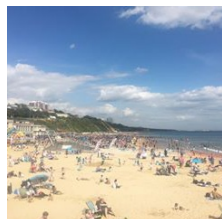
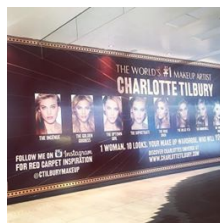
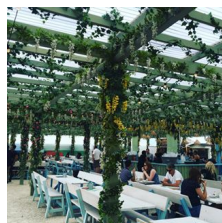


Sisley Phyto Lip Twist Tinted Balm - Review & Swatches

I N S T A G R



@alex_heartbeauty
Shortlisted For Best Beauty Blog 2016



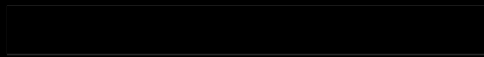
Load More...

Follow on Instagram

S U B S C R I

F O L L O W M

My Tweets



C O D I N G & *Stookshank* I G N B Y

© 2 0 1 5 I H E A R T B E A U T Y . A L L R I G H T S R