

## Looking good feels great By Paula Roy

There is a strong correlation between appearance and self image. An exciting new option available to give your looks a boost is now available in Ottawa, thanks to the Kanata Skin Clinic. Botox Cosmetic is a safe, harmless procedure that offers a fresh, smooth look without surgery.

While Botox has garnered substantial media coverage and has been popular in the U.S. for several years, use of the treatments is just starting to catch on in Canada. Botox injections minimize wrinkles caused by repeated movements and are most often used to smooth out lines around the eyes or on the forehead. The product works by relaxing the muscles underneath the skin to create a smooth and refreshed appearance.

Botox treatments are very quick and virtually painless, says Dr. Erik Hegmann of the Kanata Skin Clinic. He notes that it can take up to two weeks for the results to become apparent and that it is not a permanent procedure, meaning that you have to return for additional treatments to prolong the results. "Each treatment involves injecting a very tiny dose of purified protein," he explains.

Botox has been used as a medical treatment for over twenty years, and is approved by Canada's federal Health Protection Branch. Dr. Hegmann notes that Botox is administered in much higher doses for therapeutic purposes, such as treating young children with cerebral palsy.

"Botox has a good safety profile and very low complication rate. When complications do occur, they are not serious or permanent, just cosmetic and correctible. In the places where Botox can work well, particularly frown lines and crow's feet around the eyes, it is extremely effective," says Dr. Hegmann.

"Botox is popular because it works," he adds. "It's a safe and localized treatment that enables you to see results very quickly, helping you look more natural and relaxed. Our customers are very pleased with the results. It's not obvious that you've had a treatment all people notice is your refreshed, well-rested look. In the case of frown lines, in particular, it's a very positive change because you are erasing a negative emotional expression from your appearance."

"As with all the treatments we offer, several staff at the Kanata Skin Care Clinic, including me, have experienced a Botox injection so we can better understand what the process is like. Our aesthetician was so delighted with the results that she is going to continue to have the injections as part of a regular program," says Dr. Hegmann.

"Our mission at the Clinic is to help people look and feel good. Vanity is a very powerful personal motivator for positive change, especially for women," says Dr. Hegmann. Whether as a first step towards the new you or as a reward for hard-earned personal improvements, Botox treatments offer the promise of a younger, smoother appearance that's sure to put a smile on your face.

