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Daily Irish Mail



Addicted to Botox

Little secret that's giving Irish women the wrinkle-free faces of teenagers

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Yogi Berra, former baseball player

SHOWBIZ

"So, where's the Cannes Film Festival being held this year?"

Christina Aguilera, pop singer

ADDICT

Wonder how so many of Ireland's beautiful people manage to have the wrinkle-free foreheads of teenagers? They won't admit it, but



Georgina

GEORGINA HEFFERNAN, 38, is style editor with the Irish Daily Mail. She's single and lives in Donnybrook.

I GOT my very first Botox jab two years ago. My father had passed away the year before and, after an entire twelve months crying myself to sleep every night, I looked wrecked. I wanted to do something to give myself a boost and basically erase a

SHOWBIZ

"So, where's the Cannes Film Festival being held this year?"

Christina Aguilera, pop singer

COMMENTARY

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Ron Pickering, sports commentator

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...and passed away the year before and, after an entire twelve months crying myself to sleep every night, I looked wrecked. I wanted to do something to give myself a boost and, basically, erase a year of sadness.

Women are and always will be judged by their appearance. A friend of mine thinks using Botox is all about self-absorption or self-loathing. I disagree. My Botoxed friends look great. They are well-adjusted women who have found a useful way to keep the years at bay.

Having worked in the fashion and beauty business for well over a decade, I've never had any qualms about trying out new treatments. So I wasn't nervous about Botox — or Botulinum Toxin Type A Purified Neurotoxin Complex — to give it its full name.

To stay fabulous, we all need a little help I reasoned. After all, I've had colonic irrigation to cleanse my insides, Restylane injected into my face to plump out my skin, and microdermabrasion to give my skin a sandblasting exfoliation.

I've even had Isologen — a process where cells are taken from behind your ear, cultured in a lab and then injected into your face. Just show me a method of limiting the ageing process and I'll be there before you can say 'fountain of eternal youth.'

I did a lot of research and discovered that Botox is simple, safe and relatively painless. It was discovered in the 1950s when researchers found that injecting overactive muscles with minute quantities of botulinum toxin type A decreased activity.

It was most commonly used to treat facial ticks but doctors noticed an amazing side effect — the patients started to look years younger.

In minute amounts, Botox simply weakens the facial muscles that create lines when they contract. It works best on the forehead and crow's feet. By 2006, Botox Purified Neurotoxin Complex was the most requested cosmetic treatment in the U.S. Now, it has taken Ireland by storm, too.

I'd heard that the Renew Clinic, off Baggot Street, was good so I went there.

I was led into a small, clean room where I lay down on a surgical bed. There was no anaesthetic — just a little dab of sterilising solu-

teenagers: They won't admit it, but they all share the same little secret....



who didn't know was, 'God, you look great. Have you had a holiday?'

I've had four treatments since and I've been delighted with the results. So I am always a bit surprised at people's reactions when I discuss my treatments. Some tut-tut, others just look puzzled and presume I'm a little mad. But I'm not exactly the only one giving myself a little help.

At fashionable parties or launches in Dublin, I am surrounded by glamorous women in their 30s and 40s. They are immaculately dressed and well-groomed and, most strikingly, have remarkably wrinkle free faces.

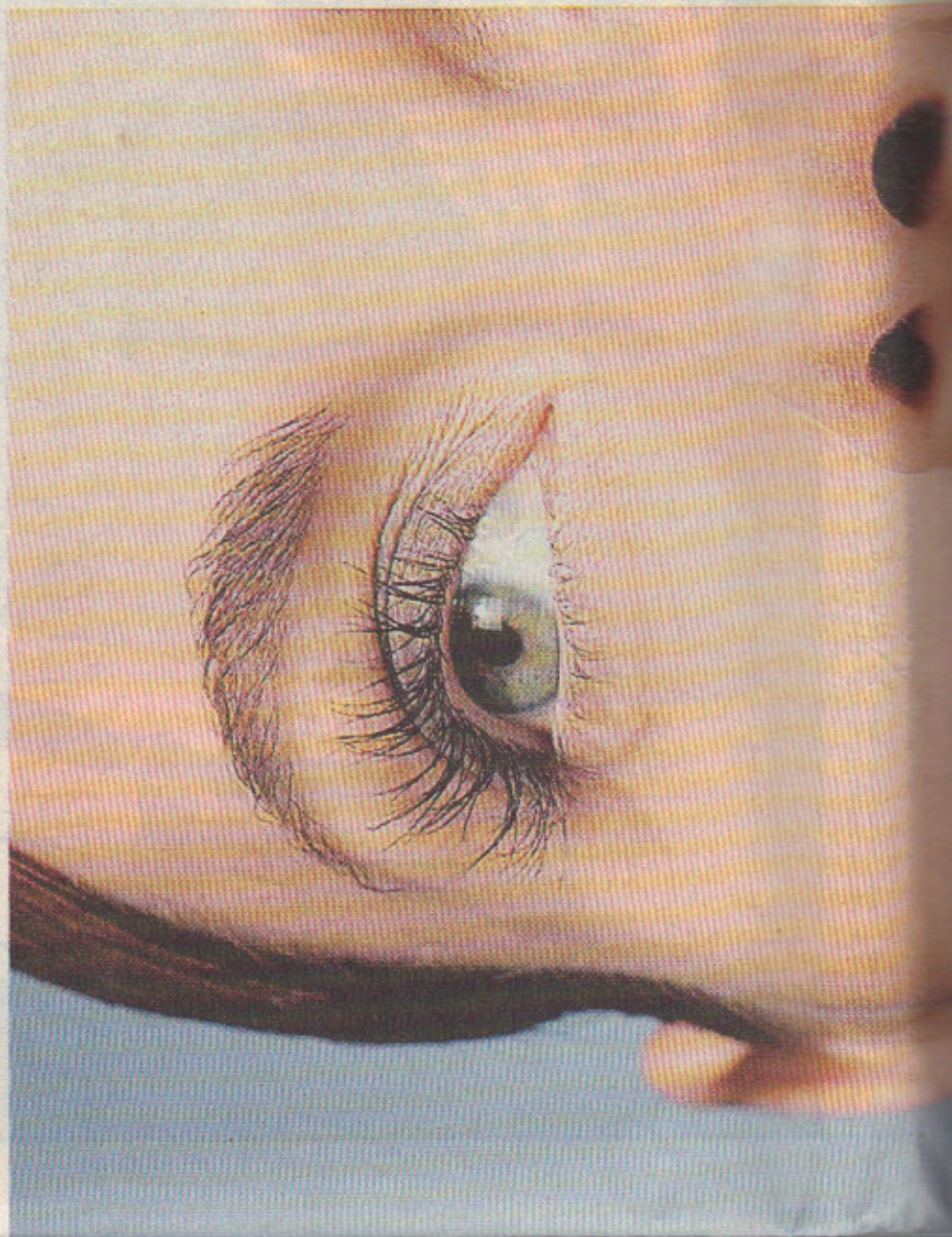
Many Irish celebrities vehemently deny having Botox — but isn't it strange how they all seem to have the foreheads of 17-year-olds?

Dr John O'Shea gave me five injections between my eyes and along my forehead. I didn't even flinch. It was painless and I soon had five teeny blotches that lasted for about 10 minutes. I was free to put on make-up and left after 20 minutes.

AFTER only a couple of days, that miserable frown line had softened and, after six, it was gone. My eyebrows were once again the well-formed arches they had been a year earlier and my crow's feet were gone.

The net effect: I looked wonderfully rested, refreshed and yes, perhaps, a little younger. The immediate response of friends

BAD TO BOTOX



what he's doing. You need to get someone good because otherwise you may get the droopy eye, the raised eyebrows, the tunnel look or the windswept look.

When I had my first Botox treatment, I didn't tell anyone. I remember I was standing in a girlfriend's kitchen and she kept looking at me and she said, 'God, you're looking really well'.

Done well by experts like Dr Hamilton, who gives me my treatments, Botox makes you look like you've had a good night's sleep. If you've got Spock eyebrows, you've really done too much. It should look natural.

We've had men come in to Metro Spa to do it and they've been shocked by the reaction — everyone asks them if they've been on holiday because they look so refreshed.

They are usually sent by wives or fiancées and they tend to enjoy the experience. It's not just gay men any more — male grooming is a big thing. Why shouldn't men look after their appearance like us?

The price of Botox range from €180 to €600 and that depends on how many areas you need done.

If it's your first time, your doctor will recommend that you put less in because you can always add more. If you put too much in, you can't take it away. I've seen people who have had too much

It's not a scalpel or a knife that's going into your face. All it's doing is slowing down the ageing process that's going to catch up with us all eventually. If you can put back a few years and help keep the features that we all want, well then, what's the big deal?



Maggie

MAGGIE WALSH, from Castleknock, is in her late 30s. She is a laser aesthetician and is married. She plays polo. Below: at the Castleknock Community Centre

MAGGIE WALSH, from Castleknock, is in her late 30s. She is a laser aesthetician and is married. She also gets Botox at the Castleknock Cosmetic Clinic

I STARTED to think about having Botox because I had a few lines between my eyebrows and on my forehead that I wasn't happy with. In my profession, I had easy access to it, so I went ahead and I've never looked back. I had no worries or concerns because I knew I was in safe hands. I'd done a lot of research and knew that it had been used in medicine since 1965.

I had it injected just between the eyebrows and on my forehead and I just felt a tiny pinch but nothing else. For me, it took about a week for the full effect to take hold. The result was fabulous — the lines were gone, the skin was much smoother.

Dr Kahlout, who treats me, is very skillful with the needle and he administered the Botox in such a way that, though my forehead was line-free, I could still move my eyebrows and have a natural range of facial expressions.

My forehead had a smooth and youthful appearance, crow's feet were gone and lines between my eyes were also gone. I thought that it was just terrific.

I have been getting Botox for about six years and there has been no ageing on those parts of my face since then. If I hadn't had it done I'd look older than I do today.

I don't think the price of Botox will come down — and if anyone offers you very cheap Botox, I'd be very wary of it. The demand has grown so much in the past few years and a lot of women I know have had it done — before long it will become the norm.

Women and men are very chued in today and that's probably down to all the cosmetic surgery programmes on TV now.

If you've thought about it for a while and have decided that's what you want, I'd say, 'Go for it'. I will continue to use Botox long term — I want to hold on to my youth for as long as I can.

● **Photography:** Jason Clarke
Hair by: Gemma Kilbane from Whetstone on South Anne Street.
Make up: Danielle Murphy
Shoot assistant: Lucie Watts

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If it's your first time, your doctor will recommend that you put less in because you can always add more. If you put too much in, you can't take it away. I've seen people abroad who have had too much and they have no expression from the eyes up. Some people think Botox is vain. But you put your make-up on, you have your hair washed and blow-dried, you take care of your teeth — it's called looking after yourself.



Kim

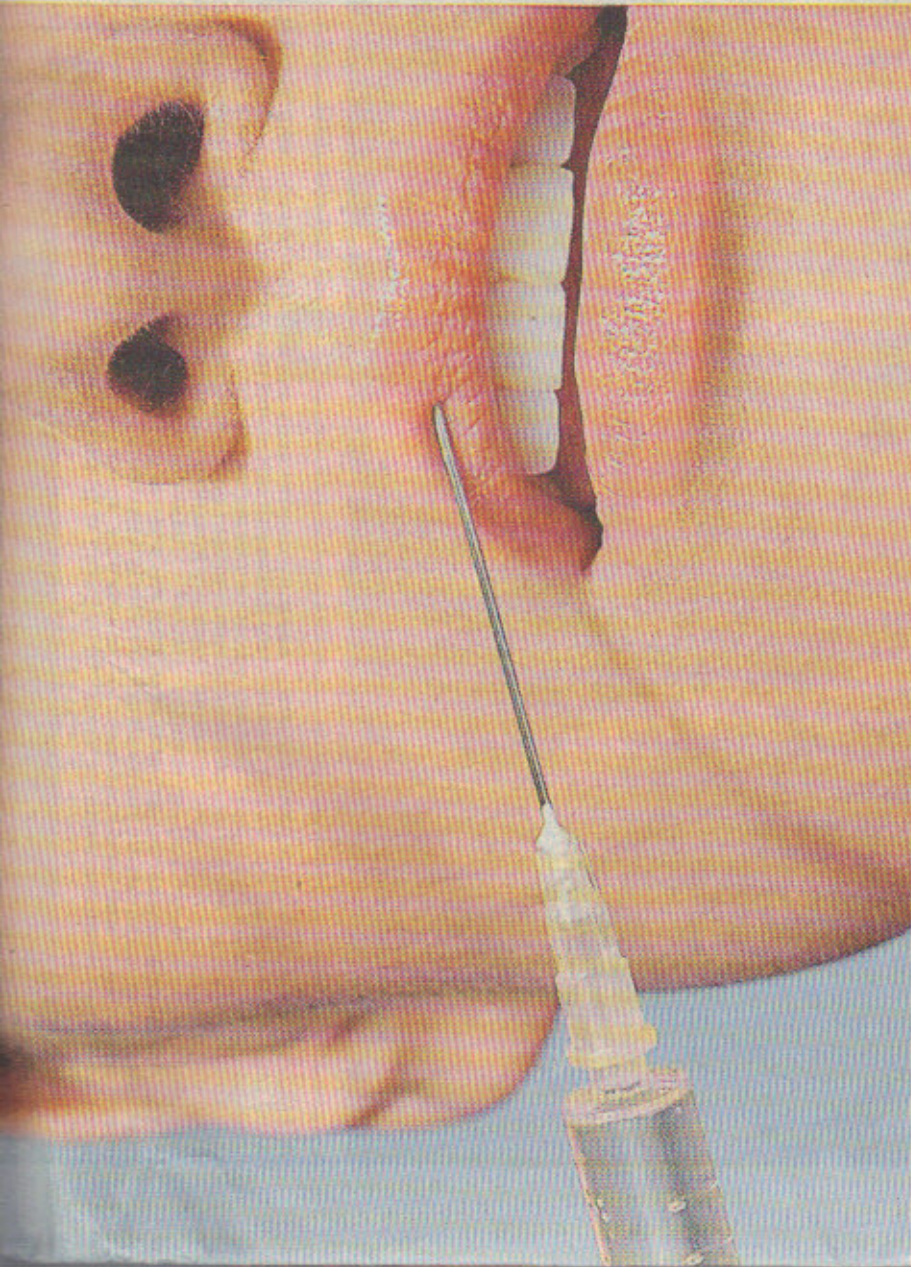
KIM STYNES, 40, from Clonsilla, is married with two children and runs her own construction business. She is a client at the Castleknock Cosmetic Clinic in Dublin 15.

I WAS talking to somebody last week and when I told them I was nearly 41, they told me they'd thought I was 33. There's the math — I look seven years younger.

I wouldn't say I'm addicted to Botox but I certainly have no plans to stop having it.

If there were any adverse effects, it would be a different kettle of fish but I haven't seen anything other than good come of it and I've enjoyed it. I've had it done twice and the results have been amazing.

As for my husband, I don't think he even notices. I don't tell him anything and he just tells me I look great. I won't give it up. Why should I? I enjoy it and it makes me feel good.



not to move quite as much so it's about prevention. It's a lot harder to get a result if you are 60. Around 30 is a good age.

I was never nervous about Botox because, in Europe, people have been doing it for years.

They'll go out for their coffee break and have a little Botox treatment, too, in the same way that we'd go out and have a manicure.

Men do it, women do it — it isn't a hidden thing on the Continent at all. A lot of women in Ireland have Botox but won't admit it. When I'm out socially, I see a lot of Botoxed faces. When you get to a certain age, you are going to have wrinkles and frowns. You'd be very lucky if you didn't. What's the big deal in saying, 'I had Botox'? I don't really understand it.

It's not rocket science as long as you have a good doctor who knows

BONNIE TURKINGTON, 39, is from Belfast but is based in Dublin. She is CEO of The Metro Spa at Toni & Guy on Clarendon Street, Dublin 2. She is separated with two children.

I WAS introduced to Botox when I lived in Marbella. I'd always been concerned about the heavy frown line I was developing between my eyes, so I decided to give it a shot. People over there did a lot of Botox. The attitude was, 'Why not enhance yourself to make you feel and look a bit better?'

I was 30 when I had my first shot. That's a good age. I don't agree with people starting to get Botox at 18 or 19 — a trend that's been dubbed 'Baby Botox' — it's just too young. However, when you start young, you are training the muscle



Bonnie