

NORTHSHORE

Look Your *BEST

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CAMP
GUIDE
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3 Give it a Shot Yes, you guessed it. We're talking about Botox, though not just Botox. There are plenty of other injectables that can give the face a more youthful appearance. Botox is still the gold standard for treating furrowed brows and laugh lines, but for static wrinkles — lines that develop as the skin loses its elasticity — a dermal filler such as Juvaderm, Perlane, Restylane or Radiesse are your best bets.

"We have so many more options than we did just a few years ago," says Laurie Casas, a certified plastic surgeon and owner of Turn Back Time Medical Spa in Highland Park. "Restylane, for example, is great for filling in deep wrinkles, while a product like Juvaderm works beautifully for restoring lost facial volume."

Of course, these are all temporary fixes, lasting from two to 18 months, depending on the product. However, a permanent filler called Artefill recently received FDA approval. This may sound like a major breakthrough, but remember, permanent is permanent. "It's appropriate in certain patients," says Steven Dayan, author of *Instant Beauty* (Hatherleigh Press) and an assistant professor of facial plastic surgery at the University of Illinois. "But you have to keep in mind, the lips you want today may not be the lips you want when you're 80."

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