Do you ever look in the mirror and wonder what you can do to get back your youthful look? Most of us see a face that may not look as youthful as it once did. In time, gravity, sun exposure, and the stresses of daily life take their toll on our faces and necks. Deep creases appear beside the mouth, the jaw line slackens and becomes jowly, and the neck develops loose folds and fat deposits. Facelifts counteract these signs of aging by tightening muscle, removing fat, and trimming excess skin, giving your face a fresher, youthful look. After surgery, some patients look 10-15 years younger.

For patients who are interested in minor adjustments using a non-surgical method, injectable fillers are effective in reducing wrinkles and softening facial creases. Botox® is just one of the popular non-surgical ways to reduce or eliminate frown lines, forehead creases and crow’s feet. A patient may also opt for fillers, and with many varieties available than ever before we are able to achieve a customized treatment plan with a natural, yet effective result. It is the proper mix of these procedures that guarantees a successful improvement in appearance and a significant reduction in the signs of aging.

Remember that in order to best achieve the youthful look you are striving for, it is also important to maintain a healthy diet, exercise program and an overall healthy lifestyle. These critical elements assist in retaining your looks and keeping your skin healthy and youthful. It is the proper mix of procedures, determined by your specific needs, that guarantees a successful and significant improvement in your appearance and a reduction in those signs of aging.

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