

We're addicted to Botox

DIANA APPELYARD and SADIE NICHOLAS - 18th September 2006



Lisa Jaynes admits she spends up to a £1,000 a year on Botox injections

For some, it can be a once-in-a-lifetime chance to turn back the clock and restore their former good looks.

For others, it seems, cosmetic surgery — particularly Botox — can turn into an obsession.

As a study reveals that four in ten people who use Botox feel compelled to do so repeatedly, Adam Searle, president of the British Association of Aesthetic Plastic Surgeons (BAAPS), will tell a conference of surgeons this week that more patients are becoming "addicted" to surgery.

"Cosmetic surgery is potentially habit-forming," he says, adding that many patients may have imagined ugly body syndrome (also known as body dysmorphic disorder), where they become obsessed by what they perceive as a defect in their appearance.

Dr Eileen Bradbury, a consultant psychologist at the Alexandra Hospital in Cheadle, near Manchester, treats patients hooked on cosmetic procedures.

She says: "People can become addicted to the anticipation, the excitement and the attention they receive.

"There is a short-lived result of feeling fabulous, but after the post-procedure high, life goes back to normal and all the mundane problems return, so you need to go for another fix."

Here, Diana Appleyard and Sadie Nicholas talk to four women who can't imagine life without Botox ...

Jay Nicholls, 32, is a model and dancer and lives in Battle, East Sussex, with her son Harry, nine. Jay says:

"I've been having Botox every three months for the past two years at £500 a time. It's completely addictive and I'll definitely have the injections for the rest of my life. I don't ever want lines again.

Even when I've not had the cash available, I've just put it on credit, because it's so important for me to keep up with the injections.

I waited until my 30th birthday two years ago before succumbing to Botox because I knew that I would become addicted to the effects.

I'd seen the colleagues and friends who'd had it and was so impressed that I wondered why anyone would want to go back to their old face.

I was so excited the first time I had it. I remember giving £500 to my therapist, Mary Barber, for the Botox injections into my forehead and around my eyes.

I squint a lot when I'm driving and had developed quite deep frown lines and the first signs of crow's feet.

I hated my wrinkles and didn't want to look old before my time. I'd already had a boob job and went for regular saline injections to plump up my lips at £500 each, so having Botox wasn't such a big deal.

The injections feel like bee stings. It's certainly not a pleasant experience, but it's bearable and better than having wrinkles.

It takes a week for the full effects to kick in and the results are absolutely brilliant. I don't have a single line on my forehead or around my eyes for about three months afterwards.

It's a bit strange not being able to move the muscles around my eyes and forehead once they are paralysed by the Botox, but you soon get used to it.

The great thing about it is that it doesn't just smooth out my skin, it also lifts my whole eye area and makes me look much more awake and bright-eyed.

As the Botox wears off towards the end of three months, the movement returns to my face and I get really impatient for my next fix.

I scrutinise my skin terribly for wrinkles and it's an enormous relief to feel the needle going into my face again to top it up.

I've noticed that I'm getting wrinkles in the bits where I don't have the injections, such as my actual eyelids and around my mouth and nose; I need to see what I can do about those.

I know of people who have Botox under their chin to reduce a double-chin and even under their armpits to stop them sweating.

I'm seriously considering having the latter. I already use a roll-on solution that stops me sweating for two weeks, and would love to be able to stop it for longer.

I do worry a bit about the long-term effects of Botox because no one knows what they are. But I don't worry enough for it to put me off. Even my mum has had a bit of Botox since I started.

So has my boyfriend (who's also called Jay). He's an actor so it's important for him to look bright and youthful as the industry tends to favour the young.

As far as I'm concerned, it's my face and my money. Having Botox gives me confidence, so there's no way I'm going to give it up."

Jane Hammond, 48, is married to David, 47, the director of a company. She has two children, Tom, 20, and Ameer, 17. The family live in Bolton, Lancashire. Jane says:

"I started having Botox four years ago. It was mainly because I had deep lines above my nose and across my forehead which made me look stressed and angry.

I was also getting bad tension headaches because I was frowning all the time — the lines had affected my health.

A friend who'd been to a clinic in Manchester told me about Botox. At first, I thought it was too extreme. Injecting botulism straight into the skin sounded horrific.

I was apprehensive because I'd read that it is effectively injecting toxins into your face. But we take in enough toxins anyway with the food that we eat, so I wasn't unduly concerned.

When I saw how much it had smoothed my friend's lines and wrinkles, any reluctance I had went away. I soon booked into the same clinic.

Naturally, I was apprehensive, but the treatment was completely painless. All I could feel was a tiny sting when the needle went in.

Afterwards there was a little bit of inflammation, but that soon went down. I was delighted with the result.

Almost immediately my frown and laughter lines had disappeared, and I looked ten years younger. The biggest improvement was that I looked less stressed.

People really noticed and commented on how well I was looking.

I wouldn't say that I am addicted to it, but I don't think I could ever stop. I'd hate to go back to the way I looked.

I have the treatment at least every six months. To me it's no different than buying expensive skin creams.

It usually costs me about £200 per treatment — although I have spent around £500 when I've had more work done.

Most of my friends don't know I've had it done — they just think I look well. But my children have noticed and they don't mind.

My daughter thinks it's great and compliments me on how good I look. It may be addictive, but it means I feel better about myself, so why not?

Lisa Jaynes, 37, is a television presenter and has been a contestant on Big Brother. She is single and lives near Cardiff. Lisa spends about £1,000 a year on Botox. Lisa says:

"Once you start having Botox, it's very hard to stop as you get used to the way your face looks. I am terrified that if I stop now, all my frown lines and wrinkles will return.

After appearing on Big Brother, I lost about a stone-and-a-half and my face started to look gaunt. That's why I began to have Botox and lots of other surgery — a breast augmentation, a nose job, lip enhancement.

I had wanted to re-shape my Roman nose since I was about 13. When I was on the show, I was called "beaky" or "the witch" — you've no idea how hurtful that is.

But before the show, I never had the money to do anything about it. When I left, however, I had enough money for the operation. I spent weeks researching the best plastic surgeon.

In the end, I had a consultation in Harley Street with a Mr Kahn for the Transform Medical group, and then the operation at the Hampstead Hospital.

The operation cost about £5,000 and I loved the result — my nose was so much smaller and neater. My breast surgery cost another £5,000.

Of course, once you've had this much surgery you look even more critically at yourself.

I wanted to get rid of all the lines and wrinkles on my face, so I had Botox and Restylane (another filler to smooth out lines).

I'm about to try a new treatment which has come over from America, called Evolence.

I spend about £1,000 a year on Botox. It's a fantastic way of making your lips look full, like a child's, without getting that dreadful trout pout.

Botox is amazing because it just smooths the wrinkles.

I haven't found that it made my face look paralysed. I feel I can move my face very naturally — it just isn't lined any more.

I have completely re-invented myself and Botox has played a big part in that. Once you start Botox, you do get rather addicted.

Victoria Leighton-Clark, 45, works as an operations director. She is a widow and has no children. She lives in Haughton in Cheshire, and has been having Botox treatments three times a year since 2002. Victoria says:

"I struggle to remember what I looked like before I began having Botox — and so have my friends.

The other day, someone I knew well walked straight past me — they didn't recognise me because I looked so different.

Meanwhile, other friends are always saying: "You look amazing — have you been on holiday?"

I began having Botox after my husband, Brian, died of a heart attack at the age of 54. It was very traumatic and it's been so hard for me ever since.

I lost a lot of weight and I begin to look very thin, gaunt and ill. I knew I needed to do something about my appearance, and I'd heard a lot about Botox.

I did some research and found an excellent surgeon, Dr Roy Saleh, who works at the Medispa Clinic in Adlington in Cheshire.

I went to see him, and he recommended Botox and a procedure that involves taking fat out of your stomach and injecting it into your face.

The latter operation cost £2,000 and involved a very fine needle taking the fat from my stomach. The fat was then frozen for three weeks, before it was gently injected into my face.

It worked a treat; combined with the Botox, it has totally revitalised the way I look.

I didn't want a facelift or invasive surgery — this is a much more subtle way of enhancing the way you look.

I have three Botox treatments a year, costing £190 a session. I have the injections in my frown lines, my chin and jawline.

I also use Botox as a brow lift — Dr Saleh injects it into the middle of my forehead and it arches my brows. It makes me look much more wide-eyed and youthful.

I do worry about side-effects of Botox, but I have a lot of faith in my surgeon, who insists that Botox is given only on prescription.

To my mind, it isn't a quick fix. It must be carried out by a skilled surgeon.

These treatments have given me the confidence to restart my life after Brian's death.

I know that thousands of other women rely upon Botox to keep them looking youthful and — knowing the results — I'm not surprised at all that they do.

Fergie fattens up the lips, but not the hips

CHARLOTTE GILL, Daily Mail - 27th July 2006

SHE has fought a very public battle to stay slim.

But Sarah Ferguson doesn't seem to apply the same rule to every part of her body. The Duchess of York was sporting noticeably plumped-up lips during a holiday in the South of France this week, prompting speculation that she might have had an injection of collagen.

Dr Lookgood

Her new look may be the result of an appointment with a New York-based dermatologist dubbed 'Dr Lookgood'.

The 46-year-old is said to have enlisted the help of Dr Steven Victor to give herself a boost for Princess Beatrice's 18th birthday party earlier this month.

She certainly seemed to have distinctly fuller lips on a summer break at the exclusive Club 55 in St Tropez.

Wearing a cream cowboy-style straw hat and black sunglasses, her mouth caught the eye.

Dr Victor offers a range of non-surgical treatments including Botox, collagen and skin-smoothing lasers.

Her appearance seemed very different from that just a few weeks ago when she was pictured attending a charity gala at London's Sanderson Hotel.

The Duchess has apparently told friends that she is a client of Dr Victor. And she has not just had treatment on her lips.

In 2004, New York cosmetic dentist Robert DiPilla gave her a wonderful new smile and he hinted that she may have been seeing Dr Lookgood for some time.

"I know she has been a patient of Steven Victor's because he is a friend of mine and in fact he referred her to me for my Power Smile treatment," he said.

The Duchess was also named as one of Dr Victor's patients in a list of top physicians drawn up by the magazine New York.

Botox

London plastic surgeon Alex Karidis said: "She has had work done around her eyes with Botox and seems to have had some fillers in the nose-to-mouth line and perhaps the forehead.

"She may also have plumped up her skin with fat injections."

The Duchess has suffered ballooning weight problems in the past but has put that behind her since becoming an international ambassador for WeightWatchers nine years ago.

Staying slim is part of the job, for which she earns an estimated £2million a year.

A friend said: "Like many high profile women who rely on their appearances as part of their work, she visits a number of health and beauty practitioners to keep her looking good."

Not all people have benefited from what cosmetic surgeons call 'lip enhancement'.

Trout pout

Actress Leslie Ash was famously left with a 'trout pout' after an injection of polymer to her lips. She later underwent corrective surgery and admitted she had been left deeply depressed.

"I would urge women who want to undergo any kind of treatment to go to a reputable doctor."

A spokesman for the Duchess declined to comment.