

A Quick Fix for Crows Feet & Frown Lines

Mary Barghelame

smooth out wrinkles along the sides of the nose and mouth, providing an instant and natural appearance that returns a more youthful look to the face. The treatment is quick and lasts many months.

Facial aesthetics has further evolved to include correcting age-related volume loss in the midface with a new product, Voluma®. This product helps return the volume along the cheeks, which diminishes as we age. It rounds and uplifts by adding volume to the midface, thereby reducing sagging and providing a more youthful contour.

Proper assessment is essential for achieving the desired aesthetic outcome. Treating one area or several areas will help one achieve the desired look. Be sure to make a consultation appointment to discuss concerns and how to get the look you want. You can reverse the aging process a little with these gentle techniques!

Also, remember to WEAR SUNSCREEN ALWAYS when you are out and about. Sun damage is at the top of the list for causing aging of the skin, not to mention the increased risk for skin related cancers. So apply liberally and often and then enjoy the summer weather!

Mary Barghelame is a Certified Family Nurse Practitioner (FNP-C), state-licensed professional and owner of Avalon Arbor Private Spa. Mary is Avalon Arbor's master professional specially trained in the art of medical esthetics such as Botox, dermal fillers and other treatments that maintain the overall health and beauty of the skin. www.AvalonArbor.com

People often say lines and wrinkles on the face give you character. Well, maybe too much character! Even when rested, do you still have a furrow between your eyebrows or crow's feet around the eyes? Want a smoother less frowned or wrinkled appearance? Perhaps it's time to try Botox®. If your goal is to reduce the visibility of fine lines and wrinkles on your face without committing to a costly procedure or a risky invasive surgery, getting a dose or two of Botox® is a considerably better option. A quick fix for frown lines and crow's feet, it has gained popularity in recent years because it is minimally invasive and its effects are visible almost immediately. Botox® is a purified protein that is administered with a few tiny injections into the muscles with minimal discomfort. It's a quick and simple procedure and there's no downtime.

For lines in the lower face, try a dermal filler. Juvéderm® is a hyaluronic acid filler used to soften and

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