



# HIGH MAINTENANCE

*Lucinda Pitt, beauty & health director*

## Rabbit season

**M**OTHER Nature is currently looking down on the anti-ageing obsessed and laughing into their semi-frozen faces. Her source of mirth: new findings on the effects of Botox. According to the *Journal Of Cosmetic Dermatology*, injecting the paralyzing toxin into unwanted lines can make other muscles work double-time – in a well-intended but wrinkle-forming act of overcompensation.

Translation: you pay good money to wipe away your crow's feet, and in doing so, you could be manufacturing more.

Consider some of the more interfered-with famous faces – you know the ones. They have what's known in the trade as "bunny lines" (twitch your nose like a rabbit and you'll see a cluster on either side of the nose). Mother Nature is smirking herself silly at the irony of it all.

I dial respected needle-wielder Marilyn Cassetta ([www.silkwoodmedical.com.au](http://www.silkwoodmedical.com.au)) to talk about this rabbit business. She assures me that bunny lines are not a standard side-effect and some of us even have them naturally. She admits, however, that over-injecting a naturally expressive face can lead to other muscles kicking activity up a notch, and over time, bringing on those bunny lines. Choose your poison provider wisely: as with any image-altering treatment, it's all about a light and expert touch.

"Your practitioner needs to consider all areas where lines are already present and not to overtreat them, which will cause other muscles to overcompensate," says the woman whose handiwork is described as "fresh not frozen". Phew. Botox backlash diffused, frown lines now in retreat. Calm – and personal anti-ageing default plan – restored.



## WITHOUT A TRACE

*Just as I haven't seen my natural hair shade for decades, my nails are rarely without colour. Lucky, then, for these pre-soaked polish remover pads. Just one will eat through the colour on all 10 fingers (or toes) without the need for awful old acetone. And they're perfect for travel.*

Divina Nail Polish Remover Pads, \$5.95 for 30 pads (03 9352 5999)