

The growing field of cosmeceuticals, skin creams that purportedly possess drug-like powers, contains potent ingredients said to do from the outside what Botox does from the inside. Their contents include Vitamin C, Retinol, hyaluronic acid – a plumping agent – and acetyl hexapeptide-3 (Argireline) and gamma amino butyl acid.

“There’s a smorgasbord of alternatives out there,” Chaney says. The keys to success, though, are consistency and commitment. Unlike Botox, topical products are not instant fixes. They take time to produce results, and must be applied with strict regularity.

Chaney recommends starting with a clean palette to improve the skin’s absorption. Refresh your face with a chemical peel and sweep dead skin cells away with a regimen of microdermabrasion treatments. ■

Medical uses for Botox

- Temporary removal of facial wrinkles
- Severe underarm sweating
- Cervical dystonia (a neurological disorder that causes severe neck and shoulder muscle contractions)
- Blepharospasm (uncontrollable blinking)
- Strabismus (misaligned eyes)



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