

[Choices For a Non-surgical Face Lift](#)

People who are looking to retain their youthful looks normally think about having painful surgery, yet there are a number of non-surgical face lift therapies that can be just as effective and will usually cost a lot less with little or no recovery time involved. For those who wish to avoid chemicals and injections, yet still want a youthful looking face, there is a method for a natural face lift.

A surgical face lift costs, on average, 3,000/\$6000 for just the procedure, there are usually more ancillary costs to be taken into account as well. You will need a fairly long time to recover from the operation and, as with any surgical procedure, there are risks involved. This is why many people explore the non-surgical face lifting route first. Although the non-surgical face lift is normally less invasive than surgery, they usually do not last as long, except for facial exercises which will last as long as you keep doing them. However, for those who have minor skin blemishes, the non-surgical route can also help to remove or at least, modify any imperfections, depending on the procedure that is chosen. The non-surgical face lift is available in a variety of very different methods, some more invasive than others. Those require injections are not risk free and the long term effects have yet to be seen. The costs involved will depend on the method chosen and how much needs to be done.

The first thing people think about when you talk about non-surgical face lifting is Botox. This is possibly the most popular form of face lifting. It works by being injected into certain facial muscles which then relax and get paralysed so that they don't move. This means that your skin won't crease or wrinkle and gives it a younger look. You will need to decide how many injections you need which normally cost approximately 100/\$200 per shot. The great thing is that after the injections, it only takes an hour or so for the swelling to subside so you could even get them done in your lunch hour and look fantastic for that evening date. You will not need any further shots for between 3 to 6 months. Each person will be different. Only those who are taking anti-biotics are exempt from this treatment, but will be eligible once they have finished their medication.

Possibly the second most popular option is the collagen injections, also know as fillers. This requires collagen to be injected directly into the skin to fill out the wrinkles from under the skin. It is also used to give those full pouting lips. Although collagen is a natural part of the skin, there are many different types available. Those taken from your own body, from the thighs or abdomen have the least risk of any allergic reaction. There are other types, some natural and some are synthetic. The synthetic methods are either a form of hyaluric acid, which naturally occurs in the skin, or a gel. The costs will vary, according to the type of filler you use, and you will need two to four treatments per year.

Number three in the non-surgical face lift table covers several different methods to achieve the same result. A youthful looking face is achieved by gradually removing layers of skin. The methods available are microdermabrasion, where the skin is removed by 'sand blasting', chemical peel, which uses chemicals to remove the skin, laser treatment, and finally dermabrasion which is a more drastic method and is considered by some as a surgical treatment because of the fairly long recovery time. The final results are a smoother skin, with all the small lines and , perhaps, minor blemishes removed. Any really deep lines and wrinkles will remain but they are lessened. The treatments start at about 75/\$150 and can go to over 1000/\$2000 but the effects should last for a year before needing further treatment.

You will also find a wide variety of face lift creams on the market that are said to reduce the signs of ageing. Each has it's own particular formula that will work on your skin. There is no right one, only the one that works best for your particular type of skin. You may have to try a couple before you find the one you are completely satisfied with.

The easiest, cheapest and possibly the most longer lasting of the non-surgical face lifts are facial exercises. This method is often dismissed as being too time consuming, yet after the initial intense period, it only takes a few minutes a day and can usually be incorporated into your moisturising regime. If you have already had a face lift, it will prolong the life of it and if you are thinking about getting a face lift, doing facial exercises before hand can improve the final results. Not every type of facial exercise is appropriate, choose the isometric type and you won't go far wrong, after all it is the only natural face lift there is.

Which ever method of non-surgical face lift you chose, make sure that you talk to your doctor first, just to be on the safe side. Always chose a reputable cosmetic surgery practice, one that is a member of a good association before taking the final step. A personal reccomendation is often the best way to find a good one.

About the Author

You can discover more about [non surgical facelifts](#) and discover a wealth of topics about [women's issues](#) by reading other articles by Ian Richards.