

CONFESSIONS OF A

FILLER VIRGIN

Editor JOHANNA CHRISTENSEN



BEAUTY COMES IN ALL SHAPES, FORMS AND AGES. IT'S ABOUT FEELING GOOD ABOUT YOURSELF AND BEING CONFIDENT IN WHO YOU ARE. BUT CONFIDENCE DOESN'T ALWAYS MEAN ACCEPTANCE, AND SOMETIMES YOU NEED LITTLE SOMETHING TO FEEL YOUR BEST, AND THAT IS OK! SOMETIMES IT IS AS DRASTIC AS PLASTIC SURGERY, BUT MORE OFTEN THAN NOT PEOPLE TURN TO LESS INVASIVE PROCEDURES LIKE INJECTABLES AND LASERS.

I HAD THOUGHT ABOUT DOING SOMETHING FOR MY FACE FOR A DECADE OR SO, NOT REALLY BECAUSE I NEEDED IT, I HAVE JUST ALWAYS BEEN SO CURIOUS ABOUT THOSE THINGS. WORKING IN THE BEAUTY INDUSTRY, I FEEL IT IS REALLY NOT THAT BIG OF A DEAL. I DON'T WANT TO DRASTICALLY CHANGE ANYTHING, AND I **DEFINITELY DON'T WANT TO LOOK "DONE" I JUST WANT TO LOOK LIKE MY BEST, RESTED AND FRESH.**

WITH FOUR KIDS AND MY OWN COMPANY, I HAVE HAD MORE SLEEPLESS NIGHTS THAN I COULD COUNT AND I FELT I LOOKED MORE TIRED THAN I WAS.

I WANNA LOOK FRESH EVEN IF I'M DYING ON THE INSIDE... SO WHEN I HAD THE CHANGE TO TRY OUT A PROCEDURE OF MY CHOICE AT **N'AGE**, I JUMPED AT IT.

WHAT IS RESTYLANE?

Restylane is a filler manufactured by a Swedish company within Galderma, a pharmaceutical company.

In their own words, Restylane is a broad portfolio of dermal fillers, skin-boosters and skincare products, designed to restore, refresh and enhance the youthful appearance of your skin. It is designed to act like your body's own naturally produced hyaluronic acid. Hyaluronic acid is a molecule that offers support and structure to our tissues throughout the body, including our skin, protecting it from damage. Hyaluronic acid keeps our skin hydrated and firm through its ability to bind water molecules. However, as we age, the natural production of Hyaluronic acid by our bodies changes. Our skin can become thinner, dehydrated and less firm, losing its radiance and youthful appearance.

The Restylane range utilizes two technologies to stabilize highly pure Hyaluronic acid into a gel form that allows it to last long in the skin, smoothing the surface, and providing lift and support where needed. The most common side effects include swelling, bruising, redness, pain, and tenderness. These side effects generally disappear within one week after injection.



I admit that the after picture has a much better angle, but there is still a lot of difference. Both are taken the same day, without makeup.

I figured I would go with a little Botox (natural-looking results) I had never really thought about Restylane;

I ALWAYS THOUGHT THAT IT WOULD BE BOTOX THAT WOULD TAKE MY INJECTION-VIRGINITY.

When you get a procedure at respected clinics like N'age, you first show up for an interview where they also make sure you are a good candidate (read: not crazy). I decided not to ask for botox right away. I wanted to hear their take on what was the best choice for me. I told the nurse I just wanted to look more like I felt, fresher! **SHE IMMEDIATELY RECOMMENDED RESTYLANE** under the eye area to get rid of lines that make me look tired. I have always had them, but I can't deny that they have become deeper over the years.

I didn't know what to think because **I HAVE ALWAYS BEEN TERRIFIED OF**





FILLERS. I REALLY DIDN'T WANT TO BE ONE OF THOSE WOMEN WITH SPONGE-LIKE FACES. But then I figured that when you do it right, you don't look like that. You only notice the bad ones and the greedy ones. I guess the lesson here is to have a brutally honest friend that tells you when you are about to go overboard and **ALWAYS, ALWAYS** choose a professional with extensive expertise. It is your face after all.

THE PROCEDURE DIDN'T HURT, even though the nurse didn't use the numbing cream. But it was a weird feeling. The best way to describe it is that it is like when you get local anaesthesia at the dentist, it stings in a weird way. After I had it done, I was so happy, and it looked amazing. The procedure only took a few minutes and the result was instant, the lines were gone! I didn't get any bruises; you could only see two tiny stings on my cheeks and there was no

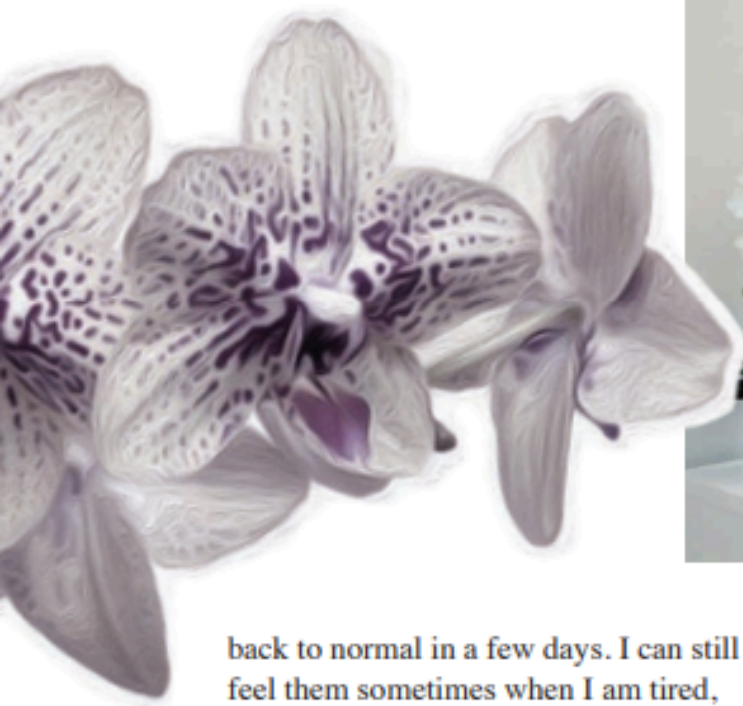
need for the big sunglasses on the way home. The morning after however I was swollen and glad I didn't have any big plans.

Nobody noticed a difference (not even my husband, not that I was really surprised), but I could see it, and that is how it should be. **I WAS NO LONGER AFRAID OF AN UNEXPECTED FRONT-CAMERA ACTION AND THAT SAYS A LOT.**

But after a few weeks, the party was over, the filler disappeared. That happens sometimes but thankfully N'age gives you a guarantee and you can come and get a free refill. One more reason to choose the best clinics.

I have to be honest, **THE DAY AFTER MY SECOND PROCEDURE I KINDA REGRETTED IT.** I was swollen, could literally feel the fillers under my eyes and I looked like a hot mess. But it got

Ida Bille Brahe
in her clinic at
Kongens Nytorv
in Copenhagen.



N'AGE
nordic beauty

back to normal in a few days. I can still feel them sometimes when I am tired, but it doesn't bother me.

Now, months later I am still happy with the result. I don't notice it anymore, and sometimes I think the Restylane is gone (takes about 6-12 months to disappear) but that is how it is, we forget so fast. But I don't notice the "tired-lines" either so all is good. **AND AS AN ADDED BONUS THE RESTYLANE PLUMPED AND LIFTED MY FACE, SO OTHER LINES LIKE THE NASOLABIAL FOLD SOFTENED OUT TOO.**

WOULD I DO IT AGAIN? YES WITHOUT A DOUBT! As long as I am not drastically changing my face, but rather restoring it with a safe non-invasive procedure, I can't see a problem and I am totally open and honest about it, **THERE IS NO SHAME IN IT.** The use of injectables has become the number-one form of cosmetic enhancement in the world because of its ease, safety, and **THE RESULTS ARE INSTANT.**

N'AGE

N'AGE is Denmark's first and most experienced clinic in wrinkle-reducing and aesthetic treatments. Ida Bille Brahe started the first clinic at Kongens Nytorv specializing in Restylane. At that time, cosmetic, non-surgical treatments were a new thing in Denmark.

As the largest and one of the leading clinics in Denmark, N'AGE sets a high standard with strong ethics. So if you want to look extravagant, it is not the place for you. But if you want natural looking results, you should visit them and get a free consultation.

Today there are N'AGE clinics in Copenhagen, Aarhus, Odense and Herning.

This article was not paid for, but the editor got the treatment for free.