

"Beyond vitamins, I'm interested in injecting tiny amounts of Botox into facial wrinkles and sweat glands. It tightens the skin and is effective for other complexion." Likewise, Vancouver's Dr. Martin Braun, of the Vancouver Laser and Skin Care Centre, says small amounts of hyaluronic acid (stabilized forms of which are used in the line filler Restylane), introduced over the entire face instead of simply to correct wrinkles, can hydrate and plump the dermis.

Braun dismisses mesotherapy's European application. Known as "nap-page," from the French term for topping, as in dessert, this involves rapid, superficial pricking of the face with a needle while releasing the enriching fluid contents under the skin's surface. "Half of it ends up on you rather than in you," says Goldberg, also the author of *Light Years Younger: The Definitive Guide to*

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