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# **Anti-Aging Treatments – Popular Options for Gaining the Bonus Years**

The desire to look younger, more vibrant and fit has not been more popular as they are today. Because of this, innovations and discoveries have multiplied to cater to the growing clientele that wants to seek a better lifestyle and get those bonus years that people of different cultures have always aspired to. When it comes to anti aging treatments, several procedures and approaches are now open. Sometimes the only limiting factor is the method that will most fit the patient and the budget. Following are examples of the later innovations of anti aging treatments that have gained wide acceptance.

**Botox** – The most common method for treating skin wrinkles is the botox. This anti-aging treatment is performed to 4.6 million patients a year in the US alone according to the American Society of Plastic Surgeons. Botox injections are ideally performed by plastic surgeons that have passed through and are members of the American Board of Plastic Surgeons. However, parameters that qualify a botox injector vary from state to state. Aside from plastic surgeons, Botox providers could include dermatologists, clinical spas, nurses, physician assistants and general medical doctors.

The discovery of botox as effective in controlling overactive muscle movements started in the 1950's but not until the early 2002 that it received the FDA's approval for cosmetic use. Botox softens the frown lines of a patient and is also a good treatment for eye muscle disorders.

Aside from its popularity as an anti-aging treatment, botox is also used in a host of other dysfunction and illnesses including anal fissure, diabetes neuropathy, pediatric incontinence, dystopias, pain disorders, and wound healing. Included in its many benefits is that it increases gastric emptying time and aids in weight loss.

In anti-aging treatment especially around the eyes, botox relaxes expressions and used as fillers it minimize wrinkles and fine lines.

**Skin Rejuvenation Treatments** – Are grouped into several categories.

Skin tightening is a procedure that is done to reduce, if not remove, excess sagging skin that tends to develop as the body ages. The targeted areas are usually skin folds, the jowls, and the skin that droops around the cheek bones. Skin tightening adds years to a person's appearance and are often resorted to not only by patients who want to trim years off her look but also by those who have undergone dramatic weight losses. The common procedure before was to trim off the excess skin through invasive procedures. Today, skin tightening could be done through non-invasive treatments that usually employ laser treatments and indictable.

**Skin care products** - Of all anti-aging treatments, the most readily available products are those that are for skin care. These are available anywhere and the choices are vast. Many skin care products could be found and safely dispensed alone while some are already basic components that are included in beauty products. While most skin care products use some chemical ingredients in them, the popularity of natural methods and procedures have also been adopted by skin care products manufacturers.

Forms are also diverse from capsules to tablets, gels, powders and drinks. Skin care products while good and were initially used for getting fast cosmetic results are now developed often as specialized with the singular idea of maintaining the beauty treatments that a patient underwent.

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