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The Doctor Is In

Looks | **fit**

THE EXPERTS

SkinDeep



Forever Young

Q Can you be too young for Botox? Is there an age threshold you should cross before you start getting injections, or fillers, or the like?

Nope, you just need a good dose of sun damage sprinkled with a dash of wrinkles. Once you're sporting those, you're golden, so to speak. According to D.C.-based dermatologist Elizabeth Tanzi, "The best time to start Botox is when you have sun damage and you are just starting to see the very beginnings of wrinkles."

Whether you use Botox or a filler material (Restylane, collagen) depends on the type of wrinkle. "Botox is used to relax muscles and works best on wrinkles that are prominent with muscle movement, like crow's-feet or frown lines," Tanzi said. "Fillers replace lost volume, so they're used on wrinkles on the cheeks or mouth."

Alas, unless you're using Botox to control excessive sweating (we'll save that for another column), it's considered a cosmetic procedure. You'll have to cough up \$300 to \$500 per session.

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.