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SkinSpirit is a premier medical spa that offers a wide range of advanced skincare and body treatments to help clients achieve their desired aesthetic goals. With a team of highly trained and experienced medical professionals, SkinSpirit is dedicated to providing personalized, results-driven treatments in a luxurious and relaxing environment. The spa prides itself on using the latest technology and techniques to deliver safe and effective treatments that enhance natural beauty and promote overall wellness. SkinSpirit takes a holistic approach to skincare, understanding that each individual has unique needs and concerns. Whether clients are looking to address signs of aging, improve skin texture and tone, or sculpt their body, the spa offers a comprehensive selection of services to meet their needs. From injectables and laser treatments to facials and body contouring, SkinSpirit combines medical expertise with a spa-like atmosphere to deliver exceptional results. SkinSpirit is a leading skincare and wellness clinic with a focus on providing personalized, results-driven treatments. Services offered at SkinSpirit include advanced skincare treatments, body contouring, injectables, and wellness services. Pricing options at SkinSpirit are transparent and tailored to individual needs, with a range of packages and memberships available. Special offers and packages at SkinSpirit provide cost-effective options for clients to experience a variety of treatments. The benefits of SkinSpirit treatments include improved skin health, enhanced appearance, and a boost in overall well-being. Booking an appointment at SkinSpirit is easy and convenient, with online scheduling and personalized consultations available. Tips for maintaining radiant skin include a consistent skincare routine, staying hydrated, protecting skin from sun damage, and regular professional treatments. SkinSpirit offers a wide range of services designed to address various skincare and body concerns. Some of the most popular treatments include injectables such as Botox and dermal fillers, which can help reduce the appearance of fine lines and wrinkles, restore lost volume, and enhance facial contours. The spa also provides advanced laser treatments for skin rejuvenation, hair removal, and pigmentation correction, as well as body contouring procedures like CoolSculpting and Emsculpt to help clients achieve a more sculpted physique. In addition to these treatments, SkinSpirit offers a variety of facials, peels, and skincare products to improve skin health and address specific concerns such as acne, sun damage, and uneven skin tone. The spa also provides medical-grade skincare products and supplements to support overall skin health and enhance treatment results. With a focus on safety and efficacy, SkinSpirit's team of medical professionals works closely with each client to develop personalized treatment plans that align with their goals and lifestyle. SkinSpirit offers competitive pricing for its range of services, with transparent pricing information available on the spa's website and through consultations with the staff. The cost of treatments can vary depending on the type of service, the number of sessions required, and the specific goals of the client. For injectable treatments, pricing is typically based on the number of units or syringes used, while laser treatments and body contouring procedures may be priced per session or based on the treatment area. To make treatments more accessible, SkinSpirit also offers financing options through third-party providers, allowing clients to pay for their treatments in installments. Additionally, the spa periodically runs promotions and special offers on select treatments, providing clients with opportunities to save on their favorite services. With a commitment to transparency and affordability, SkinSpirit strives to make high-quality skincare and body treatments accessible to a wide range of clients. Package Name Discount Validity Weekend Getaway 15% Friday to Sunday Honeymoon Package 20% 7 days Family Vacation 10% 2 weeks SkinSpirit frequently offers special promotions and packages to provide added value to its clients. These promotions may include discounted pricing on popular treatments, package deals for multiple sessions, or complimentary add-ons with select services. For example, the spa may offer a "buy one, get one" promotion on laser hair removal treatments or provide a complimentary skincare product with the purchase of a facial treatment. In addition to these promotions, SkinSpirit also offers membership programs that provide exclusive benefits and discounts to members. These programs may include perks such as discounted pricing on treatments, priority booking, complimentary upgrades, and special members-only events. By offering these special offers and packages, SkinSpirit aims to reward loyal clients and make it easier for individuals to prioritize their skincare and wellness goals. The treatments offered at SkinSpirit provide numerous benefits for clients looking to improve their skin health and appearance. Injectables such as Botox and dermal fillers can help reduce the appearance of wrinkles, restore lost volume, and enhance facial contours for a more youthful and refreshed look. Laser treatments can address a variety of concerns including sun damage, pigmentation, acne scars, and unwanted hair, while body contouring procedures like CoolSculpting can help sculpt and define the body without surgery. Facials and peels offered at SkinSpirit can improve skin texture, tone, and clarity while addressing specific concerns such as acne, aging, and hyperpigmentation. The spa's medical-grade skincare products are formulated with high-quality ingredients to support overall skin health and enhance treatment results. By undergoing treatments at SkinSpirit, clients can experience improved confidence, enhanced natural beauty, and a more radiant complexion. Booking an appointment at SkinSpirit is easy and convenient. Clients can schedule their appointments online through the spa's website by selecting their desired location, service, and preferred date and time. Alternatively, clients can contact the spa directly by phone to speak with a member of the staff who can assist with scheduling an appointment. For new clients or those seeking more information about specific treatments, SkinSpirit also offers complimentary consultations with its team of medical professionals. During the consultation, clients have the opportunity to discuss their skincare concerns and goals with a knowledgeable provider who can recommend personalized treatment options. Whether booking online or by phone, the staff at SkinSpirit is dedicated to providing exceptional customer service and ensuring that each client's experience is seamless from start to finish. Tips for Maintaining Radiant Skin: In addition to receiving professional treatments at SkinSpirit, there are several tips that clients can follow to maintain radiant and healthy skin on a daily basis. First and foremost, it's important to establish a consistent skincare routine that includes cleansing, exfoliating, moisturizing, and applying sunscreen. Using high-quality skincare products that are suitable for one's skin type can help maintain skin health and address specific concerns. Incorporating a healthy diet rich in fruits, vegetables, lean proteins, and essential fatty acids can also support overall skin health from the inside out. Staying hydrated by drinking plenty of water throughout the day is essential for maintaining skin hydration and promoting a clear complexion. Additionally, getting an adequate amount of sleep each night can help the skin repair and regenerate, leading to a more youthful appearance. Avoiding excessive sun exposure and using sunscreen daily can help protect the skin from premature aging, sun damage, and skin cancer. Finally, managing stress through relaxation techniques such as meditation, yoga, or deep breathing exercises can help prevent stress-related skin issues such as breakouts and inflammation. By following these tips in conjunction with professional treatments at SkinSpirit, clients can achieve and maintain radiant skin for years to come. If you're considering laser hair removal, it's important to understand the aftercare and potential side effects. SkinSpirit's price list offers competitive rates for laser hair removal treatments, but it's also crucial to be informed about post-treatment care. In a related article from In Laser Hair Removal, you can learn about the common areas for people to get laser hair removal and why there may be itching and burning sensations after the procedure. For more insights into post-laser hair removal care, check out their article on whether you can pluck hairs after laser hair removal here. Understanding these aspects can help you make an informed decision about your laser hair removal journey. SkinSpirit is a medical spa that offers a range of skincare and beauty treatments, including facials, injectables, laser treatments, and body contouring. The SkinSpirit price list includes the cost of various treatments and services offered at the spa, such as Botox, dermal fillers, laser hair removal, and chemical peels. The SkinSpirit price list can be accessed on the official SkinSpirit website or by contacting a SkinSpirit location directly. The prices on the SkinSpirit price list are accurate at the time of publication, but they are subject to change. It is recommended to confirm the current prices when booking an appointment. Yes, the prices on the SkinSpirit price list may vary by location due to differences in operating costs and market demand. SkinSpirit may offer discounts or promotions on certain treatments or services at various times. It is recommended to check the official website or contact a SkinSpirit location for current offers. Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, to improve the quality of our services, to personalize the content and advertising, and to measure the effectiveness of our advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to improve the user experience. For more information, please see our Cookie Notice and our Privacy Policy. 20 764 followers 1y Thank you to our metropolitan for sharing our expert provider Dr. Rachel Reyes-Beregano's insights on #Botox. We love spreading education and information about medical aesthetic treatments! And, thanks to Dr. Rachel for her expertise! Glendyn Bishop Catherine McGrath #medspa #medicaesthesia #aesthetics #skincare #beauty To view or add a comment, sign in up to a \$295 value/Enjoy a free (plated)™ Daily Serum or SkinMedica® TNS® Advanced® Serum with purchase of Microneedling or Morpheus8 treatment package.*Consultation required. Gift with Microneedling or Morpheus8 package purchase. Equipment and products vary by location; while supplies last. One gift per client. Not combinable with other offers.friends and benefitsEarn \$50 in FAB rewards every time you refer a friend - plus, they'll get \$50 off their first visit!special offersSign up for specialsubscribe Answers to some of the top questions from our customers.What forms of payment do you take?We accept cash, Apple Pay, Samsung Pay, SkinSpirit gift cards, and the following credit cards: MasterCard, Visa, AMEX, and Discover, as well as Cherry Financing for qualified applicants. Do you accept Care Credit?No, we do not accept Care Credit at this time.Do you take Spa Finder gift cards?How do I purchase a SkinSpirit gift card?To purchase a gift card online,click here , and select your location. You will then be prompted to provide the remaining details, and your gift card will be sent to the recipient via email. To have your gift card sent by mail, please call your local clinic, and we will take care of it for you.Can I book an appointment online?Yes! To book an appointment online, get started here. Select your desired location, and follow the prompts to select your appointment details. Before completing your booking, you will be asked to sign in or create an online account.What can I use my Alle points on?Alle points can be used on Allergan's portfolio of products, including Botox and Juvederm filler. For more information, visit alle.com .How much is a consultation?Our consultations are always complimentary. Schedule yours online or by calling (855) 393-7546. Do I need a consultation if I've been in before?It depends on the treatment! If you are trying something new, in many cases, a consultation will be required to make sure you're a great candidate.Can I receive treatment if I am pregnant or breastfeeding?Most treatments are not recommended for individuals who are pregnant or breastfeeding. Physician approval is required for most procedures.We have location throughout Arizona, California, Colorado, DC, Maryland, North Carolina, New York, Oregon, Texas, Utah, and Washington (and we're growing!). Find your nearest clinic here: www.skinspirit.com/locations/What services do you offer? Visit our menu of services for information on our face, skin and body treatments.Are there certain instructions I should follow before or after my treatment?It depends! Please consult our pre and post care instructions for your treatment before coming in.What are your current special offers?To stay in the know on special offers and all things SkinSpirit, please sign up to receive our emails.How do I choose which provider to schedule with?You will be in great hands with any of our providers, but we are happy to offer a recommendation. For information on the Medical Practitioners near you, including credentials and education, click here.Can you see my records if I switch providers or clinics?Yes, your provider will have access to your treatment and product history with SkinSpirit, regardless of which provider or clinic you've visited previously.What training do your providers have?Regardless of the level of experience, all providers undergo a customized comprehensive training process, and each and every provider is signed off by our Medical Director before they perform services at SkinSpirit. What is the cancellation policy?As a courtesy, we provide appointment reminders for clients and require notice when cancelling or rescheduling your appointment. Clients must provide a 24-hour notice for appointments less than 2 hours to cancel or reschedule. A 48-hour notice is required for appointments 2 hours or longer or group appointments. Cancelled appointments will be charged a minimum of \$75, and no shows \$150—the fee will be explained at the time of booking.If you arrive more than 10 minutes late for your appointment, you may be required to reschedule your appointment to avoid disrupting the appointments of other clients.How long does Botox take to work?The effects typically begin to appear within 3-4 days, with full results developing over 1-2 weeks. During this time, you'll notice a gradual smoothing of the skin as the muscles respond to the treatment.How long does Botox last?Botox results typically last for 3 to 4 months, but can vary depending on individual factors like metabolism, muscle activity, and the area treated.What must I avoid after my Botox® treatment?During the first four hours after your treatment, please refrain from rubbing, massaging or applying pressure to the injection sites. Refrain from facials, massages or heavy exercise, particularly any exercise that involves inversions, i.e. Yoga. Can I do a consultation and treatment on the same day?In most cases, we are able to complete Botox injections on the day of your consultation. For filler, this can vary depending on the extent of your treatment. Please call your clinic for more information.How long does treatment take?Treatment time can vary based on what is being completed. However, in most cases, you can expect to be in and out of the clinic in just half an hour.Minor swelling or bruising can occur but you can expect to get back to your day-to-day right away.How long does it take for results to kick in?For Botox, you can start to see results in just 3-4 day. However, the full results may not show for 1-2 weeks. For filler, you can expect to see results nearly instantly, though it can take a few weeks to fully settle from there.How often do I need treatments?Maintenance for Botox is typically 3-4 times per year.Maintenance for filler is typically 1-2 times per year, depending on the type of filler used, where its placed, and general metabolism.Who performs the injections? Is it a Doctor?Injections are performed by highly trained Registered Nurses, Nurse Practitioners, and Physician Assistants, who are overseen by a Medical Director.Do I have to numb before my treatment or arrive early to numb?We will take care of that for you! No need to arrive early- numbing time will be included in your appointment time.How much fat can I expect to lose with CoolSculpting?While results can vary from person to person, patients typically see a 20-25% reduction in fat.The majority of our patients find CoolSculpting to be painless. However, some discomfort has been reported during the massage portion of the treatment.How many sessions will I need?For best results, we recommend 4-6 sessions over a 2 week period.How long will it take to see results?You should start to see results within 2 to 4 weeks after your last treatment, which can be improved with exercise and occasional touch-up sessions throughout the year.You will experience a vibration feeling during your treatment. Afterwards, some soreness is possible- after all you've just done the equivalent of 20,000 crunches (or squats) in just 30 minutes!Is laser hair removal permanent?Laser hair removal is considered a permanent reduction, meaning that the amount of reduction can vary from person to person depending on the nature of the hair and underlying clinical contributors (ie, hormones, age, etc.) It is generally accepted that if there has been any regrowth a year after your last treatment, you can consider the amount of reduction permanent.Our patients don't typically describe laser hair removal as painful. The sensation can feel similar to that of a rubber band hitting your skin.How many sessions do I need?While the exact number of treatments can vary depending on which area you are having treated, how your hair grows, and hair type and color, laser hair removal generally requires 8-10 visits to achieve the best results.How long does it take to see results?Visible changes in the skin can develop over the course of a few days or several weeks after the treatment. Results continue to improve for up to six months after original treatment, as collagen production continues over time.While microneedling and needling are generally not painful, there can be some discomfort. We apply topical anesthetic before treatment to help with this.Most people can return to their normal, daily activities right away. However, the total healing time depends on the emphasis of the treatment. On average, the skin might be pink 1 to 3 days afterwards and there may be some flaking as the skin regenerates.How long does it take to see results?Results take about 2-3 months to really manifest and will continue to get better for up to a year.While everyone is different in terms of their discomfort level, generally, most of our patients find that Ultherapy has been easy to get through with topical anesthetic.Generally, there is little to no downtime after an Ultherapy treatment. However, bruising, while uncommon, can occur in some patients.How do I return or exchange a product?For information on our product return policy, please click here.How do I set up auto-delivery for my products?To set up your product subscription, visit shop.skinspirit.com and choose the product you would like auto delivered. Select the option to "Subscribe and Save". From there, you will be able to set your delivery schedule.What if I need help selecting the right products?We are happy to offer complimentary product consultations to get you on the right skincare regimen for your skin type and concerns. Your aesthetician can also review your home care products and make suggestions that complement your skin type needs when you visit for a Signature Facial. BOTOX® Cosmetic is one of the most popular non-surgical treatments for reducing the appearance of fine lines and wrinkles, making it a go-to choice for many wanting a more youthful look. As it can smooth frown lines and crow's feet, BOTOX® has become a staple in the med spa industry. Many clients have questions about the treatment, its cost, and how it actually works. Our experts have gathered the top ten most frequently asked questions about BOTOX® Cosmetic to help!Botox FAQs1. What Is a Unit of BOTOX®?A unit of BOTOX® refers to the measurement of the drug's potency. The number of units needed depends on the area being treated and the desired results. For example, treating your glabellar lines (the frown lines between the eyebrows) may need 20-30 units, while your crow's feet may need 20-24 units.2. How Does BOTOX® Work?BOTOX® Cosmetic works by blocking nerve signals to the muscles beneath the skin, preventing them from contracting. By injecting BOTOX® into the muscles that cause frown lines and crow's feet, our SkinSpirit practitioners create a temporary paralysis that reduces muscle activity. This smooths out wrinkles and lines on the skin's surface, resulting in a more youthful appearance.3. What Areas of the Face Can Be Treated with BOTOX®?BOTOX® Cosmetic can be used on many areas of the face, commonly treating frown lines between the eyebrows and crow's feet around the eyes. It is also effective for smoothing forehead lines, bunny lines on the nose, and even for a lip flip. This flexibility allows clients to achieve a more youthful appearance in various areas of the face.4. How Long Does BOTOX® Last?The effects of BOTOX® can last anywhere between 3 to 4 months. Over time, the treated muscles gradually regain their ability to contract, and wrinkles may reappear. Regular botox treatments can help maintain the results and may even extend the time between sessions.6. How Much Does BOTOX® Cost Per Unit?The cost of BOTOX® varies depending on location and practitioner expertise. At SkinSpirit, we charge a standard BOTOX® cost per unit across all our locations. The total cost will depend on the number of units required for your treatment area. During your consultation, your practitioner will provide an estimate based on your goals.7. What Should I Avoid on My Face After BOTOX®?After your BOTOX® treatment, avoid rubbing or massaging the treated area for at least 24 hours to prevent the toxin from spreading to unwanted areas. It's also recommended to avoid strenuous exercise, saunas, and hot tubs for the first 24 hours to minimize the risk of bruising.8. How Long After BOTOX® Can I Shower?You can shower the same day as your BOTOX® treatment, but it's important to avoid hot water and scrubbing of the treated area for 24 hours. Gentle cleansing with lukewarm water is recommended.9. What Is BOTOX® Made Of?BOTOX® is made from a purified form of botulinum toxin type A, a protein derived from the bacterium Clostridium botulinum. While it may sound intimidating, it's safe and effective when administered by a trained professional. The toxin temporarily blocks nerve signals in the treated area, reducing muscle activity and smoothing out wrinkles.10. How Often Can I Be Treated with BOTOX®?BOTOX® is not permanent, so to maintain your results, you should schedule treatments every 3 to 4 months. It's important not to overdo it, book a consult! Thank you! Your submission has been received!Oops! Something went wrong while submitting the form.Thank you! Your submission has been received!Oops! Something went wrong while submitting the form.referral programFriends and benefitsEarn \$50 in FAB rewards every time you refer a friend!Get \$50 in FAB rewards every time you refer a friend to SkinSpirit—plus, they'll get \$50 off their first visit! How Does Botox & Dysport Work?Skin becomes wrinkled due to the stress of repeated expression of muscle movement on the skin. We use neurotoxins, like BOTOX® and Dysport®, to relax the muscles that cause the wrinkles. The BOTOX® results in diminished lines and smoother skin. Our skilled injectors understand the precise depth, location, and amount of product needed for optimal results. This expertise ensures that while the targeted muscles relax, you maintain natural movement and expressiveness. The treatment is especially effective for dynamic wrinkles – those that appear with facial expressions – making it perfect for areas like crow's feet, forehead lines, and frown lines. Even though Botox and other neurotoxins, like Xeomin, Dysport, Jeuveau, and Daxxify, are super popular these days, there's still a ton of confusion around how they work, what they cost, and what you can expect from a treatment. And since Botox isn't exactly cheap, I decided to create this mini guide—with the help of two injectables experts—that has all the important info to consider before shelling your hard-earned cash on a treatment. It covers everything from how much Botox costs to how long it takes for it to kick in post-injection, along with key aftercare info. So go ahead and start scrolling to find out everything you've always wanted to know about Botox.What is Botox?Botox, FYI, is the brand name for an FDA-approved drug called botulinum toxin (aka a nerve-blocking drug, more on this below) that temporarily "freezes" muscles in your face to help smooth out frown lines, crow's feet, and forehead lines. It quickly became a household name over the years (think: Kleenex for tissues and Q-tips for cotton swabs). But other popular neuromodulators include Daxxify, Xeomin, Jeuveau, and Dysport. Botox works by temporarily blocking the nerve signals to your facial muscles, which prevents them from contracting. "By reducing those contractions, the skin above the muscle stays smooth," says plastic surgeon David Shafer, MD. It sounds intense, but rest assured: Botox only works on the little area where it's injected, so it's not like a single injection will shut down the nerve signals in your entire face or body. How much does Botox cost?Botox costs vary majorly, but on average, expect to pay \$15 to \$30 per unit in a big city or \$10 to \$15 per unit in a rural area. The cost of Botox depends on a few different factors, including where you live, how many units of Botox you're getting (which is how Botox is measured), the area you're injecting in your face (smaller areas obvs cost less), and your provider. FYI: Injectors price their Botox either by area (so say, the just the forehead or just the eye area as a lump sum), or by unit (this is a measure of quantity—Botox comes in vials that are either 50 or 100 units, and a single injection tends to hold three to five units). The number of Botox units you'll need will depend on your facial anatomy and desired result (more units = a more dramatic smoothing effect, while fewer units = a subtle softening effect)."I prefer to charge per unit so patients are only paying for what they need," says Dr. Shafer. "If you pay by the area and only want a tiny bit of Botox, it's not really cost-effective." There is an advantage to paying for Botox by area though, and that's consistency. It's always going to cost the same—whether you're getting a teeny bit of Botox or a lot, says Dr. Shafer.But this also can vary. First of all, it matters which type of botulinum toxin you choose. Xeomin and Dysport tend to be slightly cheaper than Botox brand for similar longevity, while Daxxify can cost as much as double the price of Botox but lasts twice as long (more on that below). It's also entirely depends on your provider, as experienced board-certified dermatologists and plastic surgeons generally cost more than a nurse injector at a medspa. How much does Botox cost for the forehead? If you pay per area, getting Botox in your forehead will cost \$300 on the low end and up to \$600+ on the high end. If you pay per unit, the cost will depend on what your provider charges per unit, so it's not as easy to give a price range, but it can end up being a bit cheaper if you only want/need a bit of Botox. Which is why it's so important to discuss the look you're going for with your provider beforehand.If you want to completely smooth out wrinkles and reduce movement, you'll need more units. Most people get around 20 to 30 units to relax their forehead, says Dr. Shafer, and often opt to get another 20 to 25 units in their glabella (the area between your eyes that's between your eyebrows). But "muscle strength will play a factor so a patient might require more than the 20 unit dose," explains cosmetic physician Rachel Reyes-Beregano, DO. "With that said, it's important to be realistic about certain aesthetic features of the patient," she notes, explaining that if you have a shorter forehead or hooded eyelids, she might recommend starting with fewer units. But if you want a light smoothing effect, you might opt for what is often referred to as "baby Botox," which involves injecting smaller amounts of Botox throughout the forehead for a soft look. This, naturally, involves fewer units and can be much less expensive (even as much as half the price as the above). How much does Botox cost for crow's feet?How much Botox costs for crow's feet depends on if you pay per units or per area. As it's per area, expect to pay anywhere from \$200 to \$500 for Botox for crow's feet. As for units? A typical treatment of the crow's feet takes 10 to 25 units on each side (so 20 to 30 total), though your injector may inject less if you still want a lot of movement around your eyes (and, thus, cheaper!).How long does Botox last for?Botox lasts anywhere from three to four months, but can last longer depending on how quickly your body metabolizes the toxin, as well as which specific neuromodulator that was used. For example, Daxxify can last from five to six months, while Xeomin only lasts two to three months for some. Most patients return every four months to maintain their results, says Dr. Shafer, who also notes the more you get injected, the longer it will last. "You want to book your next treatment before the previous treatment has worn off, or you will lose the preventive effects of Botox—especially on the improvement of the static wrinkles," Dr. Shafer adds.For what it's worth, my forehead and eye-area Botox tends to last a full four months (but I also get the max injected), while my friend's Botox (who gets the minimum injected, because she likes a lot of movement in her face) only lasts three months max. Plus, when I got Daxxify in February 2023, I didn't notice movement in my 11 is again until September 2023, giving me a smooth forehead for about seven months. How long does Botox take to work?Botox takes anywhere from two days to a week to kick in after it's injected. But this length of time entirely depends on the type of toxin—Daxxify softens lines in about two days, while Xeomin and Dysport take three to five days, and Botox can take up to a week. Basically, if you're trying Botox for a big event or special occasion, make sure to book your appointment a week or two in advance, and definitely not the day before. What are the side effects of Botox?There are very few side effects to Botox. You may notice a tiny bruise where you were injected, but that'll go away in a day or two. There's also no downtime, meaning your skin will look totally fine after your appointment, other than a few little red marks from where you were injected. You can pretty immediately put on makeup or do your skincare, just avoid intense facial massages for about a week or two afterward (but always make sure to go over these with your provider during your appointment). That's not to say Botox is totally risk-free, though. One of the more serious potential side effects is droopy eyelids, which can happen if the Botox spreads (often the result of you laying down or napping too soon after getting injected), or if your doctor injects Botox too close to the muscle that raises your eyelid (though experienced doctors will know which area to avoid). Luckily, it's not permanent, and the issue can be treated temporarily with prescription eye drops before resolving on its own after a few weeks. Does Botox hurt?Listen, I know that saying Botox feels like a little pinch is a cliché, but it really does feel like a little pinch! If you've ever had a bikini or Brazilian wax, consider Botox a spa day. Many doctors describe getting Botox as a series of sharp, brief pinches—and you can get numbing cream (though honestly, I would say don't waste your time or money). And the whole thing is so quick—my Botox injections take less than two minutes total—so before you can even register that your face is being repeatedly poked with a needle, it's done and over.Does Botox get rid of all wrinkles?Botox doesn't get rid of all wrinkles, necessarily. Quick wrinkle lesson: There are actually two types of wrinkles on your body: dynamic wrinkles and static wrinkles.Dynamic wrinkles: wrinkles that occur from repetitive movements (think: crow's feet from squinting, smile lines from smiling, or forehead lines from raising your eyebrows).Static wrinkles: wrinkles that permanently form as we lose collagen and elastin over time (think lines around your neck, the folds of your arms, across your cheeks, and around your mouth).Botox works best on dynamic wrinkles, like the wrinkles around your forehead and eyes, but even static wrinkles that are visible when you're not moving your face will also show significant improvement with Botox, says Dr. Shafer. Is Botox worth the cost?IMO, Botox is absolutely worth the cost. It's pricey, yes, but truly effective on everyone, and I can't say that's the case for most beauty treatments in general. I've been getting Botox in my forehead and around my eyes for five years now, and I'm consistently happy with the result—and most people I've talked to who've gotten Botox feel the same, especially if their skin is too sensitive to tolerate strong anti-aging creams and resurfacing lasers.Overall, any unwanted side effects of Botox are usually not a result of the Botox itself, but the injector, which is another reason to avoid shady spas or suspect Groupon deals. At the end of the day, if the price sounds too good to be true, then it probably is. Remember that you aren't just paying for the product, but also for the experience of the injector, says Dr. Shafer. Like with all things in life, when it comes to Botox, you get what you pay for.Is Botox covered by insurance?Unfortunately, no. Botox usually isn't covered by insurance if it's cosmetic. But if you get Botox for sweating, TMJ, migraines, or muscle tension, you might be able to get insurance to pay a portion or all of your neuromodulator costs, so always check with your provider. Final thoughts: But if you're wondering if Botox is worth it, it definitely is all up to personal preference and your budget. FWIW, Cosmo deputy beauty director Lauren Balsamo is one of Botox's biggest fans (ahem, she's gotten it over a dozen times in her life so far), swearing by its ability to smooth her forehead. On the other hand, I don't really rely on the wrinkle-softening effects, but am obsessed with how well it reduces my jaw clenching and tension headaches. However, you should absolutely make sure that you're working with a provider you trust. Look up before-and-after images, and ask hellra questions at your consultation, recommends Dr. Reyes-Beregano. "The right provider will not only have the training and experience but will be able to guide you in what treatment areas are most appropriate for you," she says, as your treatment can be entirely tailored to the look you're going for. Meaning you can entirely avoid the age-old Botox frozen-face memes and feel and look like yourself (just a wrinkle or two less). Meet the experts: David Shafer, MD, is a double board-certified plastic surgeon at Shafer Clinic in New York City, NY. Dr. Shafer specializes in all aspects of aesthetic and cosmetic surgery and combines surgical and noninvasive procedures, like injectables.Rachel Reyes-Beregano, DO, is a board-certified physician in Pasadena, CA, with a focus on facial aesthetics, particularly injectables. She's the medical director for SkinSpirit, a medspa with locations across the U.S. Why trust Cosmo?Beth Gillette is the beauty editor at Cosmopolitan with more than five years of experience writing and editing skincare stories, like that range from neck-firming creams to the best vitamin C serums. She's an expert on Botox after testing it on her own fine lines, plus interviewing countless dermatologists, plastic surgeons, and nurse injectors over the years.Lauren Balsamo is the deputy beauty director at Cosmopolitan with a decade of experience researching, writing, and editing skincare stories that range from the best retinol eye creams to the best pore minimizing treatments. She's an authority in all skincare categories but an expert when it comes to Botox after having it injected into her forehead over a dozen times.Hil Don't Get Lip Injections Before Reading ThisBeth GilletteBeth Gillette is the beauty editor at Cosmopolitan, where she covers makeup, makeup, hair, nails, and more across digital and print. She can generally be found in bright eyeshadow furiously typing her latest feature or hemming and having about a new product you "have to try." Prior to Cosmopolitan, she wrote and edited beauty content as an Editor at The Everygirl for four years. Follow her on Instagram for makeup selfies and a new hair "do every few months. Lauren BalsamoBeauty DirectorLauren Balsamo is the beauty director at Cosmopolitan where she writes, edits, and produces all types of beauty content—from product reviews to personal essays and trend reports. She has covered beauty for more than a decade at Cosmopolitan. Follow her on Instagram. BOTOX® Cosmetic is one of the most popular non-surgical treatments for reducing the appearance of fine lines and wrinkles, making it a go-to choice for many wanting a more youthful look. As it can smooth frown lines and crow's feet, BOTOX® has become a staple in the med spa industry. Many clients have questions about the treatment, its cost, and how it actually works. Our experts have gathered the top ten most frequently asked questions about BOTOX® Cosmetic to help!Botox FAQs1. What Is a Unit of BOTOX®?A unit of BOTOX® refers to the measurement of the drug's potency. The number of units needed depends on the area being treated and the desired results. For example, treating your glabellar lines (the frown lines between the eyebrows) may need 20-30 units, while your crow's feet may need 20-24 units.2. How Does BOTOX® Work?BOTOX® Cosmetic works by blocking nerve signals to the muscles beneath the skin, preventing them from contracting. By injecting BOTOX® into the muscles that cause frown lines and crow's feet, our SkinSpirit practitioners create a temporary paralysis that reduces muscle activity. This smooths out wrinkles and lines on the skin's surface, resulting in a more youthful appearance.3. What Areas of the Face Can Be Treated with BOTOX®?BOTOX® Cosmetic can be used on many areas of the face, commonly treating frown lines between the eyebrows and crow's feet around the eyes. It is also effective for smoothing forehead lines, bunny lines on the nose, and even for a lip flip. This flexibility allows clients to achieve a more youthful appearance in various areas of the face.4. How Long Does BOTOX® Last?The effects of BOTOX® can last anywhere between 3 to 4 months. Over time, the treated muscles gradually regain their ability to contract, and wrinkles may reappear. Regular botox treatments can help maintain the results and may even extend the time between sessions.6. How Much Does BOTOX® Cost Per Unit?The cost of BOTOX® varies depending on location and practitioner expertise. At SkinSpirit, we charge a standard BOTOX® cost per unit across all our locations. The total cost will depend on the number of units required for your treatment area. During your consultation, your practitioner will provide an estimate based on your goals.7. What Should I Avoid on My Face After BOTOX®?After your BOTOX® treatment, avoid rubbing or massaging the treated area for at least 24 hours to prevent the toxin from spreading to unwanted areas. It's also recommended to avoid strenuous exercise, saunas, and hot tubs for the first 24 hours to minimize the risk of bruising.8. How Long After BOTOX® Can I Shower?You can shower the same day as your BOTOX® treatment, but it's important to avoid hot water and scrubbing of the treated area for 24 hours. Gentle cleansing with lukewarm water is recommended.9. What Is BOTOX® Made Of?BOTOX® is made from a purified form of botulinum toxin type A, a protein derived from the bacterium Clostridium botulinum. While it may sound intimidating, it's safe and effective when administered by a trained professional. The toxin temporarily blocks nerve signals in the treated area, reducing muscle activity and smoothing out wrinkles.10. How Often Can I Be Treated with BOTOX®?BOTOX® is not permanent, so to maintain your results, you should schedule treatments every 3 to 4 months. It's important not to overdo it, book a consult