

Today's woman is a trendsetter. She is outgoing, chic and used to being in the spotlight. She realizes the value of looking good. Lasers, cosmeceuticals and aesthetic surgical procedures constantly offer innumerable ways and treatments to enhance one's physical appearance. However, it is very important to understand the outcome and potential risks involved in these procedures. We've picked out five popular beauty procedures and have analyzed their pros and cons.

TREATMENTS:

1. Hair removal techniques:

Modern advancement in light technology and availability of lasers has revolutionized the hair removal process by making it almost permanent. Unwanted hair on the upper lip, cheeks, chin, neck and sideburns are the most desired areas of treatment. Even eyebrow and frontal hairline reshaping have become possible.

Procedure: These laser procedures would require anything from five-eight sittings at four-eight week intervals. This treatment is safe if executed properly with the appropriate laser system and using the right parameters.

It is very important not to get 'botoxed' at informal events like 'botox parties' as one may end up with a frozen, long-term 'startled' look.

Flipside: A cheaper quality laser system could result in either burns or ineffective treatment because of the high power fluctuations. A wrong treatment could result in burns and pigmentation.

2. Fine facial wrinkles and dark spots: They are best treated by full face photo rejuvenation which is done by fractional lasers. This rejuvenates the skin and eases out the fine wrinkles.

Procedure: It requires four-five sittings at an interval of four-six weeks each. This treatment supposedly does not have any side-effects. **Flipside:** However, here again, it is important to use the appropriate laser system. If continuous wave lasers are used by an untrained/unqualified person, it can result in permanent scarring, burns and pigmentation of the skin.

3. Fine lines: Botox is a very popular procedure to get rid of the fine lines on the face.

Procedure: The effect of botox remains for a period of four to six months or more. It needs to be repeated at regular intervals. If done properly, it can tighten the skin to give a youthful appearance.

