



## “I Started Having Fillers at 20 – Now I Can’t Give It Up”

**Emma Reynolds, 25, first had her lips injected with filler when she was 20 and now spends a fortune on treatments**

**I** grew up really envious of my mum’s gorgeous lips – mine were thin and unnoticeable in comparison.

So when I read about fillers in a magazine, I knew I wanted to try them. I went along to a local dentist who also offered cosmetic procedures and had my lips injected with collagen. But I wasn’t happy with the results – instead of looking sexy and plump, they just looked unnatural. I made it my mission to find an experienced doctor to correct them well, and finally I found an amazing surgeon in London, Dr Ayoubi (www.lmaclinic.co.uk). He warned me I was quite young to be getting into the habit of using fillers, but I was insistent that he helped me out.

At 23, I asked the surgeon to also give me Botox. I was concerned about my frown lines

– I loved skiing and cycling and I thought the sun had damaged my skin – and I felt I needed to correct the lines between my eyebrows and the crows’ feet around my eyes. The first dose of Botox cost me £300, and the results lasted for four months. I loved my new frown-free forehead so when I saw the first wrinkle return, I went straight back to the doctor for more.

Since then, I’ve had five sets of lip injections and nine doses of Botox. I’ve spent more than £3,500 on treatments and I can’t see the cycle ever stopping. The problem is that once I’d started the injectables, I didn’t want to stop. In some ways, I wish I’d waited till I was older. As my features are so flawless now, some people do think I’m older than 25. They assume I must be older to have needed so much work!

I keep my Botox habit secret from my boyfriend. I know that once I tell him about it, he’ll start

looking for lines and that worries me. My parents aren’t happy as they loved me just the way I was. But Botox is a part of me now, and I can’t see myself stopping soon.”

### IDEAL BOTOX

AGE: 35

**Dr Karidis says:**

“It’s not until the mid-30s that lines get ingrained as natural collagen levels deplete. Although some people use Botox in their early 20s to prevent wrinkles, the risk is that you can end up finding it addictive. By the time you reach your 30s your skin doesn’t have the same level of elasticity as it did in your 20s – Botox can help fill fine lines and prevent deeper furrows from developing.”



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