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Face Lift Without Surgery – Traditional Face Lift vs Face Lift Without Surgery

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In recent years, face lift without surgery has become a more and more popular alternative to surgical face lift procedures. The traditional face lift, where the skin is cut at the ears and jaw and drawn back to give a more youthful appearance to the face, has many drawbacks.

Disadvantages of face lifts

One of the most common complaints about traditional face lifts is that it can result in a tight look to the face, giving the person a more rigid facial expression, a permanent look of surprise or just 'not looking like myself any more'. Also, as with all surgical procedures, things can and do go wrong resulting in an excess of scar tissue and a face that looks much worse than it did before.

Traditional face lifts are also very expensive and will take at least a week out of your schedule while you wait for the pain, scarring and bruising to fade. If you don't want anyone to know that you had a face lift, you may have to take a couple of months' vacation.

A less invasive alternative

Face lift without surgery on the other hand, provides an array of alternatives that do not require incisions into the skin. Sometimes the non surgical method is merely a series of moisturizing treatments done at a spa. You can even buy these treatments to give yourself a non surgical face lift in the comfort and privacy of your own home.

Typically you'll apply a special cream for the area around the eyes, a firming cream for the neck and an intensive moisturizer for the rest of the face. You may prefer to get that first treatment in a salon to best appreciate the products that are available.

If it's the first time you're using the products, test them for a few days on a hidden area of your skin to ensure they do not set off any allergic reactions. Then begin your face lift regime. Use more of each product than you normally would (while still following the manufacturer's instructions) and leave it on for 20-30 minutes before wiping off the excess.

Most people prefer to do this in the evening so that you do not have to apply makeup immediately after, but leave the skin benefiting from the products that it has absorbed while you sleep. Repeat every day for 7-10 days or until you are happy with the results, then continue to apply the treatment once a week to maintain your newly supple skin.

For faster results, you may prefer to get a face lift without surgery treatment from a physician. In this case, instead of rehydrating the skin, the doctor will give you injections of products to fill out sagging skin and smooth out wrinkles. Botox (R) is used primarily to reduce lines on the forehead and lip area.

Then fillers may be injected below the eyes to reduce dark circles, and along the 'smile lines' between the corners of the nose and mouth. It is also possible to non surgically alter the shape of the nose and jaw with these fillers, creating a smoother line to the nose and a more pronounced outline to the jaw.

Face lift without surgery benefits

One of the benefits of a traditional surgical face lift is that it can last from 7 to 10 years, while non surgical treatments must be maintained on a much more frequent basis. Intensive moisturizing will require regular use to remain effective, Botox treatment is effective for around 3 months and filler injections can last for 6-24 months depending on the product used. If you are considering non surgical options for reasons of cost, you may find that it will not save you much money.

There are many other benefits to having a face lift without surgery, mainly the avoidance of risk from anesthetic and surgery, the lack of scarring, less pain and a more natural look. You also have more control over the process even if you select injections, since you will not be anesthetized and can be involved in decisions throughout the procedure.

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