



ANTI-AGING SERVICES: BOTOX

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## Anand Medical Spa Offers Botox for Millennials

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Anand Medical Spa, a medical spa based in New York, NY, has announced that they are offering Botox treatment for millennials. While Botox is typically used for wrinkles and fine lines in older people, it can also be used as a preventative measure for the youth. The idea is to never develop wrinkles, which are the result of frowns, smiles, and other kinds of facial muscle movement. Botox is a localized treatment that helps in reducing wrinkles and fine lines in the area where it is injected.

Dr. Sunanda Chugh, medical director at Anand Medical Spa, says, "Botox is a purified protein that comes from the *Clostridium botulinum* bacterium. When it is injected into a muscle, it stops the nerve impulse from reaching the muscle, thus preventing it from contracting as strongly. This causes the muscle to weaken and relax, allowing the overlying skin to soften and causing wrinkles in the area to disappear. Botox has been in use for many years and is approved by the FDA for the treatment of areas such as the glabellar wrinkles (frown lines) and crow's feet."

A tiny needle is used to inject small quantities of Botox into the skin and/or muscles of the target area. The number of injections will depend on the size of the area that is being treated and the strength of that particular

muscle but a Botox session will usually only last for about 5 minutes. The results can usually be noticed within 3 to 10 days, and these results will usually be maintained for approximately three to four months before a touch up is required. Those who would like to know more about Anand Medical Spa may want to follow their Facebook page.

Dr. Sunanda Chugh wants to point out that contrary to popular belief, the Botox protein is not really a kind of poison since it has been extensively modified into a pure form with a very dilute concentration. When it is injected correctly into the muscle, it will not enter other areas of the body. And to boost the safety of the Botox treatment, patients are advised to choose a physician who has sufficient experience in administering Botox. Meanwhile, at Anand Medical Spa, nurses or physician assistants do not administer Botox injections. It is only Dr. Chugh who provides Botox treatment to New York City clients. At Anand Medical Spa, they ensure that all of the Botox procedures they perform are comfortable for patients.

Botox treatment is being offered to millennials because prevention is always easier compared to correction. Wrinkles can start forming in people in their 20s because collagen production may already start to decline. This results into reduced skin elasticity, dynamic wrinkles, and the formation of expression lines that gradually become start becoming static wrinkles when people reach their 30s. Thus, more and more millennials are using Botox as a way to keep their youthful skin and make it last well into the future.

Frown lines, crow's feet, and forehead lines form because of a decline in collagen and elastin production, plus natural volume loss that starts to occur in people during their 20s. Over time, the collagen and elastin fibers whose function is to keep the skin firm and elastic, weaken with use and age. The result is skin that progressively appears wrinkled and sags in people who are in their 30s and beyond.

It should be noted that very time a person smiles, frowns, laughs, or makes any form of facial expression, the facial muscles stretch and pull on the skin, resulting in folds and creases on the face. When people are still young, these creases and folds are dynamic wrinkles, which means that they will quickly disappear after the person relaxes the face. However, those dynamic wrinkles gradually transform into static wrinkles as people age, remaining visible even after the person has stopped smiling, laughing, or frowning.

Those who are interested in learning more about Botox and other treatments provided at the Anand Medical Spa, may want to check out their website, or contact them on the phone or through email. Those who would like to know their exact location and other important information may also want to check out their GMB website.

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For more information about Anand Medical Spa, contact the company here:[Anand Medical Spa](#)Dr. Sunanda

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## **Anand Medical Spa**

*Anand Medical Spa's mission is a holistic approach to beauty incorporating anti-aging services and products including Botox, Dermal Fillers, Ultherapy, Chemical Peels, and more.*

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