

# Your Face, Your Story. Softened – Never Silenced.

Anti-wrinkle injections, medically led and beautifully natural.  
Because you deserve to look like *you* – just refreshed.

**THE SCIENCE, SIMPLY**

## What Is Botulinum Toxin?

Botulinum toxin is a purified protein that temporarily relaxes the muscles responsible for expression lines. By gently reducing muscle activity in targeted areas, the overlying skin appears smoother and more rested – without altering your facial structure or adding volume.

It simply softens lines caused by repetitive movement. Used safely in medical and aesthetic settings for decades, this treatment is as trusted as it is transformative.

**THE SCIENCE**

## How It Actually Works

Small, precise amounts of botulinum toxin are injected into targeted muscles. The result? Reduced contraction – not paralysis. Your surrounding muscles stay active, preserving the natural expressions that make you, *you*.

- 1 Precise Injection**  
Micro-doses target only the muscles causing lines
- 2 Muscle Relaxation**  
Contraction reduces, skin begins to smooth naturally
- 3 Natural Expression Preserved**  
Surrounding muscles remain fully active – you still look like you
- 4 Gradual Results**  
Results emerge over days – full effect visible by day 10-14

**WHERE WE TREAT**

## Your Face, Mapped.



**UPPER FACE**

Forehead lines  
Frown lines  
Crow's feet

**MID & LOWER**

Bunny lines  
Gummy smile  
Chin dimpling

**NECK**

Platsymal bands

• Platsymal Bands

Not every patient requires treatment in every area. Your plan is always yours alone.

**MEDICAL & THERAPEUTIC USES**

Bruxism (teeth grinding) · Jaw tension & headaches · Excessive sweating (hyperhidrosis) · Facial muscle imbalance. Assessed separately with additional evaluation.

**YOUR JOURNEY**

## How It Works – Step by Step

- 1 Consultation & Facial Assessment**  
Your goals, medical history, and facial anatomy are reviewed. Treatment is always individualised – never one-size-fits-all.
- 2 The Treatment (10-20 Minutes)**  
Fine, precise injections into targeted muscles. Discomfort is minimal and brief. Surrounding muscles remain active – your expressions stay beautifully yours.
- 3 Results Emerge (Days 3-14)**  
Results develop gradually. Full effect is visible by 10-14 days and typically lasts 3-4 months. Most patients may return to most normal activities the same day.

**CARE GUIDE**

## Before & After Your Treatment

**BEFORE**

Avoid alcohol 24 hrs prior  
Pause blood-thinning supplements  
Share your full medical history

**AFTER**

No rubbing for 24 hours  
Stay upright 4 hrs post-treatment  
Avoid strenuous exercise 24 hrs

**YOUR QUESTIONS**

## Frequently Asked

**Will I look frozen?**

Never. Our approach is built on natural movement and subtle softening – your expressions remain entirely your own.

**Does it hurt?**

Most patients describe only mild, brief discomfort. Fine needles and a gentle technique keep the experience comfortable.

**How long do results last?**

Typically 3-4 months, varying between individuals based on anatomy, dosing, and lifestyle.

**Can it be combined with other treatments?**

Yes. Anti-wrinkle injections pair beautifully with dermal fillers, skin treatments, and other medical aesthetics for optimal, harmonious results.

**Is this treatment reversible?**

The effects are temporary and gradually wear off over time.

**OUR PROMISE**

## Safety Is Never Optional.

Every treatment at Lumiya Health is performed by trained medical professionals using only approved products. Dosing is conservative and tailored. Facial anatomy and safety zones are always prioritised. Follow-up reviews are available whenever you need them. Your natural outcome is our unwavering standard.

✓  
Medical Grade

✓  
Tailored Dosing

✓  
Follow-Up Care

## Ready to See What's Possible?

Your consultation is the first step. No pressure, no obligation – just an honest conversation about what's right for you.