



Taking the pits: If you suffer from excess sweating, you can now get your underarms Botoxed, as well as waxed

# Tips to stay top

**C**inderella had it lucky. One swish of Fairy Godma's wand and she was ready for the ball. Not so us. If we want to continue looking good after the clock's struck twelve this Christmas, it's a harrowing round of punctures, mouth guards and chicken fillets (they're boob-boosters, for the uninitiated).

## Underarm Botox

Hyperhidrosis (or excessive sweating) affects hundreds of thousands. Until now, the only solutions were surgery to sever nerves that trigger sweat gland activity, or antiperspirant.

But last year, doctors started using Botox to deactivate the nerves. The procedure, which uses minute amounts of Botox, is claimed to be safe and takes 50 minutes.

Botox doesn't freeze all underarm activity – doctors usually leave about 20 per cent of pores active. A pre-op anaesthetic cream means you don't feel a thing and practitioners can determine how little (or how much) to administer depending on the

person. The consultation takes 20mins, the numbing another 20 and the actual procedure only about ten minutes.

After four or five days, you'll notice a difference – you don't sweat like a pig. But it costs £500 and only lasts an average of six months.

**■** We were treated by Angelica Kavount, 129 Harley Street W1, £500, one hour, Tel: 020 7486 9040, [www.cosmetic-solutions.co.uk](http://www.cosmetic-solutions.co.uk) For UK-wide information on hyperhidrosis and treatment, visit [www.knowswat.info](http://www.knowswat.info)

**GOODHEALTH**

Tuesday, December 9, 2003 **METRO** 17