

A jaw dropping

Botulinum Toxin or Botox® is often known purely for its cosmetic use such as a wrinkle reduction, however it is renowned for its medical treatment capabilities also.

*Susie Amy is an actress and beauty and lifestyle blogger. She has a condition known as bruxism, where she clenches her over developed jaw muscle. Well, not any more after a visit to **Springwell Clinic** in Marlow. Here's how Susie benefited from Springwell's treatment.*



Susie before treatment

“**A**t the beginning of 2015 I went along with two of my friends to speak to Stephanie Green at Marlow's 'Springwell Clinic'. we discussed laser hair removal, pigmentation and the treatments that they offer.

Stephanie took a look at my face during our conversation – and then made me clench my jaw – she saw what I saw in the mirror every day – an incredibly tense jaw and ever growing set of masseter muscles. It was probably the strongest muscle in my body! I can barely describe when I clenched my teeth together how powerful the muscle was. Both sides were bad but the right side was really bad.

I broke my jaw when I was 7 years old, I fell out of a tree and the scar lies just below my jaw line in the centre.

Whether this has been a contributing factor to the incredible tension I hold in my jaw – I can't be sure – but it's been an ongoing problem that has become worse as time has gone on.

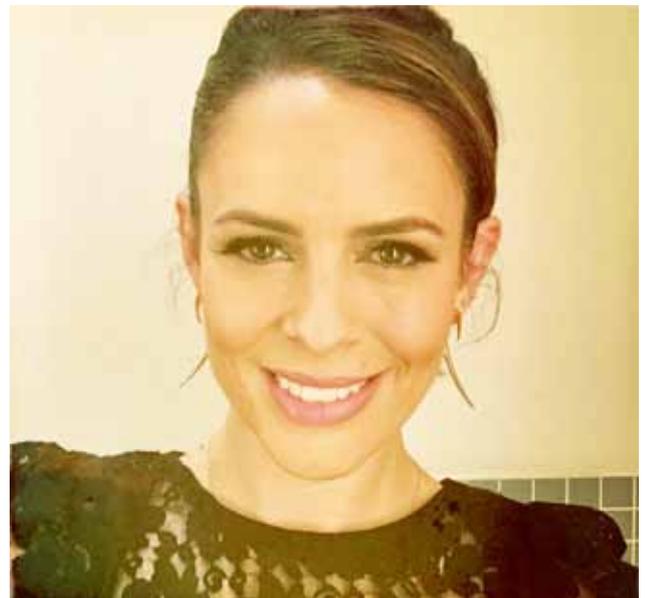
My dentist says from looking at my teeth that it's unlikely that I grind – but I clench my jaw when I sleep – I know I do because sometimes I wake up and consciously have to relax it. I also found myself constantly opening and closing my mouth when I was doing anything that required concentration or when

performing repetitive tasks. I would be hanging up washing or doing admin and would be repeatedly biting down to loosen my jaw – I wouldn't even know I was doing it unless someone drew it to my attention.

Until Stephanie suggested to me that I try Botox® in my jaw to relax the muscles, I hadn't even known that the treatment was a possibility. I know friends who have had Botox® to treat persistent migraines and a male friend who used Botox® to reduce sweating – but I hadn't been

looking for a jaw solution – it was so part of my every day – and had been for so many years. I had been saying to my close group of girlfriends – I'm building up a huge amount of muscle – and they all assured me my face looked absolutely fine and normal – looking back at photos it really did not.

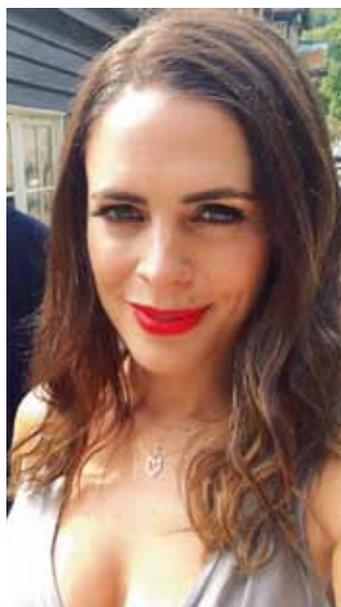
I paid for the treatment. I was just interested to see if it could help in any way. I hadn't been intending to write about it... until I saw the difference it made to my face.



Susie after treatment

moment

Libbie looking to be the best



Libbie



Springwell Clinic always strive for excellence.

Whether being one of the first clinics offering new breakthrough treatments, raising awareness on more than just cosmetic procedures or applying advanced techniques with ongoing training, and of

course with a team carefully selected to practice in their clinic. It's no surprise therefore that Nurse Prescriber Libbie Wallace is a finalist in the Aesthetics Awards 2017. These awards have become very prestigious in the world of aesthetics.

Libbie Started her working life as a theatre nurse before moving into non-surgical aesthetics. Libbie's wealth of information and thirst for knowledge in her chosen field is something to behold. Last month alone she attended seminars in Amsterdam and Madrid and is always striving to gain a broad range of opinions and hands on training from the most revered industry professionals. Currently Libbie is working towards her Masters in Non Surgical Aesthetics at Queen Mary University in London.

It's so important to get the right person to look at your face and see if there is something that could help you – whether you suffer with migraines, tension, or even if you're looking to lessen lines on the face. Don't trust just anyone – do your research and have a consultation before agreeing to go ahead with anything.

If Stephanie hasn't seen you before she will talk to you properly before making recommendations to you – as I said I went in to discuss a laser treatment and she helped me with something totally unexpected.

Ask to speak with owner Stephanie Green or the fantastic Libbie Wallace who is an aesthetic nurse prescriber and is hugely knowledgeable. You're in very good hands! ”

Within a few days the tension began to reduce. I was still clenching my jaw but not as frequently. Now I have stopped altogether. I still get the urge to sometimes – the effects of Botox® only last for 3-6 months – but I stop myself. What it did for me was to break the habit of repeated 'chewing'. And it's hugely reduced the size of my jaw.

I have just called the Springwell Clinic to go in and speak to Stephanie because I can feel an ache in my jaw – level with the back of my bottom teeth and up to where the bottom of my ear meets my face. It's an uncomfortable feeling and I think it's time to re-address the situation again.

My tips on finding the right person to help you would be to find a really established clinic in your area. I am not particularly near 'Springwell Clinic' in Marlow but for me it's worth the drive.



Springwell's own skincare range is now available to buy in clinic



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