

# **New research presented at the British Association of Cosmetic Doctors Annual Conference reveals that Botox cosmetic therapy creates a more positive mood.**

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BOTOX® cosmetic injections for frown lines and wrinkles can alleviate depression, according to a new study by Michael B Lewis PhD, School of Psychology, Cardiff University UK and Dr Patrick Bowler Court House Clinic, London UK. Published in the Journal of Cosmetic Dermatology this new research shows that relaxation of the corrugator (frown) muscles leads to less facial feedback for negative emotions. Consequently a negative mood is harder to maintain and so the person has a more positive mood.

Dr Patrick Bowler, Medical Director of Court House Clinics is unsurprised by the results of the study, and reveals that this may be one of the reasons patients are less likely to give up Botox treatments during an economic downturn.

“For many years I have noted the positive effect of Botox cosmetic treatments on my clients, including some who have been suffering from mild depression. Despite the current recession we have not seen a decline in the demand for Botox in our clinics. We now have proof that alongside the ‘feel good’ factor that a cosmetic treatment can provide, there are also psychological mechanisms at work that show treatments such as Botox that prevent frowning correlate with a more positive mood.”

Localized facial muscular paralysis is a consequence of the use of Botulinum toxin A (BTX-A; e.g. Botox® or Dysport®) for cosmetic dermatology. Treatment involves injections into the frown muscles, relaxing them for up to 6 months. The cosmetic effect of this treatment is a smoother, less-lined forehead. As well as being responsible for frown lines, the frown muscles are universally important in the expression of negative emotions including sadness, fear, anger and distress.

The relaxation of these muscles means that the ability to form facial expressions of these emotions is reduced. Indeed, it has been demonstrated that people who have received Botox treatments for frown lines are rated as showing less negative facial expressions. The facial feedback effect suggests that the paralysis of muscles associated with negative emotions may have effects beyond the outward appearance of emotion.

In order to test this mechanism, the mood of 25 patients who had received Botox treatment for glabellar frown lines at Court House Clinics was measured and compared with patients who had received other cosmetic treatments. The patients treated with Botox showed a significantly less negative mood.

“The results support the facial feedback view that frowning can make people unhappy.” says Bowler.

Dr Patrick Bowler is the founder and Medical Director of Court House Clinics, co founder and fellow of the British Association of Cosmetic Doctors, a not-for-profit organisation, established for the advancement, education and practice of cosmetic dermatology in the UK. Members are fully GMC registered;

undergo thorough background screening, training and certification. Information about specific procedures and doctors contact details can be found on [www.cosmeticdoctors.co.uk](http://www.cosmeticdoctors.co.uk), or by contacting their advice line at 0800 328 3216.

Dr Bowler is available for press interviews articles and features.  
Court House Clinics on 0845 555 5050 [www.courthouseclinic.com](http://www.courthouseclinic.com)

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