

# Would you do your own Botox?

Danielle Jacks, 24, has discovered a dangerous way of battling Mother Nature's best efforts...

**W**e all saw the pictures of Katie Price treating her mates to a Botox party for her hen do, recently. But while Katie was visiting a professional practitioner with her pals, some women in the UK are embracing a worrying trend for self-administering the wrinkle-busting procedure. While most of us would love to remove our frown lines,

these women are endangering their health to stay youthful by ordering self-injection kits of Botox from the internet.

The procedure's dangerous to carry out without expert medical training, which is why so many cosmetic surgeons are horrified and consumer watchdog Which? is so concerned about the lack of regulation surrounding the sale of this potentially harmful treatment.

'It's easy to forget that Botox is a poison, which, if injected into the wrong area, could produce shocking results,' says Which? spokesperson Sarah Kidner. 'We're concerned the internet's becoming a

marketplace for cut-price cosmetic treatments.'

But her concerns aren't shared by Danielle Jacks, 24, from Cornwall, who's been injecting her own Botox for the past four years.

'So what if I'm not qualified?' she says defiantly. 'A girl's got to do whatever it takes to look good.'

Danielle first read about Botox when she was 19. 'I'd read it was how celebs like Dannii Minogue kept their youthful looks but didn't think

I could afford the procedure on my receptionist salary. When I realised you could buy Botox kits on the internet, I started watching videos online that teach you how to do it and practised injections on an orange after borrowing needles from a diabetic friend.'

Danielle paid £185 for her first kit in October 2006. 'When it arrived – containing a vial of scary-sounding "botulinum toxin type A" and all the paraphernalia – I admit I was concerned, especially as only half of it was labelled.

'I reassured myself by calling the website to check their credentials and also read some online forums for feedback. Of course, I'd read horror stories

about people buying dodgy Botox but told myself to stop being a wimp and get on with it.

'That night, I cleaned my bathroom to make it sterile, then cleansed my face. I was shaking with excitement and fear. I didn't inform my doctor because I knew he'd try to talk me out of it. I may sound blasé, but my fear of injecting myself was overwhelmed by my desire to look beautiful.'

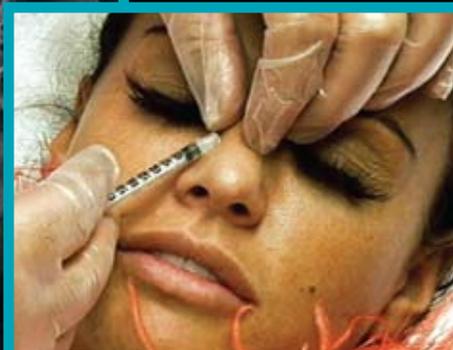
Using the facial map, Danielle marked on her face where she wanted to inject. 'I was petrified – I glugged a big mouthful of wine for Dutch courage but it still took three attempts to put the needle into my forehead.

'I continued round my eyes until I'd done my whole face.

*'I'd read horror stories but told myself not to be a wimp'*

### FACE-FREEZING

Botox is a bacterial toxin that's injected into muscles, where it causes temporary paralysis to reduce the appearance of lines. We guess Jordan thought her hens were looking a bit creased!





## THE DANGERS OF DIY BOTOX

Danielle prepares the kit



...then injects



Afterwards, it felt like a bee sting, so I numbed the pain with ice. Despite the agony – and a dull headache that lasted an hour – I felt amazing inside.'

Danielle says it was a matter of days before the lines on her face began to disappear. 'I was so delighted, I ordered more Botox and even some lip filler, too, charging the £300 bill to my credit card.'

'My friends were desperate to know why I looked so healthy and while two of my close mates were worried, most were jealous and begged me to inject them with Botox. I haven't – I told them if they want to, they can do it themselves.'

But Danielle's family weren't so impressed. 'When I told my

mum, she went mad, telling me I was risking my health. I ended up storming out and now we just don't talk about it as it causes arguments.'

Unconcerned by the dangers, Danielle continues to spend up to £300 a month on Botox and fillers she buys online but insists she isn't hooked on the cosmetic procedures. 'I'm not addicted and I don't believe I'm risking my health because I've been doing it for four years without any problems. I never use more than a quarter of the recommended dose and only inject every two months, plus I alternate which parts of my face I put the Botox into so that no part gets too much. What's wrong with giving

Mother Nature a helping hand – at half the cost?'

But Janet Kettels from Allergan, which makes Botox in the UK, disagrees. 'It's not a self-administered treatment and consumers should always use a reputable, appropriately trained and qualified clinical or physician practice. We don't support Botox for sale online and Allergan takes aggressive legal action to prevent the distribution of botulinum toxin type A products without prescription.'

### HAVE YOUR SAY

» Email [nowletters@ipcmedia.com](mailto:nowletters@ipcmedia.com). The letter of the week wins a Nintendo Wii

» 'Danielle's taking huge risks on every level,' warns Botox expert Dr Danielle Meagher, clinical director of Derma Dental Face Clinic. 'I've injected thousands of patients and even I'd never inject myself. Botox is a prescription medicine, which must only be administered by a trained, registered doctor, dentist or nurse. Knowledge of head and neck anatomy is crucial because if injected into the wrong areas, you risk bruising, swelling, droopy eyebrows and eyelids or, most seriously, damaging a nerve. The thought of someone with absolutely no clinical qualifications buying a kit online and giving themselves an injection is terrifying. Danielle really needs to be aware of the risks she's taking before it's too late.'

Dr Danielle Meagher

