

Shh! Anti-agers no one but you need know about: Can Botox really help fix my masculine jawline?

- Beauty director Inge van Lotringen advises a reader on how to fix her jawline
- She reassured the reader and also shared how common jaw Botox is in Korea
- She said you need a doctor with a good eye, who is adept at assessing your jaw

By INGE VAN LOTRINGEN FOR THE DAILY MAIL

PUBLISHED: 01:40, 23 July 2018 | UPDATED: 01:40, 23 July 2018



[View comments](#)

Q: I would love my jawline to look less wide and a friend of mine has heard that Botox can help with this. How does it work?

A: I was just in Korea, the land of heart-shaped faces, where jaw Botox is as common as a morning latte — and it seems to have inspired Western practitioners.

'If a strong jaw is due to a well-developed masseter muscle [frequently caused by subconscious teeth-grinding, which is often a result of too much stress!], the look can be softened with Botox,' says Dr Sarah Shah. She is referring to the large chewing muscles that are located on the jaw.



Inge van Lotringen (pictured) advised the reader to find a qualified physician for platelet-rich plasma therapy

'A few judiciously placed injections on either side of the face can relax the muscle so it can't be exercised as much,' says Shaw. 'As a result, the muscle gets smaller and your jaw takes on a softer, more feminine look, which can last for about nine months.'

However, if you owe your pronounced jaw to a square-ish bone structure, 'Botox won't help, but you could try to re-balance the face and create harmony by enhancing the cheekbones with filler.'

You need a doctor with a good eye, who is adept at assessing the cause of your strong jaw.

Too much or badly placed Botox in the jaw area can affect your smile, so please don't pick just anyone who offers a cheap deal.

Do your research carefully and go for a physician who can show you great jawsoftening patient results.

For example, Dr Shah (drsarahshah.co.uk) is such a clinician; she charges from £200 for her non-surgical jaw reduction.