

Look younger in just two hours — no surgery, no creams required!

Want to rewind the clock without going under the knife? The trending 'Liquid Lunch Facial' promises a more youthful, refreshed appearance in just two hours — with no surgery and minimal downtime



Woman looking in the mirror. Picture: iStock.

The Citizen chats with Dr Maureen Allem of Skin Renewal to unpack the age-defying benefits of Botox and dermal fillers.

The liquid lunch facial: A lunchtime beauty break that turns back time

A fast-track ticket to youthful skin is making waves worldwide, and now it's landed in South Africa.

Known and loved by celebrities as the “Liquid Lunch Facial” in countries like the U.S. and the U.K., this aesthetic treatment uses a combination of Botulinum toxin (commonly known as Botox) and dermal fillers to smooth **wrinkles**, lift sagging features, and restore youthful volume to the face.

And the best part? You can do it on your lunch break, and you don't need any surgery.



Picture: Dr Maureen Allem

“This isn’t just a quick fix—it’s a smart, science-backed solution to ageing,” says **Dr Maureen**, an aesthetic doctor at **Skin Renewal**. “With the right products and injector, you can walk in with tired, ageing skin and walk out with a refreshed, younger-looking face in two hours.”

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What to Expect

Botulinum toxin is used to relax dynamic wrinkles, while dermal fillers restore volume and structure. Depending on your goals, a full-face treatment may combine both.

“Our goal isn’t to freeze the face, but to enhance natural beauty,” Dr Maureen explains. “We look at the whole face, from forehead to jawline, and customise a plan that delivers harmony and balance.”

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How long do the effects last?



Picture: iStock

Botox results appear gradually, typically within seven to 14 days, and last between three and four months. Fillers can last up to 15 years, depending on the product and placement, though most people opt for touch-ups every 12 to 18 months.

“Recent MRI studies have shown hyaluronic acid fillers can remain in the body for several years,” says Dr Maureen. “That’s why it’s important not to overdo it. You want a fresh face, not a frozen one.”

Aftercare Tips: Maximise Your Glow



A close-up comparison of the eyes of a young woman and an older woman, highlighting the visible differences in skin texture and wrinkles. Picture: iStock

Botox Do's:

- Stay upright for three to four hours post-treatment.
- Use sunscreen and gentle skincare.
- Ice any swelling or bruises.

Don'ts

- Avoid exercise, alcohol, and lying down for four hours.
- No facials or massages for two weeks.

Fillers Do's:

Wait 24 hours before applying makeup.

Cleanse gently and stay hydrated.

Use ice or anti-bruising gels as needed.

Don'ts:

Skip intense workouts, saunas, and sunbeds.

Don't press or rub the treated area.

"Downtime is minimal," notes Dr Maureen. "Most patients go back to work the same day."

The Cannula Advantage: Safer, Smarter Injections



Picture: iStock

Skin Renewal uses micro-cannulas, which are a safer alternative to needles for dermal filler application.

“Cannulas cause less trauma, reduce the risk of bruising, and allow us to treat larger areas with fewer entry points,” Dr Maureen explains. “They’re ideal for sensitive areas like under the eyes or cheeks.”

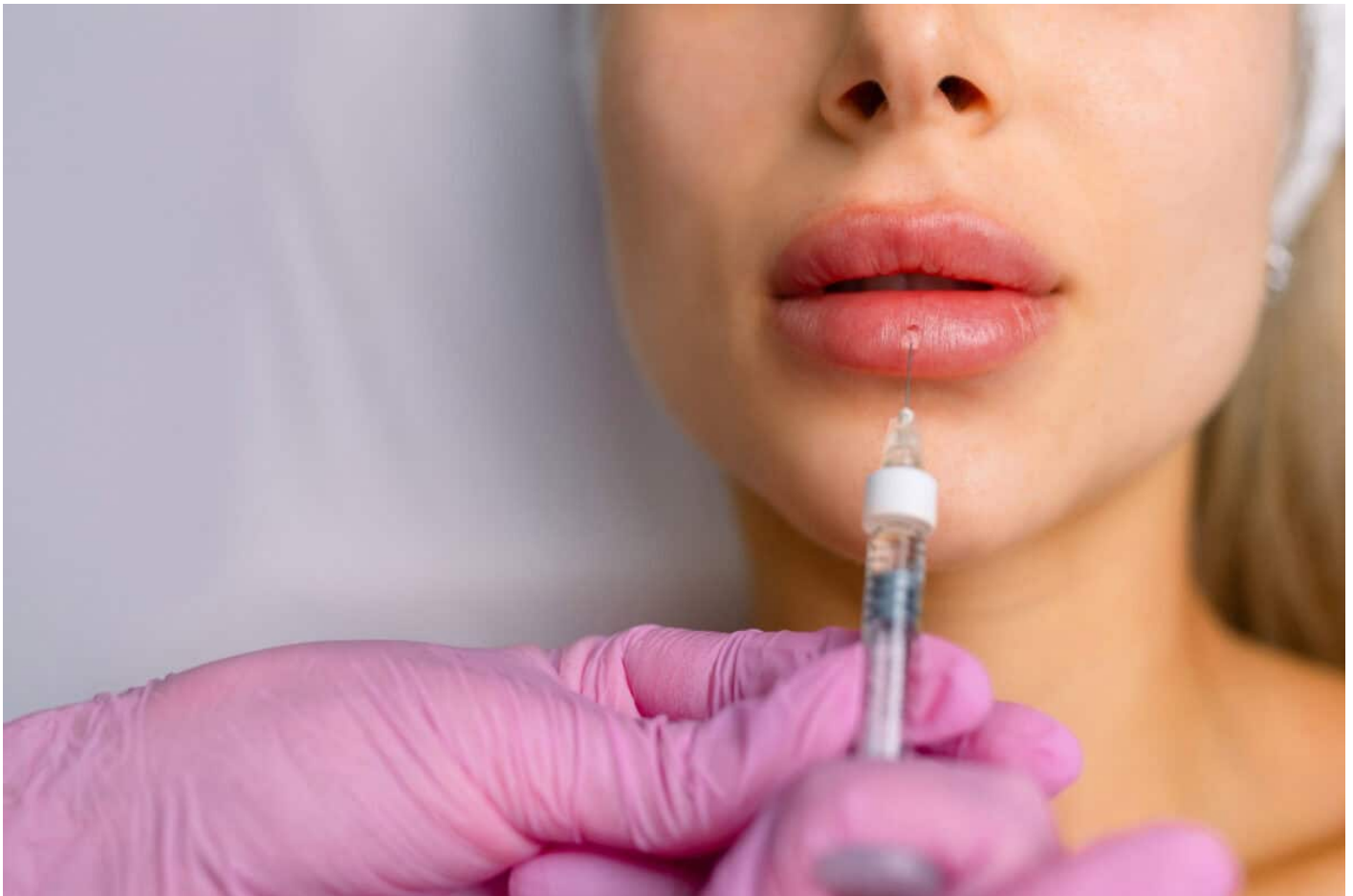
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Safety first: Only use registered injectables

South African patients are urged to verify that their treatments are approved by the the South African Health Products Regulatory Authority ([SAHPRA](#)). These includes products like Botox®, Dysport®, Xeomin®, Restylane®, and Revanesse®.

“If the price is too good to be true, it probably is,” warns Dr Maureen. “Always ask to see the box. Grey market products can be dangerous.”

When to book a touch-up?



Picture: iStock

Touch-ups for **Botox** are usually done every three to four months. For fillers, timing varies based on the product, the area treated, and your body's metabolism.

“Always follow up after two weeks,” Dr Maureen advises. “That’s when we check results and make small adjustments if needed.”

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Youth, without the downtime



Picture: iStock

The ‘Liquid Lunch Facial’ may sound trendy, but its science and results are anything but fleeting.

With expert injectors and quality products, this non-surgical approach is becoming the go-to for working professionals, busy parents, and anyone who wants to glow without downtime.

As Dr Maureen puts it: “You don’t have to go under the knife to look younger. You just need the right hands and the right plan.”

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