



Kenneth Mark Skin Care, Inc.

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I Got Botox...But It's Not What You Think



Because I didn't get it in my face. Nope, friends, yesterday I got Botox in my...wait for it...armpits. Why, you ask? You see, I'll be wearing a very wet-mark-prone taffeta bridesmaid dress in a friend's outdoor wedding in 2 1/2 weeks back home in humid, humid Kentucky. And one of the lesser-known uses for Botox? Stopping sweat.

Seems those neurotransmitters it blocks that are responsible for muscle movements are also the ones that send the signal to your body to release perspiration—well, it doesn't so much seem that way as it is that that's how the derm who shot me up, [Dr. Kenneth Mark](#) explained it to me. (A little about him: He's the founder of his own skin line, Dr. Kenneth Mark Skincare, Inc., and besides being available in New York, has practices in the Hamptons and Aspen—lucky guy!) Here's how it went down, in case you were wondering: First, Dr. Mark had me chill my pits by tucking ice packs underneath them for a few minutes (not totally necessary but it helps with the pain and prevents bruising). Then he injected the Botox by pricking me several times all over the area. Pain factor: Mostly about level with plucking your eyebrows, although there were a couple of points there that were a bit sharper than the rest and made me flinch. The whole thing maybe took 15 minutes total.

The catch here is that I won't quite know if it's working for about three to five days when it's had a chance to take effect and even then, it's a building process, so I won't see the full results until about two weeks from now. But the good news is I can expect the effects to last 4 months or possibly longer, so I'll be sweat-free for at least most of the summer—woo hoo!

And as for cost: In some cases where there's hyperhidrosis (excessive sweating) involved, your insurance may help, but otherwise it's not cheap (think in the thousands here).

I'll check back in after my friend's wedding and at the end of the whole experience to let you know how it goes. In the meantime, do you have any questions about the whole thing? Would you go for it? Think it sounds scary? Let me know below!

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- * [The results I got with a cleavage-enhancing makeup kit](#)

Botox from Dr. Kenneth Mark