



INSTANT BBL



If you're looking for a little more shape and definition in your butt and plastic surgery is out of the question, consider an Instant BBL (Brazilian butt lift). This quick procedure, which dramatically improves the backside, relies on dermal filler injections to enhance volume in the butt without committing to surgery—a win-win in our book.

While surgical BBLs provide a permanent change to the shape and size of a butt, the benefit of an instant BBL with fillers is the subtle pop it gives, with a more lifted look and NONE of the risks or complications that are associated with going under the knife. No matter how minimal or invasive, the ultimate goal of any cosmetic procedure is to improve a body part or feature while boosting self-confidence and making patients happier. And when it comes to the instant BBL, its popularity continues to rise partially due to it being all over social media and continued reports regarding the danger of its surgical counterpart. As fillers continue to have their moment in the spotlight—with no signs of slowing down anytime soon—there's still plenty to know about this non-surgical treatment to get the butt of your dreams.



WHAT IS AN INSTANT BBL?

An instant BBL is a non-surgical, non-invasive treatment that uses bio-stimulatory, long-lasting fillers like Radiesse or Sculptra to create a fuller, plumper, more shapely-looking backside. The booty-boosting treatment gradually plumps the butt to increase its size, shape, and contours for a natural look. An instant BBL is also a go-to procedure for creating symmetry between the butt cheeks and giving a more uniform appearance from the top of the butt down to the bottom.

As the body ages, it's normal for the butt to lose volume and the skin's elasticity to decrease. When this happens, the butt can take on more of a saggy appearance, and its once-defined curves may suddenly be lacking. An instant BBL can fix all that—and more—with a few injections.

The treatment works wonders for reshaping the S-curve of the body's profile so that the backside appears more lifted. It's an excellent solution for those experiencing aging and anyone who wants more projection and less of a 'flat-looking butt.'





The key to achieving a good result is selecting an expert injector who understands the suitable fillers and how to use them. Hyaluronic acid fillers aren't appropriate for this treatment, and only collagen-stimulating fillers like Radiesse and Bellafill should be used. Anything with hyaluronic acid will attract water to the area, and the products won't create the collagen (a naturally-occurring substance that gives plumpness to the skin) needed for improvement. Radiesse and Bellafill also lend an initial inflammatory response that makes collagen over the long term for lasting improvement.

If you think a surgical BBL is the only way to get a uniform result, it's not. An instant BBL creates equal dimension, shape, and lift, and some experts say it's more reliable than surgery. That's because there's no guessing where to inject the product. Plus, with an instant BBL, the fillers offer skin-improving capabilities like improved elasticity and increased collagen production that fat doesn't necessarily provide. But the most significant benefit of an instant BBL, besides the immediate results and no cutting or anesthesia, is that the results tend to be much more natural compared to surgery, and there's less bottom heaviness.

With surgery, there needs to be ample amounts of donor fat available to make the procedure a success. But that's not the case with an instant BBL since fat isn't used, but rather fillers. This also makes an instant BBL suitable for naturally thin people with little to no extra fat to spare.

Another upside to an instant BBL is that you do not have to be put under anesthesia, there's no downtime and no recovery period is required, as opposed to surgery. The treated area may be sore and have minimal bruising and redness, but you won't need to take time off work or from your routine. You can resume your normal activities one day after the treatment.



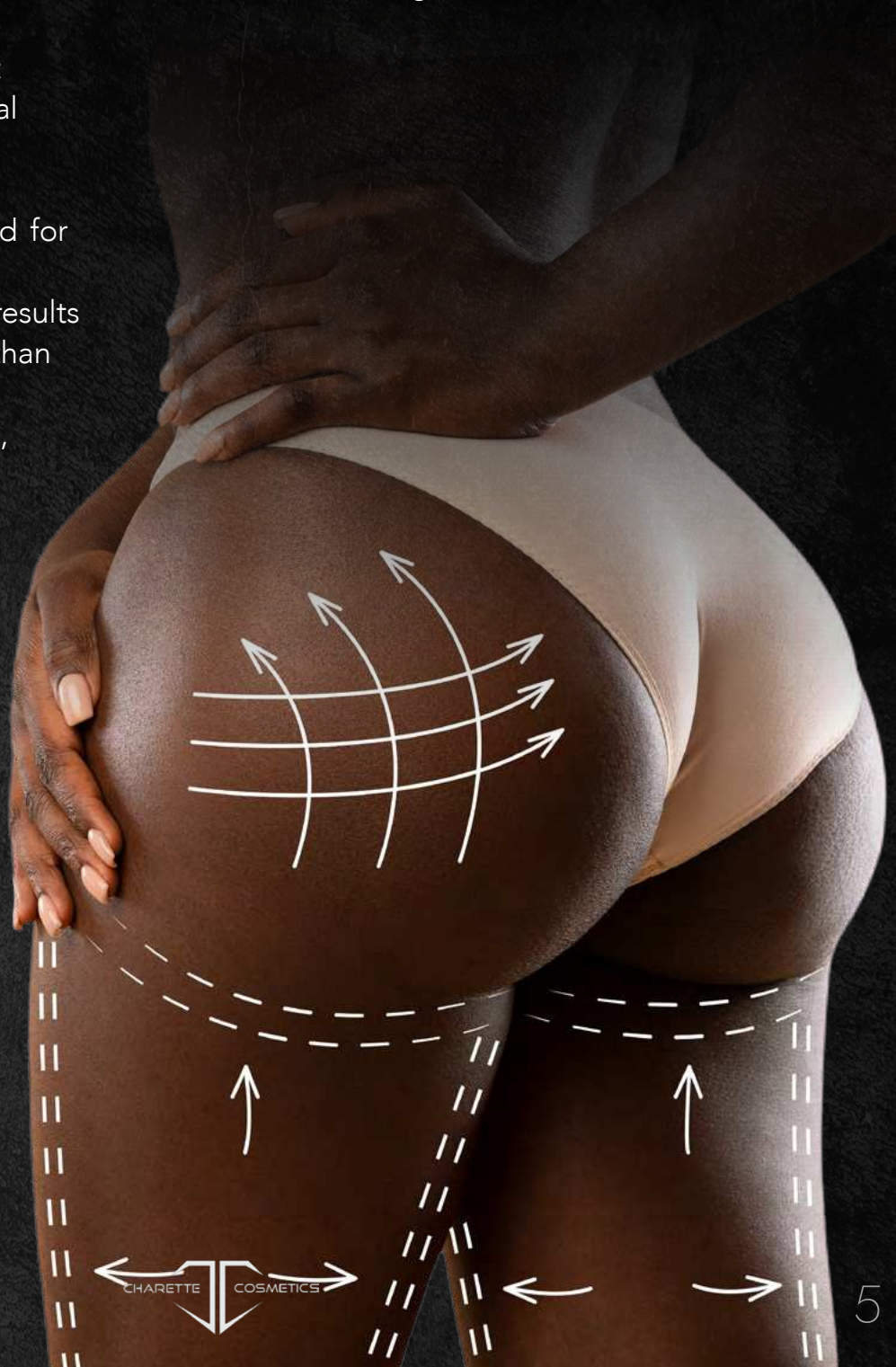
WHAT AN INSTANT BBL CAN DO

For starters, an instant BBL can provide immediate improvement to the butt.

The procedure is best for healthy people who want to make minimal changes to the size and shape of their butt but aren't willing to undergo surgery. It's best to be close to your ideal weight to make the most of the treatment.

The main benefits of an instant BBL include the following:

- ▲ A long-lasting, but not permanent, non-surgical result
- ▲ Enhanced contour and shape without the need for plastic surgery
- ▲ Subtle yet noticeable results
- ▲ Fewer risks and safer than surgery
- ▲ Minimal pain, soreness, and swelling
- ▲ Increase volume
- ▲ Eliminate dimples and hip dips and reduce cellulite
- ▲ Instant results



An instant BBL is straightforward and can be done in under an hour. During the treatment, the filler is injected directly into the buttocks, which volumizes them for added shape, size, and enhanced definition. Radiesse or Bellafill is used depending on your needs and goals and which filler is best for your body type. These fillers signal to the body to develop new collagen around the injected product. Radiesse provides some immediate volume upon injection and initiates collagen and elastin production. Both fillers are suitable for use in the buttocks and are fast, safe, and effective ways to increase volume while improving shape. You can walk out of our office with a new, plump butt.

Besides addressing the butt, an instant BBL can also improve hip dips caused by genetics and the shape of your pelvis. When someone has hip dips, their hip bone is higher than their femur, which causes their muscles and fat to curve inwards.

While an instant BBL is an excellent solution for those that don't want to or can't undergo a surgical BBL, it's important to note that while the results are similar, they are not the same. With a surgical BBL, the results are permanent and usually hard to reverse, but using fillers for augmentative purposes won't last a lifetime. However, you will be able to get a few years out of your results.



WHAT AN INSTANT BBL CAN'T DO

An instant BBL isn't a skin treatment but instead a volumizing one. So, while you will likely notice improvements to the skin, the treatment won't improve loose skin. Minimal amounts of loose skin should well-tolerate the procedure, but if there's a moderate amount (or more) of sagging, loose skin on the butt, you may want to consider a skin-tightening treatment too, like Morpheus9 RF Microneedling.

You may need more than one treatment session to achieve your desired results. That's because only so much product can boost the butt in one sitting to retain a natural look. And the filler needs to work its magic over time to stimulate collagen.



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HOW DOES AN INSTANT BBL WORK?


The primary purpose of an instant BBL is to quickly add volume to the butt for better shape and improved shape, creating more of that much-desired S-shape silhouette. Injecting Sculptra or Radiesse, one of the longest-lasting dermal fillers on the market, into the butt creates more curvature and enhanced volume for a better-looking butt. With the addition of better-defined curves, the body takes on more of a feminine hourglass shape that's also the epitome of a youthful body.

Injecting filler into deficient buttock areas allows the product to incite new collagen growth. Both gel-based fillers, Radiesse and Bellefill, give an immediate boost to the butt but also work overtime to stimulate collagen production. So, while you'll notice improvement immediately, the results will continue to improve with time. It can take upwards of a few months for the entire collagen creation process to be complete and for the results to be evident. Remember that Radiesse and Bellafill are not dissolvable like hyaluronic acid fillers, so you'll need to ensure that you're 100 percent sure this is the proper treatment.



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Since every patient's body is different, the amount of filler needed varies depending on your goals and body type. For a subtle difference, about ten vials should suffice. But for a more dramatic boost, you'll need double that amount. The product needs to be injected into the middle area for added roundness or fullness in the butt. If a lift is what you're after, the filler is placed more into the upper portion of the butt. And if asymmetries exist, more filler may be injected on one side of the buttocks than the other to create a uniform effect.

Our Instant BBL procedure has been perfected to spread better and decrease the risk of bumps, lumps, and nodules, which are rare but can happen. Our injections infuse necessary fluids into deeper layers of skin, including fat cells and connective tissue. As a result, cellulite is plumped up and smoothed out while also causing tiny micro-injuries under your skin, stimulating your body's healing processes to increase collagen production and stimulate tissue regeneration. It creates smoother, firmer skin, and because it is an injectable, treatment sessions are short. Results last up to 5 years. As time goes on, your body will begin naturally producing its own collagen as a result of our Instant BBL injections.



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AN INSIDE LOOK AT THE CONSULTATION PROCESS



The consultation process is the starting ground for an instant BBL. During this time, you'll meet with one of our trained expert injectors, who will walk you through the treatment details. At this consultation you will also describe your booty goals so our expert injector can create your goal appearance. Then, we will design a customized protocol together to address your specific needs.

While the butt is the primary focus of an instant BBL, some patients like to accentuate the surrounding areas, like the hips or target the area right beneath your butt.

We highly recommend a consultation before treatment to ensure that an instant BBL is the correct procedure. During the consultation, we will review your medical history and discuss payment and all payment options so that you're fully educated on the procedure before making your final decision.

Make sure to come to your consultation appointment with any questions you want to ask.



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PROCEDURE SPECIFICS: WHAT TO EXPECT

Having multiple vials of filler injected into your rear end may sound scary and even painful, but it's not. An instant BBL is a safe and effective treatment performed daily.

We use lidocaine to numb you and create a comfortable injection experience. Then, the areas that will be injected are marked up, so your injector knows precisely where to inject the filler. Once the skin is numb, the injections will begin, which use tiny needles that are virtually pain-free. You'll be lying on your stomach, and the treatment bed will be comfortable for you to relax during the treatment. Next, the filler is injected into the buttocks, starting with the upper portion and the sides of the butt for even distribution. The filler is injected beneath the skin's surface to achieve the desired shape, fullness, lift, and contour. But to obtain what you want, you'll need more than one session—most patients need upwards of three sessions about six weeks apart.

A minimum of five vials are used during a treatment, but more may be used depending on the desired enhancement. Since there's no cutting or incisions involved, there's also no scarring as there is with surgery.

Results are instant and will continue to develop over the course of the next 90 days.

Since there may be some minor bruising or swelling, we recommend sleeping in your stomach or side for the first week as the product settles into the tissue. This way, there's less pressure on the butt. Plus, if there's any discomfort when sitting, you can use a donut to alleviate any pressure.



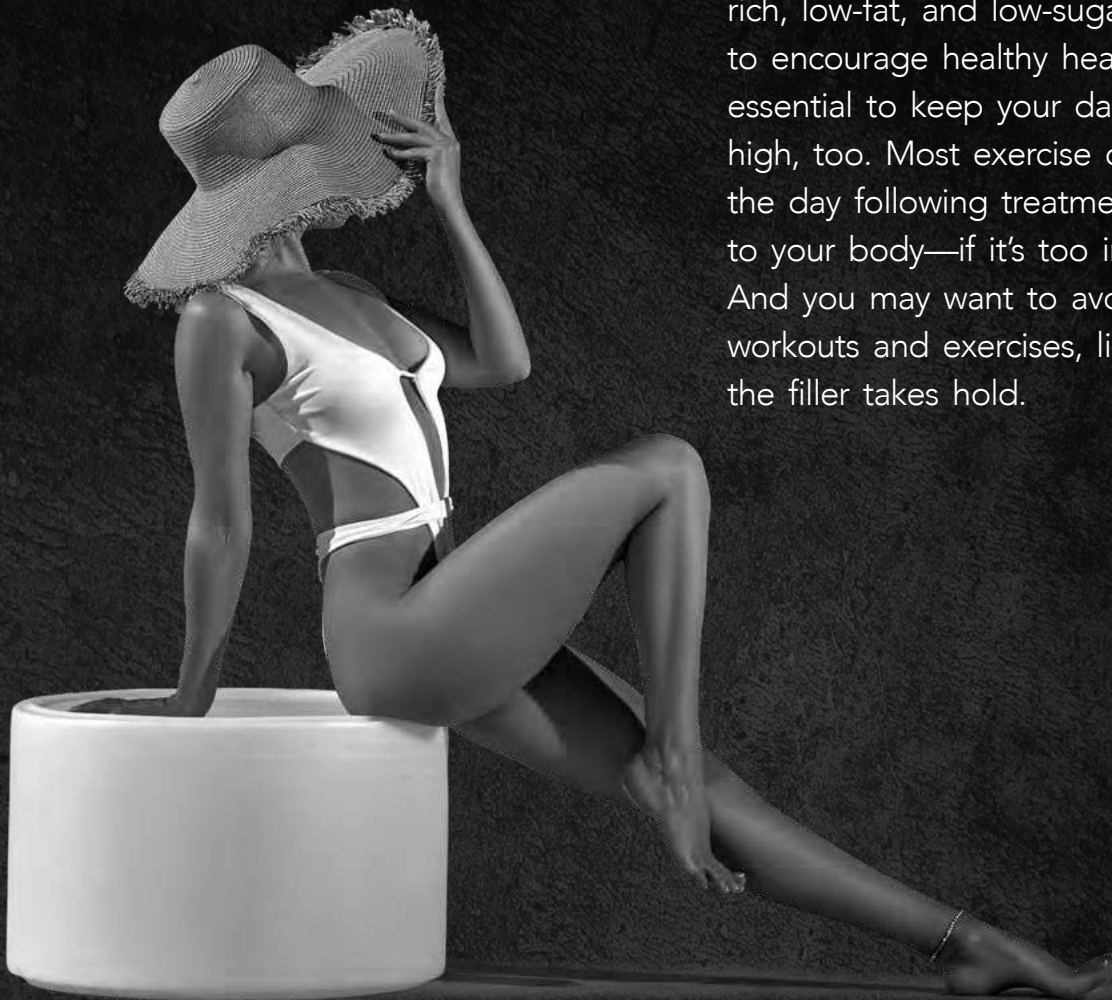
HOW TO PREP FOR AN INSTANT BBL

Since an instant BBL isn't surgery, there's little to do beforehand to prep for the procedure. However, you'll still want to be mentally prepared for it and have everything on hand at home in case you need it.

To make the most of the procedure, eating a light meal on the day of the treatment is best since you'll be lying on your stomach while the injections are administered. It's also recommended to avoid consuming caffeine or alcohol for

24 hours before your injections. You'll also want to ensure that the skin on the butt is free of rashes, breakouts, or sunburns, which can cause the injection process to be uncomfortable. Unfortunately, we cannot treat red, irritated, or burned skin. Staying hydrated by drinking plenty of water and using moisturizing products (on the treatment areas) will keep the skin pliable.

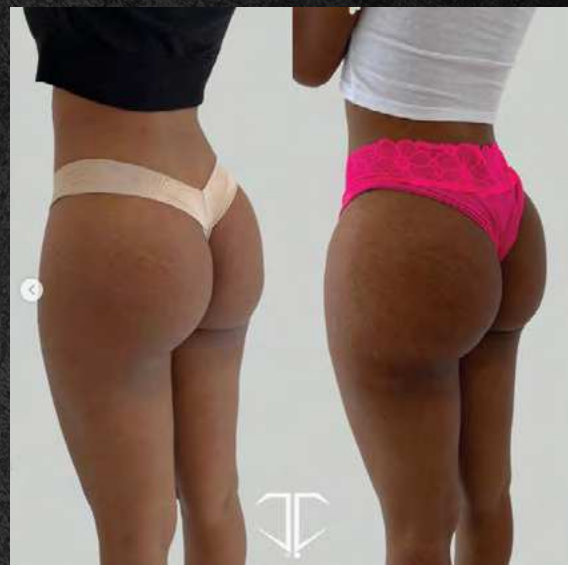
After your treatment, you'll want to avoid taking hot showers, saunas, or baths for a few days. Eating a protein-rich, low-fat, and low-sugar diet is best to encourage healthy healing. It's also essential to keep your daily water intake high, too. Most exercise can be resumed the day following treatment but listen to your body—if it's too intense, skip it. And you may want to avoid lower body workouts and exercises, like squats, while the filler takes hold.

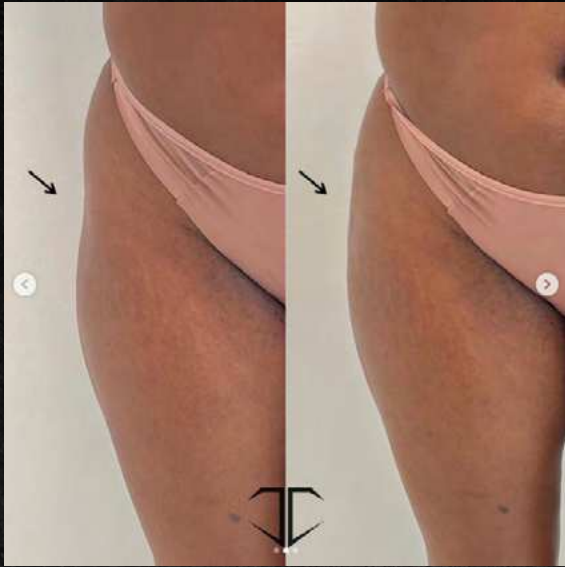
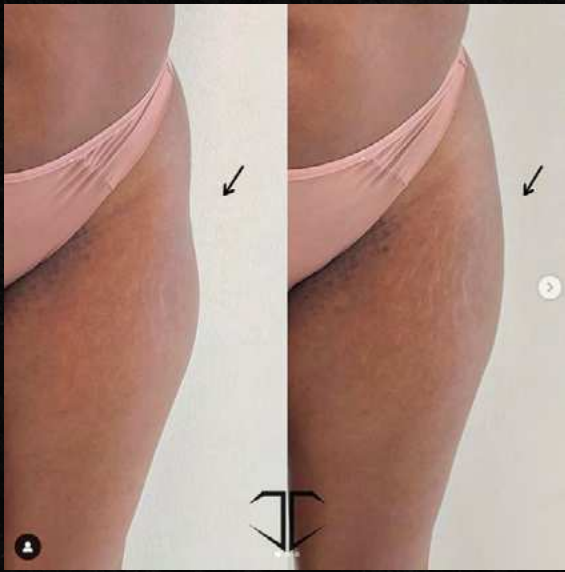


THE RESULTS

Most patients see a natural fullness and improved shape to their butt following treatment. In addition, the buttocks will also sport natural-looking smoothness thanks to the new and increased levels of collagen your body is producing.

As your results develop over time, your booty will begin to look more lifted and plumper. And, of course, the results are buildable, meaning if you want more volume after you've completed the treatment, you can always do that.





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WHY YOU SHOULD CHOOSE CHARETTE COSMETICS

If you're ready to get the body of your dreams, now is the time to book a consultation with Charette Cosmetics. A one-on-one consultation with our experienced aestheticians will determine your best treatment plan. We can also customize a package specific to your needs to give you the best results possible.



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REVIEWS AND TESTIMONIALS

"I absolutely love the atmosphere of this establishment. Everyone was so welcoming and friendly, which made the experience less nervous for me. I got lip fillers with Helen, and she was the absolute sweetest. Very informative and sweet, she was the best. This is my first time, but I swear it didn't feel like I just met them. The experience, in general, was terrifying but not at all painful as I thought. Thank you, Helen, so much." — *Mink*

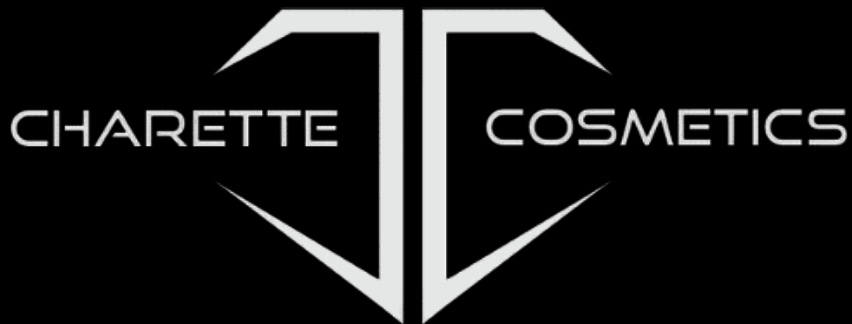
The entire staff is kind, professional, and dedicated to giving customers the best service and skin results! I loved my experience! Shaina is the absolute best!" — *LaCandace*

"Paul, Helen, and the rest of the staff were amazing! The place felt very clean. The body contouring was awesome, and also highly recommend Helen for your Botox and filler!" — *Olivia*



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GET STARTED WITH CHARETTE COSMETICS

If you're ready to rejuvenate your skin and make it look young, fresh, healthy, and glowy, now is the time to book a consultation with Charette Cosmetics. A one-on-one consultation with our experienced aestheticians will determine the best treatment for you. We can also customize a package specific to your skincare needs so that you can obtain the best results possible.

Schedule a consultation or book your appointment today!

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