

Necks tell the truth. Even with a refreshed face, vertical bands, softened jawlines, and crepey skin below the chin can give away age, weight changes, or just genetics. Over the years, I have met countless people who love how their forehead Botox smooths frown lines and crow's feet, yet still avoid ponytails because of their neck. A non-surgical neck lift using botulinum toxin, often called a Nefertiti lift when the jawline is included, can help the neck and jaw behave like a team again. It is not a substitute for a facelift, and it is not a magic eraser for every line, but for the right person, it punches far above its weight.

What a Botox Neck Lift Actually Does

A true neck lift with a scalpel lifts and repositions tissue. A neuromodulator lift works differently. Botulinum toxin type A, used in botox injections and related brands, blocks acetylcholine release at the neuromuscular junction. In small, precise doses it reduces muscle contraction. On the neck, the prime target is the platysma, a thin, sheet-like muscle that fans from the lower face down over the front of the neck. When the platysma overcontracts, it can pull the lower face downward, etch vertical neck bands, and blunt the angle between the jaw and neck.

By placing botox face injections into the platysmal bands and along the jawline depressor points, the downward pull relaxes. The unopposed elevators in the midface and upper face can tip the balance upward a bit. The optical effect is a crisper jawline, softer neck bands, and a modest lift at the mandibular border. When done well, it looks like you slept well, hydrated, and deleted a few years of tech neck habits.

This is different from botox wrinkle treatment in the forehead or eye area, where we soften dynamic lines like glabellar frown lines, forehead lines, or crow's feet. On the neck, we are not chasing tiny etched creases. We are retraining the neck's tug of war.

Who Benefits Most

The best candidates share a few traits I see repeatedly in clinic. They have visible vertical bands that flex when they grimace or say "eee." Their jawline is pulling down at the corners from hyperactive depressor muscles. Skin quality is decent, perhaps with mild laxity, but not severely crepey or heavily sun damaged. They want a lighter, quicker intervention, and they understand the result will be subtle and temporary.

People in their late 30s through early 60s tend to get the most predictable return on investment. I have used botox neck treatment in younger patients with strong platysmal bands from genetics, and in older patients as a bridge before or after surgery. However, if there is significant fat under the chin, or if the skin resembles tissue paper, the lift from botox cosmetic injections alone will be limited. In those cases, we pair it with energy devices, microfocused ultrasound, radiofrequency microneedling, or targeted fat reduction, or we pivot to surgical options.

Where a Neck Lift with Botox Falls Short

It is tempting to view botox wrinkle reduction as a fix-all because the treatment can be done in ten minutes with no real downtime. The neck is less forgiving. Horizontal "necklace" lines are not primarily muscle driven, so botox facial treatment will not smooth them much. Those lines respond better to hyaluronic acid microdroplet filler, skin boosters, or collagen-stimulating energy devices, sometimes paired with light resurfacing. Diffuse crepiness, especially in sun damaged skin, responds better to biostimulators, laser, or a long game of skincare with topical retinoids and diligent sunscreen.

Severe skin laxity and banding that remains at rest signal structural aging that botox wrinkle relaxing injections will not reverse. In those cases, a surgical neck lift or lower facelift offers real lifting and redraping. Threads can buy time for some patients, though they carry their own trade-offs. The point is to match the tool to the job, not the other way around.

Technique Notes That Matter

Experience counts here. The platysma is thin but wide, and the neck houses nerves, glands, and the trachea. Injections that are too superficial can bruise or cause temporary bumps. Too deep, and you flirt with the deeper neck structures. Too lateral and you can weaken the strap muscles you want to leave alone. The dose and placement need to reflect your anatomy while staying within safety margins.

Most neck band treatments use onabotulinumtoxinA, the formulation many people call Botox Cosmetic, though Dysport, Xeomin, and Jeuveau are also used. Dose is individualized. For isolated vertical platysmal bands, I typically plan a total

of roughly 20 to 60 units of onabotulinumtoxinA equivalent across both sides. If I am also shaping the jawline with a Nefertiti pattern, which includes small aliquots along the mandibular border and depressor anguli oris, doses often land between 30 and 70 units. Wider necks, stronger bands, or men with hypertrophic platysma may require more. The unit conversions between brands are not one to one, so I use brand-specific dosing based on experience.

Spacing of the injections follows the visible bands and the pull pattern when the patient activates the neck. I ask patients to clench their jaw and say “eee,” then I mark where the platysma cords appear most. The goal is not to paralyze the neck. It is to quiet the overactive fibers that tip the balance down. When combined with a light touch to the depressor muscles that pull the corners of the mouth, many patients see a soft lift at the jaw corner and a smoother cervical contour.

Safety, Side Effects, and How to Reduce Risk

When performed by a clinician who understands neck anatomy and botox procedure nuances, a non-surgical neck lift is generally safe. Still, the neck has a shorter margin for error than the forehead. Over-relaxation in the wrong plane can cause neck weakness, a heavy feeling, or difficulty holding the head up during intense exercise for a couple of weeks. Rarely, toxin can diffuse to muscles involved in swallowing or voice, causing temporary dysphagia or a mild change in voice timbre. That risk climbs with high doses, deep placements, or aggressive patterns in very thin necks.

Other expected effects mirror facial botox cosmetic treatment. Small red bumps at injection sites, mild swelling, a pinprick sting, and occasional bruises. Headache is less common in neck work than in glabellar treatment, but it happens. True allergy to botox injections is extremely rare.

I ask patients to avoid alcohol, aspirin, and high dose fish oil for several days before treatment to reduce bruising. Afterward, I recommend they skip vigorous workouts, massages, or anything that increases heat and blood flow to the neck for the first 24 hours. I also ask them not to rub or press deeply on the treated areas that day. These steps reduce diffusion risk and help the product settle where we want it.

What the Appointment Is Like

A straightforward botox injection treatment for the neck takes about ten to fifteen minutes. Photos help with planning and with botox before and after results. I mark the bands when you activate them, cleanse the area with alcohol or chlorhexidine, and use a fine needle to place small aliquots along the cords and near the jawline, if we are including a brow or jaw [affordable botox New Providence](#) lift effect. Most people rate discomfort as a two or three out of ten. A topical numbing cream is usually unnecessary and can actually make the platysma harder to activate. Ice before and after each pass keeps things comfortable and reduces bruising.

You can drive yourself home, go back to work, and wear a scarf if you feel blotchy. Makeup can be used after a few hours once any pinpoint bleeding stops. There is no formal recovery and no bandages.



When You See Results and How Long They Last

Unlike filler, where the result is immediate, neuromodulators take time. Expect a hint of effect within two or three days, with a steadier change by day seven. Full botox results timeline on the neck lands around day 10 to 14. The jawline often looks subtly crisper first, then the vertical cords fade as the muscle calms.

Duration varies with metabolism, dose, anatomy, and brand. In my practice, a properly dosed botox neck lift lasts about 2.5 to 4 months. Some hold well for five months, others need touch-ups by month three. The neck tends to metabolize toxin a bit faster than the forehead, likely because the platysma is thinner and more diffuse. If the first round felt short, we adjust the map or dose at the next session. With consistent scheduling, many patients feel they maintain a steady, natural look year round.

How Often to Repeat and How Many Units You Might Need

Most people repeat botox anti aging injections in the neck every 3 to 4 months. I like to reassess at 10 to 12 weeks during the first year, then we can stretch based on your response. Unit counts are tailored to your anatomy and the brand used. A petite woman with fine bands may do well with 20 to 30 units of onabotulinumtoxinA equivalent, while a muscular neck can require 60 to 80 units to fully quiet the cords. We find the sweet spot through photos, feedback, and a measured approach. Less is not always more on the neck. The right map matters more than the absolute number.

Cost and What Affects It

Pricing varies by region, injector experience, and whether the clinic charges by unit or area. In major cities in the United States, a non-surgical neck lift with botox wrinkle relaxing injections commonly ranges from about 400 to 1,200 dollars per session. If the treatment includes a Nefertiti lift pattern along the jawline and depressor muscles with higher dosing, the range can climb. Injections by physicians with advanced aesthetic training often cost more than those by newer injectors, and that premium usually buys consistency and safety in complex zones like the neck.

Comparing Botox to Other Non-Surgical Neck Options

Fillers help the neck in very specific ways. Tiny microdroplets can soften horizontal necklace lines, and carefully placed hyaluronic acid at the jawline can strengthen a weak mandibular border. But fillers will not relax vertical bands, and adding volume to an already heavy neck can look worse. Energy devices increase collagen and skin tightness over time. Radiofrequency microneedling, microfocused ultrasound, and fractional lasers can all improve skin texture and mild laxity, which sets a better stage for botox facial rejuvenation. Chemical [New Providence botox](#) peels and medical-grade skincare chip away at sun damage and crepe.

Thread lifts offer a visible, albeit temporary, lift by mechanically suspending tissue. They can shine in the midface but are trickier in the neck because of motion and thin skin. They also carry risks of irregularities, palpable threads, or inflammation. Liposuction or fat dissolvers can sharpen the under-chin area for people with submental fullness. None of these tools negate the value of botox anti wrinkle injections. In fact, the best necks I see are often the product of thoughtful combinations done in sequence.

A Realistic Story From Clinic

A patient in her early fifties came in frustrated that her face looked rested with botox for forehead lines and botox for crow's feet, but her jawline sloped and the neck bands popped in photos. She had healthy skin, no major submental fat, and strong platysma cords that jumped with expression. We used 46 units of onabotulinumtoxinA equivalent in a Nefertiti map, plus small touches to the depressor anguli oris. At two weeks, her jawline was cleaner, the cords softened by half, and makeup sat more evenly where the bands used to crease. The effect lasted four months. A year later, she added radiofrequency microneedling for crepiness. The combination gave her a neck that matched her refreshed upper face, without surgery.

Off-Label Use and Why That Matters

In the United States, botulinum toxin is FDA approved for several facial areas, including glabellar frown lines, forehead lines, and lateral canthal lines. Neck use, including platysmal band treatment and the Nefertiti lift, is an off-label application. Off-label does not mean experimental. It means the manufacturer has not sought formal approval for that indication. In aesthetic medicine, many standard practices began as sensible off-label uses backed by anatomy, peer experience, and published studies. Your consent paperwork should reflect this, and your injector should be comfortable discussing benefits, risks, and alternatives.

Side Effects People Ask About Most

Does botox hurt on the neck? It stings briefly, less than a blood draw, more than a tap of a fingernail. Ice helps. Does botox cause stiffness? If the platysma relaxes as planned, you should not feel stiff, but heavy gym sessions that involve deep neck flexion can feel slightly odd for a week or two if dosing is high. Will it change my smile or voice? When injected correctly along safe lines, it should not. Off-map doses or deep placement can affect nearby muscles, which is why injector skill matters.

Headaches, flu-like feelings, and temporary asymmetry show up occasionally with any botox cosmetic procedure. Asymmetry usually relates to natural differences in muscle strength or to how bands activate, and we can tune that with a quick touch-up.

Aftercare You Can Actually Follow

- Avoid strenuous workouts, hot yoga, saunas, and heavy neck massage for 24 hours.
- Do not rub or press deeply on the treated areas that day. Light skincare is fine after a few hours.
- Skip alcohol the day of treatment if you bruise easily. Stick to gentle cleansing and sunscreen.
- Sleep with your head elevated the first night if you tend to swell.
- Watch for small bruises and use a cold compress in the first few hours if needed.

How to Tell if You Are a Good Candidate, Quickly

- You see vertical cords on the neck that pop when you make an “eee” sound, and the cords bother you in photos.
- Your jawline looks pulled down at the corners, but your skin is not extremely lax or crepey.
- You want subtle, natural improvement that wears off in 3 to 4 months, not a dramatic surgical change.
- You can accept that horizontal necklace lines and deep crepe will likely need other treatments.
- You are seeing an injector who is comfortable working in the neck and can discuss risks specific to you.

Questions Worth Asking at Your Consultation

What is your dosing strategy for the neck, and how do you map platysmal bands on my anatomy. How many botox neck lift procedures do you perform each month. Do you combine this with jawline points or DAO treatment, and why. What is your plan if I feel too weak in the neck after the first session. For my particular neck, which areas will likely need a different tool, such as skin tightening injections, energy devices, or filler.

The answers should be concrete and personalized. Vague promises worry me, as do one-size-fits-all maps.

Rückblick
Essener Patientenforum Neurologie
Migräne

Marius Gebauer
Atogepant: Was ist von dem neuen Medikament zu erwarten

Atogepant

- Antagonist am CGRP Rezeptor
- Orale Einnahme als Tablette
- 60mg (10mg) als 1x tgl. Einnahme
- Dauerhafte Prophylaxe für 6 bis 9 Monate
- Kombination mit Triptanen möglich
- Kombination mit oralen Schmerzmitteln (Ibuprofen, Paracetamol, Metamizol) möglich!
- Ggf. gleichzeitige Prophylaxe mit CGRP-Antikörper möglich

10

The Role of Skincare and Habits

You can stretch the benefits of botox skin smoothing treatment with simple routines. Daily broad-spectrum sunscreen on the neck and chest is non-negotiable. A pea-sized amount of a gentle retinoid at night, applied down to the collarbones, builds collagen over time and reduces crepe. Topical antioxidants in the morning help repair photo damage. If you spend

hours on a laptop, lift the screen and change your posture, because constant flexion deepens neck lines over years, and even the best botox cosmetic wrinkle treatment will have a hard time fighting a daily habit that engraves the same fold.

Hydration does not erase wrinkles, but well moisturized skin reflects light better and looks healthier, which makes any botox facial rejuvenation read more naturally.

What I Watch For During Follow-Up

At two weeks, I assess symmetry, the degree of band softening, and jawline definition at rest and in motion. If one band still dominates, a small top-up can balance it. If the jawline looks too relaxed near the corner of the mouth, I avoid adding more near the depressors. If a patient notes transient neck fatigue during workouts, I mark the map to stay slightly more superficial or adjust spacing next time. The neck teaches you how it wants to be treated if you listen.

Beyond the Neck: Related Concerns We Can Address

Sometimes a neck looks older because the chin is weak or the mentalis overworks and dimples. A small dose of botox chin treatment softens chin dimpling, and a conservative filler can project the chin slightly, which improves the neck angle by geometry alone. Jowling that blunts the jawline often pairs with strong depressor muscles at the mouth corners. Touching those with botox frown line injections style dosing, while staying conservative, can help your Nefertiti pattern work harder. Teeth grinders with bulky masseters may benefit from botox jaw slimming, which slims the lower face and indirectly helps the jawline read cleaner, though that is a different muscle group than the neck. Each move must feel cohesive, not a scattershot of micro-treatments.

Bottom Line

A non-surgical neck lift with botox wrinkle relaxing procedure is a thoughtful use of neuromodulators that can restore balance between the face and neck. It smooths vertical platysmal bands, refines the jawline, and reduces the downward pull that ages the lower face. It does not fix everything. Horizontal lines and crepiness need other tools. Results arrive in about two weeks and last around three to four months. Safety depends on precise mapping, conservative dosing, and a clinician who respects neck anatomy.

If you recognize your own reflection in the descriptions above, schedule a consultation with a provider who routinely performs botox neck band treatment. Bring your photos, including profile shots, and talk openly about your goals, timeline, and tolerance for subtlety. The right plan may be a single session of botox neck lift, or a layered strategy that pairs neuromodulators with targeted skin rejuvenation. Either way, when the neck matches the face, everything else you do looks better.