



# The Needle & The Narrative

SCIENCE-BACKED • STORY-DRIVEN • YOU-FOCUSED

“I’VE HAD BOTOX. EVERYBODY ON THE PLANET HAS OVER THE AGE OF 40, MAYBE.” — SIMON COWELL



## LONGEVITY TREND Why People Are Starting Botox Younger

Young people are where trends start. Preventative treatment has shifted from exception to standard in patients aged 26–34. It is significantly easier to delay line formation than to reverse it once static.

- Goal is delay, not paralysis
- Lower doses, more touchpoints
- Results look like a well-rested you

## MYTH VS MECHANISM The Myth of Looking Frozen

The frozen face is almost always a dosing and placement problem, not an inherent outcome. Modern technique looks nothing like the overworked results of 15 years ago.

- Balance is the goal, not uniformity
- Provider skill is the variable

THE GOAL ISN’T TO LOOK DIFFERENT. THE GOAL IS TO LOOK LIKE YOURSELF FOR LONGER.

### DID YOU KNOW?

The adult body is made up of **60%** water, helping with transporting nutrients and oxygen to cells, protecting your organs and tissues. Neodymium is number **60** on the periodic table. When alloyed with iron and boron (NdFeB), it forms the strongest permanent **magnet** available. These **magnets** allow your **AirPods** to be tiny but loud. Jony Ive was Apple’s Chief Design Officer when they designed the **AirPods**. Jony Ive now owns a firm called **LoveFrom**. **LoveFrom** helped develop the first electrical vehicle for **Ferrari**. **Ferrari** brought Terry and **Nick Saban** to the Ferrari factory as part of their 50th wedding anniversary trip in the summer of 2023. **Nick Saban** is part owner of Prancing Horse Ferrari Dealership in **Nashville**. **Nashville** is roughly 390,000 guitar strings laid end-to-end from Hoover, Alabama.

## Why Wrinkles Form Earlier Than You Think:

### LUXURY SKIN CARE IS WONDERFUL, BUT DAILY SPF IS STILL THE SINGLE MOST EFFECTIVE TOOL AGAINST AGING.

More sunlight → More squinting  
More squinting → Stronger muscle movement  
More movement → Deeper lines

#### SPF ISN’T OPTIONAL



Yes, even if it’s cloudy. Yes, even if you’re “just running errands.” Yes, even if you drove in the car. Dermatologists consistently agree: sun exposure is one of the leading causes of premature aging.

Most people think wrinkles start when they finally see them. In reality, they begin forming years earlier.

Every smile, squint, sip through a straw, stressful workday, sleepless night, and sunny car ride creates repeated movement in the skin. When we’re younger, collagen and elastin allow the skin to “bounce back” easily. But over time, that support system slowly weakens.

The result? Lines that once disappeared after expression begin to stay longer... then eventually remain at rest.

## Hydrated skin = Better skin support.

Hydration isn’t just about drinking water. It’s about what actually reaches your cells. Skin is your largest organ, and it’s often the last to receive nutrients when your body is running low. When cells are properly hydrated, collagen production is supported, the skin barrier stays strong, and your complexion holds onto that lit-from-within glow that no highlighter can fake.

### STAY CURIOUS

Ask questions. Do your research. Trust your provider. And remember, confidence is always in.



## Your skin called. It’s thirsty. What dehydration does to skin:

- Fine lines appear deeper and more set
- Skin looks dull, sallow, and tired
- Barrier function weakens, creating more sensitivity
- Collagen synthesis slows down
- Botox results don’t look as fresh

FIND THE NEEDLE!  
BRING THIS NEWSLETTER INTO STILL  
STUDIOS FOR A SPECIAL TREAT.



THE DAILY ROUTINE THAT WORKS OVERTIME:

- Hydrate— Water is the original glow serum.
- Protect— SPF every day. Rain or shine.
- Support— Sleep, manage stress, be kind to your skin.
- Maintain— Preventative care > playing catch up.

What We're Listening To:

A little water, a little whiskey, and a reminder to stay hydrated.

Water — Tyla  
Cold Water — Major Lazer  
Water Under the Bridge — Adele  
Ocean Eyes — Billie Eilish  
River — Leon Bridges  
Champagne Supernova — Oasis  
The River — Garth Brooks

Hydration + Botox:  
*a power pairing*  
LIKE TAYLOR & TRAVIS

IV hydration delivers fluids, electrolytes, and skin-supporting nutrients directly into the bloodstream, bypassing the gut for near-instant absorption. Paired with preventative neurotoxin treatment, it supports faster recovery, sustained glow, and results that simply look better.



THE WEEKLY CHECKLIST

- ☐ Drank water
- ☐ Wore sunscreen
- ☐ Considered moving to Italy
- ☐ Called mom
- ☐ Booked Botox
- ☐ Said "It's fine, everything's fine" like it's my job

MYTH:

- MYTH: Botox will make me look frozen.
- MYTH: I'm too young for Botox.
- MYTH: SPF isn't necessary if I wear makeup.
- MYTH: Hydrated skin looks the same as dehydrated skin.

FACT:

- ➔ FACT: When done right, no one will know. You will look more rested.
- ➔ FACT: Prevention is always easier than correction.
- ➔ FACT: Makeup is not SPF.
- ➔ FACT: One looks alive. The other... not.

Final Thought: You can't stop time. But you can support your skin, your confidence, and your future self with small, consistent choices that add up. Make choices that *future you* will thank you for.

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STILL  
STUDIOS

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SAME-DAY AND WALK-IN APPOINTMENTS AVAILABLE

Did you know STILL hosts private events? Because sometimes the best girls' night includes Botox, not bad decisions. Gather your book club, mahjong group, neighborhood friends, coworkers, clients, or birthday crew. We'll handle the neurotoxin, you handle the guest list.



GET IN TOUCH

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