

SHAPE

The Best Non-Invasive Botox Alternatives, According to Dermatologists

But what if you aren't ready to go under the needle, or regular Botox injections are too much of a financial commitment, or you are nursing or pregnant (neurotoxins are not safe in either circumstance), or you are looking for a way to complement your in-office injectable regimen at home? Are there topical skincare products and at-home devices that can provide a similar benefit? The answer is yes, if your expectations are properly managed. "Topical ingredients will only offer a temporary effect and cannot deliver the long-lasting results of a drug like Botox or Dysport," says [Howard Sobel, MD](#), a board certified dermatologist in NYC.

If you are interested in the benefits of [at-home skincare devices](#) without cluttering up your vanity, this multitasking wand is just what the doctor ordered. "A multifunction device like Solawave uses combination therapy of LED, microcurrent, heat, and massage to promote collagen production, calm, and firm the skin," Dr. Sobel shares. [Red light therapy](#) helps to minimize the appearance of lines and wrinkles, galvanic current boosts the absorption of topical skincare products, a low-vibration facial massage improves contour and radiance, and therapeutic warmth temporarily depuffs. Use alone or in between in-office procedures. "When used as a follow up to a professional dermatological or medi-spa treatment, it can help to prolong skin firming benefits at-home," Dr. Sobel notes.

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“Peptides can tighten the skin and smooth fine lines by supporting the skin’s natural ability to produce collagen and elastin,” Dr. Sobel says. “Working similarly to Botox, peptides like Argireline can interrupt the communication pathways to the muscles thereby limiting the movement that causes wrinkle formation.”

Similarly, the skincare benefits of vitamin-A derivatives like retinol and retinoids are long and far-reaching. “I consider retinol the gold standard in anti-aging skincare because it delivers so many benefits,” Dr. Sobel shares. “It helps to diminish fine lines and wrinkles, retexturize uneven skin texture, and boost collagen for a more youthful complexion.”