



Rx: 4 Ways To Look Great After Divorce In 30 Minutes Or Less

By Dr. Michelle R. Yagoda, Guest Author - October 24, 2015



The road to [recovery during or following divorce](#) involves returning to the state of being comfortable in your own skin – often by uncovering your old self and discovering your new self. While married, you may have given up many of the things that defined you as a single person. If you had children, you may have reduced the amount of time you spent taking care of yourself? As a result, newly divorced moms may feel an emotional and physical loss of self.

Going through a divorce, even the most amicable one, can end up taking an unflattering and unmistakable toll on your appearance. And, no one wants to look angry, tired or worried, especially in the calm after the storm.

[Updating your appearance](#) can certainly be important to self-esteem for personal and professional reasons but drastic changes are to be avoided for the first year following any life-changing event. When you are ready, know that natural and meaningful beauty enhancements can be the key to starting anew with confidence!

Here are three office-based procedures that you can do within 30 minutes, without surgery, to erase the physical signs of divorce. None require you to curl up and escape from your parenting responsibilities, default on your work commitments, or unearth your budget.

1. Erase worry lines:

The [divorce process can lead to stress](#) as you worry about if and how you will make it on your own. Inevitably, this anguish will leave furrows on your forehead! But, you can get rid of those lines with [Botox or Dysport](#). You'll use an ice pack to numb your skin, and then you will receive a few minor needle pokes (a walk-in-the-park after dealing with your ex!) With just a ten minute treatment, your lines will gradually fade over the course of the next seven days---leaving you looking relaxed, refreshed and untroubled!

2. Get rid of angry lines:

Even in the most cordial proceedings, conflicts will likely arise during the divorce process that make you angry. Nasolabial folds may appear from the corners of your nose to the corners of your lips; and, marionette lines may form that point downward from the corners of your mouth. First impressions are lasting ones and people who seem angry-looking are often avoided. You don't have to be *that* person! A fifteen-minute treatment with [Restylane, Juvederm, Voluma, Sculptra, Belotero, or Radiesse](#) will turn those angry lines upside down immediately!

3. Look relaxed:

No doubt you're likely [getting less sleep](#) during the anxiety-provoking divorce experience. And, this will obviously leave you mentally and physically exhausted. But, just because you feel sapped, doesn't mean you have to look that way! A [TCA peel](#) will take less than 20 minutes and can help with dark circles and fine lines and wrinkles under the eyes. A touch of filler here can smooth out bulges or bags in the lower lids, too.

4. Take a break:

Even if you have youthful eyes, a perky nose, and an Audrey Hepburn neckline, you're not likely to look vibrant and healthy if you have brittle nails, dull hair and lackluster skin. [Beauty Scoop](#) is a patented and clinically proven nutritional beauty supplement proven to improve nails, hair and skin in 86% of users within 3 weeks.*

Packed with peptides, lipids, collagen, hyaluronic acid and vitamins essential for nail, hair and skin health, and beauty, it is a delicious, fun, effective and easy beauty thing-to-do! Simply mix it into a juice or smoothie to start off or pick up your day; or, mix it into cocktails and share this treat with friends.

* Data published in the [Journal of Nutrition and Food Science](#)

Although the divorce process is typically challenging [and often unwelcome](#), it presents a wonderful opportunity through which you can reinvent yourself. Whether you reclaim your authentic self by simply resuming your former interests; or, you create a new you by moving to a new city, trying a new vocation or updating your appearance, change is undoubtedly just what you'll need. In just thirty minutes (and without surgery), you can begin to *uncover* and *discover* the new you! It may be just what the doctor ordered!