



The Boujee Blonde
AESTHETICS

YOUR FREE FIRST-TIMER'S GUIDE

The Boujee Botox Guide

How to smooth, prevent & plan your Botox — without ever looking frozen.

FOR FIRST-TIMERS & ANYONE REFRESHING THEIR ROUTINE

With **Marissa Hartman, FNP-C** · Slidell, LA · theboujeeblondeaesthetics.com



Botox isn't about *looking frozen.*

It's about looking like you — just well-rested.

The whole point is "refreshed," not "different."

Neurotoxins gently relax the muscles that create expression lines. Done well, that softens forehead lines, frown lines, and crow's feet while you keep every bit of your natural expression. The frozen look comes from too much, placed wrong — not from Botox itself.

Two ways patients use it:

To soften

You already see lines when your face moves — sometimes even at rest. Botox smooths them back out.

To prevent

Lines aren't deep yet. Relaxing the muscle now keeps them from etching in over the years — the "Boujee in your 20s/30s" play.

"Natural-looking results are the whole brand. You should still look like you — just softer, calmer, and more rested."

02

What Botox *helps with.*

The most-requested areas — tick the ones that sound like you.

- ☐ **Forehead lines** — the horizontal lines when you raise your brows.
- ☐ **"11s" / frown lines** — the vertical lines between your brows.
- ☐ **Crow's feet** — the fine lines that fan out beside your eyes.
- ☐ **A tired or heavy look** — softening lines reads as more rested.
- ☐ **Prevention** — staying ahead of lines before they deepen.

How much will I need?

It depends on the area, your muscle strength, and how deep your lines are — which is exactly why your first visit is a complimentary consultation. Marissa builds a personalized plan rather than a one-size dose.

03

What to expect, *day by day.*

From the chair to your full result.

- Day 0**
YOUR VISIT ● **Quick & comfortable**
The treatment itself usually takes under 30 minutes. A few tiny injections, then back to your day.
- 2–7**
DAYS ● **First changes show**
You'll start to notice the lines softening as the product takes effect.
- ~14**
DAYS ● **Full result**
Around the two-week mark you'll see the finished look. This is also when any tiny touch-up would be assessed.
- 3–5**
MONTHS ● **It gradually softens**
Results typically last around 3–5 months, depending on the area, your muscle activity, and how quickly you metabolize it.

Planning around an event? Book at least 2 weeks ahead so you're past the full-result mark on the big day.

04

How often should you *come back?*

Think in rhythm, not in one-offs.

3–4 mo

Most patients settle into a maintenance rhythm every 3–4 months. Some stretch closer to 5; others prefer staying consistent every 12 weeks — it depends on your goals, your muscle strength, and how fast it wears off for you.

Why a rhythm beats waiting until it's fully gone:

- ☐ Your lines never fully re-set, so results look consistent year-round.
- ☐ Over time, the muscles soften — many patients find they can space visits out a little.
- ☐ No awkward "it's worn off and I look tired" gap before a big event.

Want your ideal schedule? Marissa will recommend a maintenance cadence based on how your first round wears — not a generic calendar.

05

Before & after *care.*

The little things that keep results clean and bruise-free.

Before your appointment

- ☐ Come with clean, makeup-free skin.
- ☐ No alcohol for 24 hours.
- ☐ Pause retinoids for ~3 days.
- ☐ Book at least 2 weeks before an event.
- ☐ Not eligible if pregnant or nursing.

After your appointment

- ☐ No makeup right away.
- ☐ Stay upright for 4 hours.
- ☐ No exercise for 24 hours.
- ☐ No alcohol for 24 hours.
- ☐ Don't massage the area for 4–6 hours.
- ☐ Skip facials for one week.

Marissa's specific instructions always come first — this is the general playbook.



06

Am I ready *for Botox?*

If you check most of these, a consultation is your natural next step.

- ☐ Do you notice lines when your face is **moving**?
- ☐ Are lines starting to **stay** when your face is relaxed?
- ☐ Do you want to look **refreshed but still natural**?
- ☐ Is your next big event **at least 2 weeks away**?
- ☐ Are you **not** pregnant or nursing?
- ☐ Are you comfortable with **maintenance every 3–5 months**?

Still on the fence?

That's exactly what the complimentary consultation is for. No pressure — just an honest conversation about whether it's right for you, and what a natural result would look like on your face.



YOUR FIRST VISIT IS ON US

Not sure how much *you need?*

A complimentary consultation is the best way to find out. Marissa will assess your areas, recommend a natural-looking dose, and answer every question — before you commit to anything.

BOOK AT [THEBOUJEEBLONDEAESTHETICS.COM](https://theboujeeblondeaesthetics.com)

The Boujee Blonde Aesthetics

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This guide is for general education only and is not medical advice. Botox / neurotoxin suitability, dosing, onset, duration, and results vary by individual and are determined during a consultation with a licensed provider.

Neurotoxin treatments are not performed during pregnancy or breastfeeding.