

Vanity (van-nee-tee)

An artificial, hidden and silent human trait mostly found in mature female subjects, the effects of which brings about irrational purchases of inactive compounds called 'night-creams', 'day creams', 'eye creams' and collagen-infused-better-than-lotions. Usually applied to the face but some individuals have been known to include body stretch marks and the gluteals region for example: "She is so vain", and "I know its only vanity but..."

Synonym *Preening, Beautifying, Displaying*

Antonym *Aging gracefully, unfashionable, unkempt.*

NOT TO BE CONFUSED WITH BODY DYSMORPHISM, REAL OR IMAGINED UGLINESS, OBESITY, OR ANOREXIA NERVOSA.

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Is that fair, or is it vanity? There are two camps. One that believes the sensationalised rag mag stories and the other says, hey they use it for kids with cerebral palsy, people with migraine, twitching eye lids, intractable gastric reflux, abnormally heavy sweating and furthermore it's approved by the TGA for most of those uses. Did you know the TGA actually officially approved this treatment for those two tramlines between your eye brows? Mind you, of course, Medicare isn't about to give you a refund for it though. Is there really a difference between vanity and dressing up to the nines? My, doesn't she look great in that dress, nice shoes by the way and who did your hair,

I love it like that. Where's the line here, over which we must not cross? Who made up these silly rules? As the definition states, vanity is artificial, therefore the guilt associated with it should be treated in the same way. Vanity is a cleverly disguised term which some people really mean narcissism, and that's a bit nasty to say about someone. There should be no application of this term to those of us that want look the best we can for the age that we are, for as long as we are able. So, what is good and safe? Fraxel Laser and Tumescant Liposculpture. If I were to pick one I would say Fraxel Laser. In my opinion Fraxel laser is the biggest step forward Cosmetic Medicine has taken in the last 10

years. There is virtually no down time, it is safe and it is not expensive. It is predictable and it works. Beware of pseudo Fraxel systems, they are not the same and Fraxel technology is heavily patented and protected. Actually its really easy because epiclinic® is the sole provider of Fraxel Laser in South Australia. Fraxel Lasers™ are in the hands of leading Cosmetic Physicians and Dermatologists and although Adelaide was the last to get this technology, we have it now.

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