

Beauty tricks that can do more harm than good

Here are some beauty tricks that you should research thoroughly and weigh all the pros and cons before doing them.

The beauty industry is constantly changing, and there are more and more new procedures that promise to give us great results. However, not all of them are worth the money. In other words, some methods are useless and sometimes even harmful. Here are **some beauty procedures that you should research thoroughly and consider all the pros and cons before implementing.**



Butterfly Lips

Pouty lips have become more of the norm in recent times. One of the most popular trends right now is butterfly lips. They differ from the usual hyaluronic acid augmentation method because a dissolving ingredient is used before the filler is injected and after the procedure, the lips are sealed with a membrane to form a clear contour.

But many experts claim that this method is even more dangerous than the usual lip augmentation. This technique can cause compression of blood vessels and disrupt blood circulation. In addition, there is a high risk of the filler being distributed unevenly, even migrating into neighboring tissues. Swelling and bruising after this procedure do not disappear for quite a long time.

Lamination - Eyebrow Shaping

Eyelash and eyebrow perming is a procedure that makes the hair look well-groomed and creates the illusion of thickness. The effect lasts differently for each person, on average 6–8 weeks. But you need to be prepared for the fact that if you use this procedure repeatedly, it can damage the eyebrows and they will no longer look as desired.

Most facial treatments



Salons offer a wide range of facials: manual cleansing, peels, microneedling, and more. But they don't address acne or wrinkles and only provide temporary results. All of these treatments are expensive, and most dermatologists say any promises made by aestheticians are just marketing gimmicks.

To solve the problem, you need to inject substances deep into the skin. Microneedling can solve this problem, but you face a high risk of infection.

In short, salon treatments are just as effective as at-home skin care. The only downside is that the latter is painless and much cheaper.

LPG Massage

This treatment is said to target fat cells and eliminate cellulite. The procedure is safe, but you shouldn't expect dramatic results. According to research, most subjects reported a reduction in body volume after a course of treatment, but only 15% of women reported a reduction in cellulite.

And if you read the reviews, you might not want an LPG massage at all.

Hair removal

Finding the right hair removal method is not easy: it can be irritating, expensive, or ineffective. Waxing is relatively cheap and provides long-lasting results. However, it can also cause negative consequences: skin irritation and redness, as well as the appearance of ingrown hairs.

A small layer of skin is removed along with the wax, so there is a risk of infection, especially if the skin is very sensitive and the salon does not care about hygiene and safety.

Hair Straightening with Keratin

Most hair products contain a carcinogen — formaldehyde. And when heated, it vaporizes, so it is likely to enter the lungs. To straighten curly hair, it is better to use natural products, such as argan oil or coconut oil, which will bring more benefits to the hair.

Instant tan

The safest way to tan is to sunbathe naturally at the right time. But sometimes you want to get a darker tan, so people turn to self-tanning. Some people go to tanning salons, but others prefer instant tanning sprays and creams, believing it to be safer.

But this is not entirely true. It is certainly less harmful, but the risks are still there. It is not at all good for the respiratory tract and sensitive skin can be allergic.



Eyelash extensions

Many girls love getting eyelash extensions, and most of them do it to save time on makeup. You wake up, wash your face, and run about your business. In most cases, the procedure is very comfortable, and some even sleep through it. But it's important to remember that there are risks, and a lot depends on the skill of the technician and the materials they use.

It's best to find out what type they use before booking your appointment, and pay attention to how the technician works. If they skimp on both the glue and the lashes, this could lead to unpleasant consequences like allergic reactions, eye infections, or damage to your lashes.

Nail extension

Nail extensions are also a popular beauty technique. Some people keep their nails extended for years. Sometimes there are allergic symptoms that seem unrelated to the nails but are actually not, dermatitis is a typical example.

Nails also weaken over time if you do this continuously.

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