

Your Complete Guide to Looking *Younger* Without a Facelift

Rediscover your confidence.

Reclaim your radiance.

Reveal your natural beauty.



ADVANCED
INTEGRATIVE
MEDICINE

TERESE TAYLOR M.D.

DrTereseTaylor.com

At Advanced Integrative Medicine in Cape Coral, we understand that aging is a privilege, but it doesn't mean you have to look older than you feel. We believe in helping women look and feel their best at every stage of life. Whether you've started noticing fine lines and sagging skin or just feel like your reflection doesn't match how vibrant you are inside, we offer gentle, effective ways to turn back the clock—without surgery.

This guide introduces you to the nonsurgical treatments we offer at AIM. These treatments, which are not only safe but also highly effective, help you look refreshed, radiant, and naturally youthful while preserving what makes you uniquely beautiful.

The Beauty of a Personalized Approach

Your skin tells a story that's all your own. That's why we never take a one-size-fits-all approach. At AIM, we design your treatment plan based on your specific goals and natural features, enhancing what's already there—not replacing it. This personalized approach is our way of showing that we understand and value your unique beauty.

Do you see tired eyes? A softer jawline? A loss of fullness in your cheeks or lips? These are all completely normal changes that come with age—but they don't have to be permanent. With a personalized plan, we can help you address those areas and bring out the vibrant version of you that still exists beneath the surface.



Let's Break It Down: What You Might Notice and What We Can Do

Common Concerns:

- Fine lines on the forehead
- Crow's feet at the corners of the eyes
- Brows that feel heavier or droop over time

Solutions:

- Wrinkle-relaxing treatments like Botox® to soften expression lines
- Microneedling to improve skin texture, firmness, and tone
- High-performance skincare to brighten and hydrate delicate areas



Upper Face: Eyes, Brows, and Forehead

These treatments offer subtle but noticeable improvements, helping your upper face appear more open, rested, and youthful.



Mid & Lower Face: Cheeks, Mouth, and Jawline

Common Concerns:

- Smile lines (nasolabial folds)
- Volume loss in the cheeks
- Sagging around the jawline
- Lines around the mouth

Solutions:

- Dermal fillers to restore volume and subtly lift the face
- Microneedling for overall skin tightening and renewal
- Hydrating skincare and peels to improve skin glow and elasticity

Restoring definition in this area can significantly soften your overall appearance and help you look more refreshed—without anyone knowing you've had a treatment.

Let's Break It Down: What You Might Notice and What We Can Do

Common Concerns:

- Thinning lips or loss of natural shape
- Fine lines around the mouth

Solutions:

- Filler treatments to bring back soft fullness and enhance natural contours
- Vitamin injections that promote collagen and overall skin health

A minor enhancement goes a long way here—restoring your lips' shape can bring harmony and youthfulness to your entire face.



Lips: Shape, Volume, and Softness



Chin & Neck: Smoother, More Defined Contours

The neck and jawline are some of the most telling areas of aging—but also some of the most rewarding areas to treat.

Common Concerns:

- Loose or sagging skin under the chin
- Horizontal wrinkles or “tech neck”
- A softening jawline

Solutions:

- Microneedling for firmer, smoother skin
- Wrinkle relaxers for horizontal lines
- Specialized skincare to improve texture and tightness
- Kybella® to reduce excess fullness under the chin

The Treatments We Trust (and You Can, Too)

At Advanced Integrative Medicine, we focus on safe, proven treatments that require little to no downtime. Our goal is to help you look naturally younger—not different. Each treatment we offer has been carefully selected to help you feel beautiful, confident, and authentically yourself.

Wrinkle Relaxers



Dysport.
(abobotulinumtoxinA)

Jeuveau[®]
prabotulinumtoxinA-xvfs
injection

XEOMIN[®]
IncobotulinumtoxinA

DAXXIFY[™]
daxibotulinumtoxinA-lanm injection

These treatments smooth dynamic wrinkles caused by facial expressions, like frown lines and crow's feet. They work by gently relaxing the muscles under the skin.

- **Treatment time:** 15–30 minutes
- **Downtime:** None
- **Results:** Smoother, more relaxed appearance lasting 3–6 months

These are ideal for women who want to look refreshed without sacrificing their natural expressions.

Dermal Fillers



Restylane

RHA[®]
Collection

REVANESSE[®]
VERSA

RADIESSE[®]

SCULPTRA[®]

Dermal fillers restore volume and contour the face. From plumping the lips to lifting the cheeks or softening folds, these treatments help create youthful definition and balance.

- **Treatment time:** 30–60 minutes
- **Downtime:** Minimal
- **Results:** Immediate or gradual results lasting 6–24 months, depending on the product

We'll help you choose the right filler for your goals and comfort level, always aiming for natural-looking enhancement.

Redefining the Jawline



This non-surgical injectable is designed to reduce fat under the chin and sculpt a more defined profile.

- **Treatment time:** 20–30 minutes
- **Results:** Gradual fat reduction over multiple sessions with permanent results

Perfect for women who are at a healthy weight but bothered by a double chin or lack of definition.

Elevate Your Skincare Routine



Medical-grade skincare is one of the most underappreciated forms of anti-aging support. Used daily, it can dramatically improve hydration, tone, and texture over time.

Our curated skincare lines, including Obagi®, PCA Skin®, and Baby Foot®, feature potent ingredients like retinoids, antioxidants, and gentle exfoliants that support healthy, radiant skin.

Professional treatments like peels and facials can be combined with home care to boost results further and help your skin reflect the way you feel inside—alive, glowing, and beautiful.

Nourish from the Inside Out: Vitamin Injections

Our vitamin injection therapies are designed to support overall vitality while also promoting healthy skin and hair. These quick, targeted treatments offer benefits you can feel—and see.

- **Vitamin B Complex:** Boosts energy and cellular health
- **Vitamin B12 and MIC:** Supports fat metabolism, mood, and skin clarity
- **Glutathione:** A master antioxidant that detoxifies and brightens skin tone
- **B1 and B6:** Supports brain, immune, and nervous system function



These are ideal for women who want to feel as energized and vibrant as they look.

You Deserve to Feel Beautiful Again

You've spent a lifetime taking care of others. Now it's your time.

At Advanced Integrative Medicine, Dr. Terese Taylor and her experienced team are here to support you with honesty, warmth, and expert care. Whether you want to refresh your look, soften signs of aging, or simply feel more like yourself again, we'll guide you every step of the way.

Looking younger doesn't require surgery. It just requires the right plan, a trusted provider, and a focus on bringing out what's already beautiful about you.



Dr. Terese Taylor

Schedule Your Consultation Today

Visit www.drteresetaylor.com or call our Cape Coral office to schedule your one-on-one consultation. We look forward to meeting you and being part of your journey to timeless beauty.