

COSMOPOLITAN

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Sex Tweaks

You didn't know you needed

Lana Condor

To all the girls finally getting theirs

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Meet 4 women fighting back

so sorry about the pizza craving you're having right now, btw!

FIRST TIMER



“I Got Lip Fillers and It Was... Interesting”

ONE FAINTING SPELL LATER, I FEEL GREAT?

BY LINDSAY BALSAMO



BEFORE

AFTER

I've always had a love-hate relationship with my lips. Specifically: I love my bottom lip and I hate the upper one. My bottom lip is plump and, IMO, the perfect size for my face, but my annoyingly small top lip practically vanishes when I smile. For years, I've slathered on a daily rotation of lip-enhancing serums and glosses, but actual lip fillers? They just seemed so extra for a 26-year-old—like something only a celeb or Bachelorette would do. But then a close friend had hers done, and they looked so natural and pretty—like her lips, just better. When she promised me the whole process was fast, easy, and not excruciatingly painful, I wanted in.

FIRST, I DID A LITTLE RESEARCH—mainly via my sister Lauren, one of *Cosmo's* beauty editors—and landed an appointment with board-certified cosmetic dermatologist Marina Peredo, MD, of Skinfluence in NYC, who came highly recommended. My nervousness must have been obvious because “Are you a filler virgin?” was her first question during our consultation.

I nodded yes and told her I wanted something subtle, no duck pout. The game plan: two treatments spaced a few weeks apart so I could ease into my new look.

The first step was numbing cream (the lip area is sensitive as hell). After about 30 minutes, it was go time. I hate needles, so I closed my eyes and focused on breathing. Each of the seven injections into my top lip felt like a strong pinch—painful but tolerable. Weirdly, the more uncomfortable part was the sensation of the filler moving around underneath my skin as it settled into place. My mind fixated on the feeling—the squishiness was too creepy for me to handle, and suddenly...I fainted! I woke up seconds later, disoriented and sweating. Dr. Peredo assured me that this can happen to first timers, gave me an ice pack and a juice box, and left me to chill for a bit. When I felt normal again, I gave her the



okay to finish. The top lip was done, but she needed to do three tiny pricks in my bottom lip to create the right ratio. As a last step, Dr. Peredo gently massaged the filler into place to smooth any bumps.

ASIDE FROM PASSING OUT, the whole post-numbing process was crazy fast. In about five minutes, I saw an immediate difference in the size and shape of my lips. My top one was plush and pillowy, exactly as I imagined it, and my bottom lip balanced it out perfectly. I'm told the fillers will last six to nine months, which is great because they aren't exactly cheap (\$500 to \$2,000 depending on where you live).

Okay, so overall: I'm still low-key traumatized from fainting in Dr. Peredo's chair. But I'm so happy with my new lips that I'm already putting money aside for my next round.

FROM LEFT: ALLIE HOLLOWAY; JOSHUA PESTKA