

SEVEN STEPS TO LOOKING YOUNGER AND ACHIEVING FACIAL BALANCE



Frances Furlong

When looking at a face and trying to make it balanced or more attractive to the eye, mathematics and artistry play an important part in this process. Leonardo da Vinci stated 'man is proportionate' when developing drawings on the human form. Furthermore

as an aesthetic consultant, taking into consideration actors such as 'beauty is in the eye of the beholder' have to be taken into consideration to help achieve a person reach the goals they have set for themselves in the way they would like to look.

STEP 1 looking at a person's

cheek definition, there are 9 superficial fat compartments within the face, when we age we lose fat from these areas at different rates, for instance on the 'apple of the cheek' we tend to lose fat, but hold it well in-between the cheek and nose area, that is when we start you see nose to mouth lines appear. Fillers such as hyaluronic acid, calcium and poly lactic acid can all help to reshape and define the shelf of the face. Think of it as the area that keeps the lower face from sagging!

STEP 2 eyebrow shape and curve in a woman is very important to project a youthful eye area, it helps to frame the face and lift the brow. Muscle relaxing injections can be given as a non surgical brow lift, and can take flat eyebrows and brow to a lifted more opened eye, more room to apply your make up, shaping your eyebrows with threading or waxing is important and is semi permanent makeup for those who have lost the pigment or have over plucked their brows.

STEP 3 forehead lifting, using muscle relaxing injections to lift the frontalis muscles and stop the brow from looking heavy, will give a younger smoother forehead, dermal fillers can be used instead of muscle relaxing injections or in conjunction, to give the brow and forehead a lift could the sunrise technique, which lifts and rejuvenates the forehead and brow area.

STEP 4 opening and hydrating the eye area, again if crow's feet are a problem, muscle relaxing injections can soften the area, furthermore the under eye area often looks tired and dark circles and rings under the eye are a problem. The new eye dermal roller with unique serums to combat the tired look, help to lift the eyes, soften crepey lines and drain fluid, fresher eyes are always more youthful!

STEP 5 balance of the nose, in the centre of our face and a

prominent feature, noses that are crooked, too downturned all can spoil the facial balance, surgery is one option, but there are also some non surgical treatments that can help, for noses that look crooked fillers can help balance and disguise this problem, downturned noses can have muscle relaxing injections to lift the tip slightly as well as being able to treat flared nostrils.

STEP 6 lips, as we age the outline of our lips called the vermilion border starts to break down, causing lipstick to bleed and making the mouth appear aged, using products to redefine this are without making them more volumised is possible, people are often scared of having the trout pout look, most women only want their lips to appear fresher, more hydrated and defined, if people have a weak top lip, then slight volume can correct this in balance, furthermore lots more men are going for fresher lip fillers to hydrate only!

STEP 7 youthful bright skin, let's face it if you look at a baby or young Childs skin, it's pretty amazing, plump, full and un flawed, even skin tone. So remember if you only have fillers and muscle relaxing injections the face is never going to look amazing until you help with problems such as fine lines, open pores, pigmentation, brown spots, red broken veins and uneven skin surface. Dermal rollers, skin peels, microdermabrasion and intense pulsed light all can help with these problems, furthermore using skin care and daily spf protector will prevent these problems from occurring and keep your skin glowing.

For information
07508 404862
info@perfect-skin.co.uk
www.perfect-skin.co.uk ■

