

Beauty Secrets of a Plastic Surgeon

How to Present Your Face Its Model Best?

By: Araceli Leon



Anil R Shah MD is a plastic surgeon renowned for his expertise in beauty

1. D-EMPHASIZE THE NOSES

"Undoubtedly an overly prominent nose will draw attention away from the other parts of the face, including the eyes. The nose is the central portion of the face, its impact can not be understated," stated Dr. Shah. Dr. Shah believes that when you look at a model female nose blends in with the rest of the facial features. This does not mean that your nose has to look like every other nose according to him. "Rather embrace the individual differences in your face and make it work with the rest of the face. If you have softer facial features a softer nose like Jennifer Lopez works well. If you have more angular features, a smaller

thinner nose like Megan Fox can work well with the rest of the face." It is really important according to Dr. Shah to go to a trusted facial specialist. He states that he fixes poorly performed surgeries in up to 50% of his cases. Plastic surgery has become so much more accessible that we are treating it more and more like shopping. However, unlike shopping, many changes of plastic surgery can not be returned. Make sure you go to a surgeon who specializes in facial plastic surgery when dealing with your face. The face is definitely not the area you want to save money on. "Everyday I see unfortunate

"Subtle beauty enhancement in rhinoplasty for an actual model (surgery performed by Dr. Shah)

At Latino Fashion Week, the presence of beautiful models wearing beautiful clothes captivates our attention. While we can buy clothes to look better, it is the rare person who is naturally born with facial features that are perfectly balanced. For most of us, more often than not subtle imbalances in our face can lead to drawing attention away from our eyes and to other parts of our face.

So here's a not so big secret: models and actresses get plastic surgery to enhance their beauty, too! We feature Dr. Anil Shah, a plastic surgeon, whose practice is based on creating beauty and balance is no surprise a hit with models and actors. In particular, Dr. Shah works with ethnicities of all types, including Latinos, to help create an ethnically appropriate, yet universally beautiful aesthetic. I asked Dr. Shah, an authority on beautiful faces, how to enhance our own attractiveness.

Here are Dr. Shah's top 5 beauty secrets, exclusive for Nuevo Impact Readers:

patients who ask me for help. They have either gone locally to a less experienced surgeon or gone abroad and tried to save money. Ultimately you do not save money if you get a poor result and need additional surgery. Go to the best surgeon you can afford. It always costs more to fix a mistake than to do it right the first time."

2. SKIN

One of the most attractive features we can have is clean smooth skin. For many of us this requires eating right, drinking water, and the right use of skin creams and peels. While there are a multitude of over the counter lotions which are available, many of the higher potency skin care routines can only be purchased in a plastic surgeon's office. "Keeping skin, plump, tight and young requires patients to use A grade products. The last few years have resulted in higher strength retinols and high potency growth serums that have helped revolutionize skin care," Dr. Shah states. Skin needs protection early on and rejuvenation is starting earlier and earlier he states.

3. CHEEKBONES

Not all of us are blessed with beautiful cheekbones. For many female patients, beautiful cheekbones can help to frame the face and create a beautiful curve to the face. "I find one of the most attractive features in a female face is a higher cheekbone. Creating the cheekbone can be done in a softer method using facial fillers and occasionally an implant" states Dr. Shah. According to Dr. Shah, an attractive face looks like an upside down triangle. As we age, the face looks more and more like a triangle. He believes this where many patients can have a definite aesthetic edge. A small amount of filler can create a large increase in facial attractiveness. (Figure 2)



"Patient with cheek facial filler to create a refreshed look (performed by Dr. Shah)

4. JAW AND CHIN

It is not surprising that many fashionable pieces expose the neck and some of the décolleté. Universally, a model's chin, jawline, and neck serves to help frame the face and neck. A recent study found that the number one rising procedure in the United States was chin augmentation. This is thought to be a result of newer technologies such as digital cameras and Skype making patients aware of their face structure. Amazingly a few centimeters here or there can make all the difference. "For some of us, exercise and weight loss still does not remove a double chin. Newer liposuction techniques allow for micro-incisions to help sculpt jawlines. Chins can now be augmented as an in office procedure as well, making a model jawline more of a reality for patients than ever before," Dr. Shah stated excitedly.

5. LASHES

How many of us are wish we had longer fuller lashes. In fact every mascara brand claims to do just this. A new product called Latisse does this in about a month. "Thicker lashes serve to highlight the eyes and make them more attractive. Latisse is one of the most effective products available." Be aware of the artificial lashes. Dr. Shah believes that the glued on lashes can permanently damage your eyelashes and in fact cost more than Latisse.

We live in a wonderful time where we can make changes to our faces to make it more attractive, many times being able to go home the same day. Although plastic surgery is now more accessible than ever, make sure you check out your plastic surgeon thoroughly. Just as you wouldn't want anyone to make your purse or shirt, you must be doubly careful when it comes to your face. Find a respected facial expert.



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