



## Facial Contouring Treatments

The term attractive varies from individual to individual. In fact, women and men have different definition of what seems attractive to them. Certain people focus on the shape of the face, while others tend to focus on the body shape.

So what exactly is the most attractive face shape? The ideal facial proportion obeys the rule of thirds: One third from the forehead hairline to the lowest point on the nose bridge, one-third to the nose tip, and one third to the tip of the chin. In Asia, most women like to have a V-shaped or heart-shaped face because it makes them look youthful due to the slim lower face, defined jawline and sharp chin. However, many Asians, in particular Chinese, do not have long enough chins to satisfy this ideal proportion. The result is a roundish face, which while it may appear “cute”, may not be desired by many men and women.

### V-Shaped Face

Facial contouring treatments balance out the top, middle and bottom proportions ideally, accentuating your features in perfect symmetry.

A non-surgical solution is to elongate the chin, which helps to create a more balanced and symmetrical face. This can be done by using **dermal fillers**. Privé Clinic uses several brands of fillers which include Radiesse, Belotero, Juvederm, Restylane, Sculptra. These fillers are FDA and HSA- approved, and have a history of safety. The aim of facial contouring is to restore a softer, more youthful look to your face and to enhance your natural features, rather than radically changing it. Dermal fillers have been called “**liquid facelifts**” because these soft tissue fillers can create

volume for the chin and moulded to make it shaper instantly. Treatments are quick, generally taking around 30 minutes and provide results faster than a surgery. However, these treatments aren't permanent, they must be repeated and maintained.

Another option for consideration is the use of **facial threads**. Threadlift is a non-surgical minimally-invasive lifting technique that uses synthetic absorbable threads to contour and shape the face, neck and nose. There are 2 main types of threads - Silhouette Soft and polydioxanone (PDO) threads. In most cases, patients are able to see noticeable results which will last for about 12 to 24 months. The results are natural-looking, and it yields little downtime and has minimal risk of scarring and the threads are naturally absorbed by the body. Depending on the area of concern, the doctor will then be able to advise which type of thread is best suited.

Regardless of the procedures you would like to undergo, it should be performed in a medical aesthetic clinic. It is fundamental that the doctor takes into account a patient's unique facial characteristics and goals when performing a liquid facelift procedure. Each person has unique facial features and individual skin types, as well as varying degrees of collagen depletion and skin laxity. Goals and desires vary from patient to patient. An experienced doctor will be able to advise you on the best treatment options for your skin for the best outcome.