



3 triangles of beauty

Sydney cosmetic physician **Dr Joseph Hkeik** discusses his unique approach to making each face more beautiful. Francis Herron reports.

When assessing my patients' faces, I pay great attention to three beauty triangles,' says Sydney cosmetic physician Dr Joseph Hkeik. 'The three corners of the first beauty triangle are formed by the eyes and lips. I call this triangle the expressive triangle of beauty.'

Equally important to the expressive triangle is what Dr Hkeik calls the 'structural triangle of beauty'. This triangle's baseline is defined by the broadest points of the cheekbones with its apex at the chin and moves in harmony with the expressive triangle.

The third triangle that Dr Hkeik uses to define and enhance beauty has its baseline on the widest part of the forehead and its apex at the tip of the nose. He refers to this as the subconscious triangle of beauty.

'It makes sense to me that improving the appearance of our eyes and lips makes a considerable difference to our face,' says Dr Hkeik.

'Rejuvenating the first, expressive triangle of beauty should receive the greater part of attention from anyone who is serious about facial rejuvenation.'

According to Dr Hkeik, this is achieved by rejuvenating the eyes, brows, peri-orbital areas, lips and their borders and the peri-oral area. 'Ageing of the eyes affects us all in

different ways. Crow's feet develop, eyebrows drop, loss of volume from below the eyes causes dark circles and a sunken look, loss of volume in the skin above the eyes causes flattening of the lateral brow prominence and fading of the arc of light over the bony show area,' he says. Botulinum toxins such as Dysport and Botox help to iron out wrinkles and to elevate the brows and dermal fillers such as Esthélis, Restylane and Juvéderm replace the lost volume (in the infra-orbital groove, nasojugal line and hollow cheeks), and elevate the brows to remove that tired look that we associate with ageing eyes.'

Facial fillers have enabled us to contour the face efficiently and without surgery. The second or structural triangle of beauty can be restored or built in less than an hour. The aim is to restore the prominence of the cheekbones and chin through augmentation with fillers such as Restylane SubQ, Perlane, Juvéderm Ultra Plus or Radiesse, while erasing any folds such as nasolabial folds and marionettes lines that distract from the eyes.

The third subconscious triangle of beauty acts in harmony with the other two triangles, but its purpose is to fade into the background rather than stand out and become conscious. 'Here we focus on treating forehead

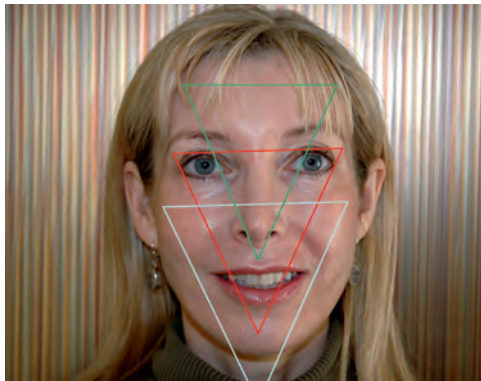
prominence and wrinkles with botulinum toxins and fillers,' says Dr Hkeik. 'The aim is to restore symmetry between the forehead and nose, alluding to its absence rather than its presence, and in this way ensuring the nose does not dominate the expressive triangle of beauty.'

Although these triangles focus predominantly on the facial structures, Dr Hkeik points out that the platform on which all these facial attributes present themselves should not be forgotten. 'Our skin needs equal attention,' he says. 'I resort to cosmetic laser treatments such as Fraxel and Limelight, chemical peels and cosmeceutical products, such as copper peptides, to provide a clean slate for the eyes and lips to shine on.'

Dr Hkeik says rejuvenation treatments take between 30 minutes and one hour and have minimal or no down time. 'Every patient is unique,' he says. 'Many patients opt for a combination of treatments to effectively rejuvenate their skin, giving it a more naturally radiant texture.' **acsm**



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The three triangles of beauty



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