

face



# liquid facelifts

Sydney cosmetic physician  
**Dr Joseph Hkeik** says it's possible  
to achieve a younger looking face  
without a scalpel in sight.  
Kirsty Doolan reports.

Actual patient of Dr Hkeik

The 'three triangles of beauty' are vital to telling the age of a person's face, says Sydney cosmetic physician Dr Joseph Hkeik.

'The first is what I call the expressive triangle of beauty, which is formed from the eyes to the lips,' he says. 'Next is the "structural triangle of beauty", which is framed by the cheekbones and chin, and third is the "subconscious triangle of beauty", which frames the most prominent part of the forehead and nose.'

'As people age, their faces tend to become square instead of following the ideal triangle forms,' explains Dr Hkeik. 'Inverse triangles form in the facial contours, especially in the mid-face, resulting in sagging and jowling, as well as creating an unhappy or sour expression. This can be corrected by filling and augmenting the cheeks, lifting the jaw line and softening the lines that draw the eyes downwards.'

Facial fillers can be used in numerous areas of the face to add volume and improve structure, offering a 'liquid facelift'. They can fill out wrinkles and folds, lift eyebrows to their youthful position, eliminate bags and hollow areas under

the eyes, create fuller lips, restore symmetry to unbalanced features and create a more defined chin.

But perhaps one of the best ways to create a youthful appearance with fillers is by augmenting the cheeks to give them a higher position.

'Cheeks must be defined to fit the structural triangle of beauty,' says Dr Hkeik. 'A non-surgical procedure can be performed to add strength to this area of the face and to replace lost volume.'

'When you look at a younger face, it has higher cheekbones. However, with age the cheeks start to droop, making the middle of the face the widest point rather than the top. Augmenting the cheeks can re-establish the higher cheekbones of a younger face and rebuild structure.'

The ideal patient for this procedure is someone who has aged and lost elasticity and definition in their face. It is also an option for anyone who has low cheekbones and wishes to make them higher and more defined.

The procedure takes around 10 to 15 minutes and can be performed under local anaesthetic. 'This is a simple and safe procedure,' says Dr Hkeik. 'The results last between



BEFORE



AFTER non-surgical facial rejuvenation by Dr Hkeik

one and two years and there is typically a quick recovery time. If there is some initial swelling and bruising, this should disappear within 24 hours and can be easily covered using mineral makeup.'

Patients will usually need one or two injections per cheek to create the desired effect. 'Cheek augmentation will help frame the face, making it look fresher and healthier,' says Dr Hkeik. 'Both the nasolabial folds and the jowling effect will also be improved as the whole area is lifted.'

This procedure is popular among both men and women. 'Either gender can have cheek augmentation,' explains Dr Hkeik. 'But the shape of the implant differs depending on gender. Women typically have narrower cheekbones, while men's cheekbones are broader, as their faces are wider.'

Cheek augmentation combined with skin rejuvenation can give an overall younger look to a face. 'If patients want to look younger then I would suggest cheek augmentation and skin rejuvenation tailored to their specific needs,' says Dr Hkeik. 'This "liquid facelift" is an excellent option for those who want a more youthful look but don't want to go under the knife.' **acsm**

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