

Beauty and Perfection, two different things.

**HANDSOME** ■

# Beauty and perfection should go together. This is the most mistaken idea that we come across in our speciality of Plastic Surgery and Aesthetic Treatment.



Beauty and perfection should go together? This is the most mistaken idea that we come across in our speciality of Plastic Surgery and Aesthetic Treatment. For that reason there is a risk of people ending up looking like each other. It is sad to see faces with forced curves, noses that are straight but rigid, big lips that look swollen, exaggerated cheekbones, etc. The idea of perfection comes from the fact that many people imagine themselves like a car, with parts that are interchangeable with those from other types of car.

The case frequently arises when someone comes with one or more magazines and tells the doctor "I want this mouth, doctor, I'd like to have this nose, these breasts," etc. And in the end what do we have? An image that is fabricated out of identical parts that are used by many others, an image that looks unnatural, in which the human being who is hidden behind it has been lost.

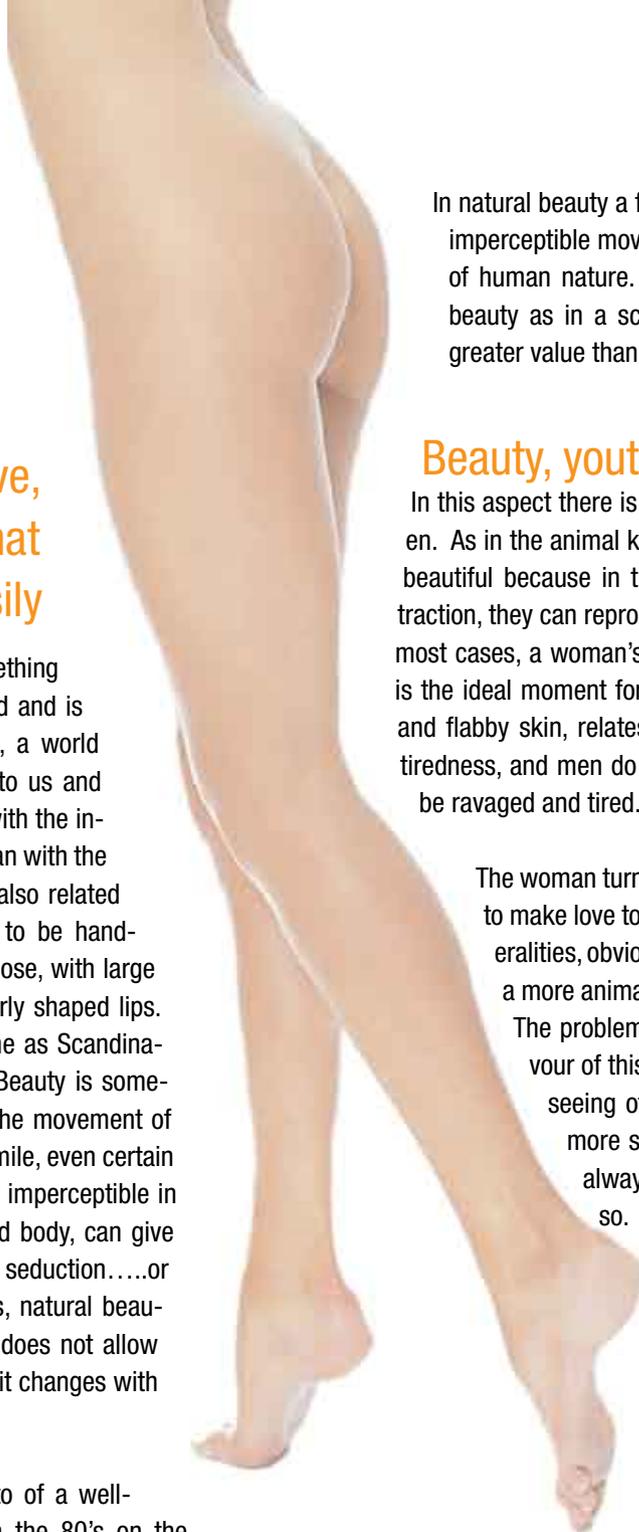
## What is left of Michael Jackson on the outside? and what is left of Michael Jackson on the inside?

I always feel that the victims of this kind of image have lost their common sense. Don't they realize that it is obvious to everyone? Even their best friends laugh when they are with other people, otherwise ask their hairdressers, who are experts in camouflaging so many scars produced by the face-lifts of which there are more and more every day.

We have come to the point of thinking that a pretty face can be the sum of a number of pretty features : lips, nose, eyes, chin, cheekbones... But this is not necessarily so. Nowadays I often hear in my surgery that people prefer perfection rather than beauty, in the same way as people prefer respect rather than love. Perfection can be worked on, in the same way as respect, it can be developed starting with standardized and nor-

mal things until it responds to defined scientific rules. I think we could even say that perfection is something that is measured by the immobility of statues. Perfection is rigid and boring, it is not in favour of contrasts.

Beauty, like love, is something that cannot be easily controlled, it is something mysterious that is perceived and is related to the world of art, a world whose rules are unknown to us and that has to be understood with the intellect of the heart rather than with the intellect of the brain. It is also related to intuition. It is possible to be handsome with a long or short nose, with large or small eyes, with irregularly shaped lips. Latin beauty is not the same as Scandinavian beauty, for example.



## Beauty, like love, is something that cannot be easily controlled,

it is something mysterious that is perceived and is related to the world of art, a world whose rules are unknown to us and that has to be understood with the intellect of the heart rather than with the intellect of the brain. It is also related to intuition. It is possible to be handsome with a long or short nose, with large or small eyes, with irregularly shaped lips. Latin beauty is not the same as Scandinavian beauty, for example. Beauty is something that is measured by the movement of real life. An expression, a smile, even certain movements that are almost imperceptible in the muscles of the face and body, can give an impression of beauty and seduction...or the complete opposite. Yes, natural beauty is movement and life, it does not allow room for boredom because it changes with the circumstances.

Not long ago I saw a photo of a well-known English singer from the 80's on the cover of a magazine. She must have been around 50. I could see she had undergone a deep phenol skin peel. The truth is that her face had no wrinkles, nor marks nor flabby skin, but I could see that this woman must have been over 45 by looking at her eyes. The upper part of her eyes, just below the eyebrows, was very hollow, you could see perfectly what we call the skeletonization of a face...this is when the bones start to protrude...a sign of aging. Her face looked as if it were made of porcelain. It certainly did not look very inviting to kiss it. This is a typical example of a face that is perfect, but not beautiful, nor young.

In natural beauty a face can be slightly asymmetrical, with imperceptible movements of the curves that are a result of human nature. Many people have an idea of ideal beauty as in a sculpture. But a live human face has greater value than a sculpted face.

## Beauty, youth and maturity

In this aspect there is a difference between men and women. As in the animal kingdom, men want their women to be beautiful because in this way, through a strong sexual attraction, they can reproduce and improve the species. And in most cases, a woman's beauty is linked to her youth, which is the ideal moment for reproduction. Age, with its wrinkles and flabby skin, relates women to the ravages of time and tiredness, and men do not want the object of their desire to be ravaged and tired.

The woman turns into a mother, and men are not keen to make love to a mother. These statements are generalities, obviously, but it becomes a global tendency, a more animal and instinctive way of seeing others. The problem is that today's society is more in favour of this more superficial and physical way of seeing other people than through deeper and more sentimental values. This situation has always existed, but nowadays even more so.

With men it's a different matter. Women find men to be more attractive when they are older, with wrinkles, showing signs of experience, strength and maturity. This is because women are subconsciously searching for the best father for their children and the maximum security. As in the animal kingdom, men with more experience, wisdom and strength are considered to be the most appropriate. So whilst men consider age to be detrimental with regard to women, women take it as a sign of improvement in the case of men.

In conclusion, for women we associate beauty with youth, while for men, beauty is associated with maturity.

P. Albrecht M.D. Ph. D. - 952 816 981