

■ **HANDSOME**

# “*the* LOOK”

Normally in social life, we greet someone by looking them in the eyes and shaking their hand. Those brief moments already give us an impression of the person standing before us.



Dr. P. Albrecht, MD., Ph. D.  
Consultant Plastic Surgery  
Marbella Clinic

**N**ormally in social life, we greet someone by looking them in the eyes and shaking their hand. Those brief moments already give us an impression of the person standing before us. For this reason, the eyes and the look are so important. The look...is not only the eyes themselves, the colour of the iris, the uniformity of the white and the light in the iris (things that are always touched up by computer in the photos of celebrities and models on the cover pages), but the look has to include the eyebrows, the upper lids, the eyelashes, the lower lids, the bags and shadows under the eyes, the crows feet.

When we meet someone, we always look first at his or her eyes. Our attention then passes to the mouth. These two parts of the face allow us subconsciously to obtain information will help us to guess the approximate age of that person, and perhaps also some traces of his or her character.

If the mouth and lips are frequently the first question for a woman, the eyes are usually the object of consultation for a man. For some it is the aesthetic aspect, for others, it is a question of practicality or aesthetics, but the motive is really the increasing demand for this type of surgery.

We should try to look at it from a different viewpoint, particularly regarding the correction or increased volume of a woman's lips. The first thing we should remember is that when we look at ourselves in the mirror, we have a tendency to focus our attention on details, slight imperfections. But other people don't look at us in the same way, they don't observe us in so much detail.



**When we meet someone, we always look first at his or her eyes.**

**Aesthetic surgery can be of great help to give a fresh and seductive touch.**

**(see pictures before and after)**

In our day to day life, most people we meet will greet us by looking us in the eye, to establish whether our look is deep or empty, warm or cold, straight and honest or, on the contrary, evasive, etc....Throughout the ages, the eyes have been considered to be the mirror of the soul. The brain immediately registers the forms and movements of the face, which give us an idea of the vitality and emotional state of that person.

Only the professionals, (and this can include best friends!!!), make a critical analysis of tones, texture, the skin condition, etc, in order to determine more precisely the age and the requirements for face care. Eye contact is therefore by far the most important, followed by the lips. In most cases, the need is to correct, rejuvenate and "sweeten" the look.

Patients generally understand this concept, but they immediately state that they do not wish specifically to change the expression of their look. The role of the professional is then to focus the attention on the fact that our look is not the same at all stages of our life and that maturity is sometimes synonymous with sadness, associated with a drooping of the eyelids and the outer corner of the eye.

The youngest patient on whom I have performed an eye operation was 27, and oldest was 79. Both were motivated for different reasons, but their circumstances were identical. They both had drooping eyelids which gave them a weary look and feeling, the younger patient because of her natural anatomy and the older one due to her age. The younger one, naturally, wanted not only to look younger but also to appear fresher and above all, sexier. The older patient only wanted to continue working without the feeling of tiredness.

Well, now I have used the word "sexy". It could also be "seductive". It's true that drooping eyes, whether the eyelids or the outside corner (called the external canthus) do not look very sexy, but tired and even sad. Eyes that are larger and somewhat drawn out (feline) look more attractive. Throughout the centuries, women have painted their eyes to make them look larger and wider. This reminds us of Cleopatra, but apparently the men of Ancient Egypt also used to paint their eyes.



# “*the* LOOK”

The truth is that there is an almost magical attraction with large eyes. They are the symbol of an open vision towards others and to the world. Wide eyes are also associated with the natural shape of the eyes when we smile. They send out a message of sweetness, like a smile. In fact, there are people who are cruel and cold but who naturally have this kind of eyes, and they seem to always give a sweet smile, even when they are very angry.



It is very important to point out that the eye is closely joined to the upper and underlying structure. In fact, upper lids that are heavy and wrinkled are possibly, in the majority of cases, the result of sagging forehead skin. Lax lower eyelids, with circular rings, are often due to a loosening of the facial skin. In this way it is understood that the eyes can normally be operated on, independently from the rest of the face, whilst they should really be analysed as an integral part of a harmonious whole. This way it is preferable to create younger eyes, raising the “outer corner”, eliminating the excess skin, with a little of the muscle in the case of the upper lid, but trying to tuck in the skin without tensing the muscle too much at the level of the lower lid.

A final detail, it is possible to give a touch of embellishment to the eyes, creating or recreating at the external part of the upper lid, what Steven Hoefflin, the famous surgeon to the stars in Hollywood, calls a “beauty egg”. The study of thousands of faces has, in fact, demonstrated that the beauty of the features is almost a mathematical equation. It depends on the face having certain areas of fullness, seven for women, that are common to all of the most beautiful faces in the world. If these small areas of fullness do not exist, they can be created by fat injections, synthetic injectable products or implants.

This type of surgery is very satisfying to the surgeon and also to the patient, because the rejuvenating and embellishing effect is immediate in the majority of cases.