



The Art of Natural Facial Sculpting

By Mary Anne Fuchs, MD, FACEP

Photo Courtesy of Dr. Mary Anne Fuchs, MD, FACEP

Do I really need a facelift?

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All too often I hear women say that they'll hold out for a facelift until they REALLY need it. I find myself wondering why this "all or nothing" approach to facial rejuvenation? Why put off feeling better about yourself? If you invest in your fitness and wellness, why shouldn't your face reflect your inner vitality?

I think the problem is lack of understanding about what's possible, compounded by fear of looking "done" or unnatural. I'm pleased to say that the art of facial aesthetics has evolved and we can now offer a more sophisticated and natural aesthetic result. There are many effective, long-lasting, non-surgical (and surprisingly affordable) options available today to tighten, smooth, lift and contour. For women in their 30's, 40's, 50's and beyond, we have options for how to look and feel your best....so why shouldn't you?

Q Is it just gravity? Or am I deflated?

What would happen if you take the skin of a 20 year old and put it on the face of a 50 year old? You'd have a 50 year old with really great skin....but she still won't look 20! A huge part of the aging process is what's happening underneath your skin. It involves your bones, muscles, and fat -- not just skin. Age-related volume loss is usually apparent in most women over 40, even earlier in ultra-fit individuals. Loss of fat, particularly in the upper and mid face, causes loss of the softness and gentle curves of youth. It contributes to sagging skin, creates progressive shadows and folds in your mid-face due to an inward and downward migration of the cheek, and ultimately, changes the shape of your face from more top-heavy to more squared.

So what are my options without looking done

Traditional facelifts that just "pull" up the loose skin can leave you looking "pulled" tight. In addition, just flattening out the nasolabial folds with fillers can further flatten the face as it begins to look disproportionate and unnatural. Too much volume in any one location looks unbalanced.

The art of "natural facial sculpting" requires an understanding of the anatomy of facial aging, as well as a good eye for balance and proportion. New volumizing injectable options can last up to 2 years, make addressing mid-face volume loss easier and with more aesthetic results. Used in combination with Botox® and other injectable products, we can achieve a three dimensional lift and subtle contouring which gives a more elegant, balanced and natural result...without the cost, discomfort, or downtime associated with surgery.

You're best you

Whether you are ready to take action or still unsure, the best place to start is with a consultation. We will help you identify and prioritize your areas of concern. We will educate you about your options, answer your questions, and develop a personalized rejuvenation plan. Your personal plan may

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include a combination of treatments: Botox® and other injectables, lasers and/or specialty skin care tailored specifically to your needs and budget. Our aesthetic nurses (Laurie, Patti, and Elisabeth) are also expert in the field of facial rejuvenation, specializing in Botox®, Juvéderm®, Voluma®, Radiesse®, Dysport®, Sculptra®, other facial sculpting treatments, as well as skin-tightening and skin-rejuvenating lasers. We work closely with Lauren and Zara, our medical estheticians, who tailor our best clinical skin care product regimens and treatments for you. It's all about helping you be your best you...now!

Top 1% nationwide experience matters.

For over 5 years, Del Mar Aesthetic Clinic has catered to friends and clients in our neighborhood and beyond, building our reputation almost exclusively through word of mouth referrals. We are thankful to have earned their trust and we're very excited to have been awarded the 'Black Diamond' distinction making us one of the most experienced clinics in the country from Allergan, makers of Botox®, Juvéderm® and Voluma®.

Let us welcome you to Del Mar Aesthetic.

Mention San Diego Woman Magazine when you schedule your complementary consultation and we'd be delighted to give you double Beauty Bucks on your first treatment. We look forward to meeting you.

Del Mar Aesthetic Clinic (in the new Beachside Del Mar/Vons center)
13983 Mango Drive #102
Del Mar, CA 92014
858 - 259 - 4772
www.delmaraesthetic.com

