

# Be YOUTHful

## Age Gracefully



### CHARACTERISTICS OF A YOUTHFUL FACE

A youthful face is one characterized by a balanced distribution of fat. Youth is not tightness as once thought – it's fullness. The example below shows the changes that occur over time.

### ASSESSING THE AGING FACE

There are several ways to assess the effects of aging. Physicians experienced in facial rejuvenation often assess the face by dividing it into thirds (upper: forehead and brows, middle: cheeks and nose, lower: chin, jaw and neck). The mid-face is particularly important in facial aesthetics because perceptions of facial attractiveness are largely based on the central-triangle, which focuses on the balance and symmetry between the eyes, nose, lips, and cheek bones. For aesthetic and treatment purposes, this area should be addressed 3-dimensionally with the primary goal being to restore a more youthful and aesthetically pleasing facial topography.

### WHAT HAPPENS AS THE FACE AGES?

Facial aging reflects the cumulative effects of time and environmental influences on the skin and its underlying soft tissue and skeletal structures. As we age, several notable changes take place in the face including progressive bone loss, decreased tissue elasticity, and a loss of volume (subcutaneous fat and muscle). These changes lead to an overall lack of fat and soft tissue support which results in deep wrinkles, loss of elasticity, excess skin, and the accentuation of the underlying bony structures of the face.

### FACIAL REJUVENATION PAST AND PRESENT

In the past, treatment strategies most often addressed the signs of aging surgically through facelifts and other techniques that lifted and tightened the skin. Unfortunately, these approaches failed to address the key issue of facial aging – volume loss. Instead, they surgically removed sagging skin to fit the shrinking skeletal frame. Present trends in facial rejuvenation have moved away from conventional excision toward the use of more conservative minimally invasive procedures aimed to restore fullness and a more youthful appearance.



# "Youth Has No Age"

— Pablo Picasso



## WHY CHOOSE FACIAL REJUVENATION?

In recent years, we have seen a significant increase in the number of non-surgical procedures performed for facial rejuvenation. Patients seeking alternatives to surgical procedures include those who require restoration of lost facial volume, those who want to enhance personal facial features, and those who wish to correct facial asymmetry. The primary advantage in selecting non-surgical enhancement is the ability to achieve impressive results instantly with minimal discomfort and little to no recovery time.



## MAXIMIZE YOUR BEAUTY POTENTIAL

Loss of facial fullness provides significant clues as to one's age while physical symmetry is the key determinant in the perception of physical beauty. When developing an individualized plan for facial rejuvenation, it is important that both the restoration of facial fullness and the improvement of balance and proportion be

addressed. At Reflections Dermatology, Dr. Palceski seeks to not only restore a more youthful appearance, but to maximize each patient's facial beauty potential through a combination of non-surgical treatment options. Dermal and subcutaneous fillers, used either alone or as an adjunct to other rejuvenations techniques, are a great choice for lifting and filling facial soft tissues. Neurotoxins, such as Botox, Dysport, and Xeomin, are highly effective treatments for softening or eliminating fine lines and wrinkles around the eyes, forehead, mouth, and chin as well as banding in the neck. Ablative and non-ablative laser treatments are a home run for improving overall skin tone and texture. Finally, a medical-grade skin care regimen is key to maintaining healthy and more radiant skin.

## AGE GRACEFULLY

True facial beauty arouses the senses. Understanding and affecting facial beauty goes far beyond simply filling lines and softening wrinkles. It is an art that must be studied and understood. Research has shown that people universally share beliefs about what is attractive regardless of age or ethnicity. Even babies have been shown to gaze longer at a nice looking face than one that is not as attractive. The brain assesses beauty in just seconds quickly analyzing the contours of the face and quality of the skin looking for features that have good symmetry and proportion.

To maximize your beauty potential, it is important that you select a highly skilled injector with a deep understanding of the physical characteristics that define beauty.



Dr. Palceski

## THE CLEAR CHOICE FOR GREAT SKIN AT ANY AGE

*Dr. Palceski is a board certified dermatologist and is nationally recognized as an expert in the field of cosmetic dermatology and non-surgical facial rejuvenation. In fact, he is the only physician in Central Florida currently part of the national training faculty for both Allergan and Galderma - the makers of Botox, Juvederm, Voluma, Sculptra, Dysport, and Restylane. His level of knowledge and experience in the field of injectables, laser treatments, and medical-grade skin care is beyond compare. His discerning eye and deep understanding of facial beauty and aging allows him to consistently deliver natural-looking results that minimize the effects of aging while maximizing one's beauty potential. When it comes to the care of your skin, choose wisely. Choose the expertise of Dr. Palceski.*