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# M2WOMAN

SPRING 2010

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**EXCLUSIVE:**

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## The Triangle of Facial Beauty

Historically, the “classical” proportions for beauty of a face follow these rules:

Vertically, you should be able to divide your face into equal thirds, i.e. Hairline (Trichion) to Glabella, Glabella to bottom of nose (Subnasale), and bottom of nose to bottom of chin (Menton). Horizontally, you should be able to divide your face into equal fifths, i.e. you should be able to place an eye’s length between the eyes and an “eye” on either side of the eyes.

However, Michael points out that when you consider some of the world’s great beauties right now, they fail to conform to this often-antiquated theory. Victoria’s Secret angel and Brazilian bombshell, Adriana Lima, is a strong case in point: disobeying the rule of vertical thirds, her lower facial third (notice her very small chin) is smaller than the middle/upper thirds. Aussie bikini babe, Miranda Kerr, is another outside the norm, with her face disobeying the rule of horizontal fifths. “Notice how far apart the eyes are,” he pointed out, “they should be an eye distance apart and you should also be able to fit an “eye” distance on either side of the eyes, which you can’t. Yet she is undisputedly absolutely gorgeous.” So... does that mean that the classical beauty proportion rules no longer really matter?

A recent study attached a camera to a participant’s eye, tracking where they focus their attention predominantly when they are first shown a picture of a face. It found a disproportionate amount of time was spent looking solely in the eye area and then the centre of the lips (the cupid bow area above the centre of the top lip). This area describes what can be called the “triangle of beauty” and if this area looks good/youthful, then the person looks good/youthful to the viewer. “It is way more important than peripheral proportions,” added Michael, “and it’s now been proven there really is little time spent looking outside this inner triangle!”

The aforementioned supermodels – although not having perfect proportions – have amazing eyes, nice noses and full lips/smiles, which immediately make them attractive to the majority of people who look their way. “And as plastic surgeons, we always spend a great deal of time getting the structures within the triangle right,” says the good doctor, “because we know they are the key to youth and beauty when it’s down to the eye of the beholder.” So next time you obsess about brow lines, that mole on your ear and the like, take time to focus a little further down – great eyes can let you get away with anything! **MZW**

**B**ased in Sydney’s Double Bay, the charming Dr Michael Miroschnik is a plastic surgeon specialising in cosmetic plastic surgical procedures and the man behind high performance skincare brand, Elixixir. I was

lucky enough to share lunch with him recently and throw numerous questions at him to find out more about what he does, and what women want right now when they look in the mirror.

First up, he explains that when it comes to surgery that changes bodies (and lives), a commitment is required by the patient to really change the way that they live or they risk complications or even a refusal to operate. Michael says, “We say ‘no’ a lot, and with good reason. So many of the people who come to see us just don’t look after themselves, or are unwilling to learn how to.” He says that smokers are five times more likely to get an infection at the site of their surgery, and will have much worse scarring than those who don’t. A lack of commitment to change means that you won’t necessarily get the results that you want, or at very least, they won’t last. He also needs to see a patient constantly for the three or four weeks following surgery to monitor the wound site, “so a tropical holiday the following week just isn’t an option. Surgery should never be seen as a “quick fix,” and a lot of rules need to be adhered to before I’ll even consider someone as a candidate.” He says that a top-to-toe transformation is still a “luxury” service for many, and involves a hell of a lot of effort to get the best result. “Even non-surgical options like Botox and fillers require some effort on the patient’s behalf to really work,” he adds, “be that not drinking alcohol or exercising for 24 hours. Some people still don’t get that, which is frustrating.”

We discuss the phenomenon of celebrities like Heidi Montag – whose obsession with surgery gives professionals like Michael a bad name – and I ask whether or not potential patients still arrive with tear sheets from magazines in hand, convinced that dropping a large sum of money will turn them into Megan Fox, seemingly overnight? “Yeah, they do, it’s a cliché but people do buy into it,” he says with a laugh, “but sometimes, people are more realistic and say, “Look, I know I

don’t look like this but I wondered if I can have something close to this aspect of her appearance?”



PLASTIC SURGEON  
DR MICHAEL  
MIROSHNIK

He says that the popular faces and bodies that he gets asked about are those who are just naturally beautiful – especially Angelina Jolie and Miranda Kerr – and at the opposite end of the spectrum, “the Pam Andersons and Victoria Beckhams but usually as an example of what people don’t want to look like, which is refreshing.”

He says that breast augmentation is the number one request he gets, a trend that is reflected the world over. Called the “Breast Man” by *Harper’s Bazaar*, Michael is an expert when it comes to working out what size and shape best works for each woman’s body. He’s also proud of what he calls his “Yummy Mummy Post-Pregnancy makeovers.” Becoming a mother is an exciting stage in many women’s lives, and a hugely fulfilling one. However – as any mother will tell you – there are many changes to the body that occur as a result of pregnancy and breast-feeding. These changes are often compounded with multiple pregnancies but with surgical advancements, they are often now reversible. “The idea is to bring you back to the way you used to be by combining a Breast Lift (with or without Breast Augmentation), Tummy Tuck and Liposuction,” he explains, “and how much you do is dependant on a number of factors.” Probably the biggest part of the surgery is the tummy tuck, or abdominoplasty. It works by removing bulges, loose skin, fat deposits and stretch marks from this region and yields dramatic results. A “Full” tummy tuck involves a full redraping of the abdominal skin, as well as tightening of the entire abdominal wall musculature. A “Mini” tuck is a smaller procedure, concentrating on tightening and reshaping the lower abdomen. He will spend some time assessing you and tailor a package to suit. “A Rolls-Royce package will set you back \$30,000,” he says, “but we can work with your budget and help you get that much closer to your goal. Think of it as a renovation for your body – you’ll pay that much more, the greater the change.”

Last but not least, he says that the greatest enemy for your skin is still “the sun. I can’t push it enough and am horrified by the amount of people who still don’t take it seriously.” He has even started taking photos of clients before they go on holiday and then after, to try and get the point across. “They have visibly aged themselves, with more wrinkles and even brows that have dropped by a few millimetres in some cases,” he explains. “If you’re really serious about the way you look, start protecting your skin now.”

HELENE RAVLICH

# NIP/TUCK

THE SKINNY ON  
PLASTIC SURGERY:  
expectations versus reality