

## About the Face

When you meet someone, have you ever noticed what you look at first? Chances are that you look directly at their face, most likely starting with their eyes and then moving to their mouth and forehead, then settling back on the eyes again. Psychologists consider this to be a survival mechanism, biologically determined, to enable us to quickly ascertain the difference between friend and foe. Each face is unique and both friends and foes are instantly recognisable by their faces.

Your facial expressions can display numerous emotional states, from boredom to joy and everything in between. Most of the time, we assess people by looking at their face. We generally believe that the face is the window to a person's soul. Ultimately, our face will only reveal what we want it to. Our face is perhaps our most valuable social tool – it may be used for control, social interaction, deference or for making friends. It is a major asset in social relationships, employment, partnering and self-declaration. Through our facial expressions, we mediate much of our non-verbal communication.

Our face is not a simple exterior, but an elaborate, sophisticated and demonstrative part of us that we use to interact with the world. It is important to realise, our face is not a mere mask that can be manipulated to suit our whims.

Preferred facial shape, expression and dental practices are all culturally based. Each culture has its own definition of beauty, ranging from a pale skin to exotic facial tattoos.

Given the deep characteristic, sensual and biological forces behind the face, is it any wonder that today's Australian culture is accepting of facial restructuring through cosmetic surgery, injections, dentistry and skin applications?

Changing your appearance, especially your face, can have profound effects on your self esteem and your relationship dynamics. If you opt for surgery, then afterwards people may approach you in subtle yet different ways than before, which can be unsettling. Time and reassurance from both family and friends will help you through your post operative recovery. There are many different procedures for facial rejuvenation, from non surgical methods, to a full facelift. Your surgeon will discuss in detail, the best procedure for you at a personalised consultation.

Kylie Davies  
Elite Cosmetic Clinic