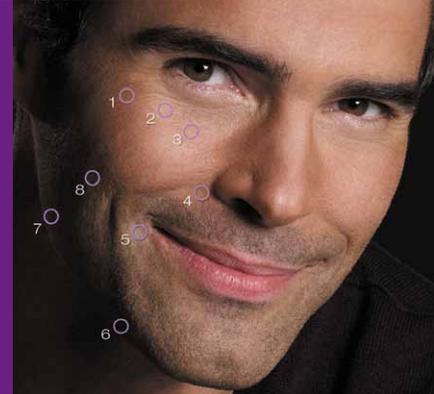


# The 8 point approach

To understand the ageing process, identify these key facial areas

You may have noticed changes in these 8 areas. Grab a mirror, answer a few quick questions, print this form, and then discuss with your clinician.



## Understanding how faces change

As we age, we lose volume across the face and often the first signs can be seen in 8 distinct areas. Looking for facial shadows can help you identify where strong masculine features have been softened. Dermal fillers, including those made from naturally occurring sugars, can be used to replace volume at these key points to restore masculine architecture to the face, resulting in a natural and revitalised appearance.



CHILDHOOD



20's



30's



40's



50's



60's

Self-assess to understand key areas where volume loss is seen the most

## 1 and 2. Cheek structure

When we're younger, cheeks are smooth and strongly defined. As we get older, we start to lose this youthful definition.

**Look in the mirror with your head at a 45-degree angle.**

Does your cheekbone area look a little flat?

YES  NO



## 3. Tear troughs

The circles under the eyes are known as tear troughs. Hollow depressions in this area, and slightly flatter cheeks, can create a tired look even when you feel fine.

**Look in the mirror with your head tilted down.**

Can you see shadows or hollow areas under your eyes?

YES  NO



## 4. Nasolabial folds

The lines that run from the corner of the nose to the mouth are known as 'nasolabial folds'. As gravity pulls down soft tissue volume in our face over time, these lines gradually deepen.

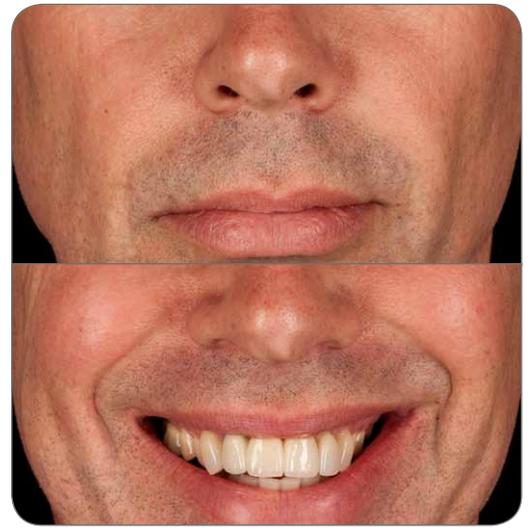
**Look at your face in the mirror while remaining expressionless.**

Can you see the lines that run from the corner of your nose to the corner of your mouth?

YES       NO

When you smile, do existing lines become deeper?

YES       NO



## 5. Mouth frown

Where the corners of the mouth begin to turn downwards is known as a mouth frown.

**Look at the corners of your mouth in the mirror.**

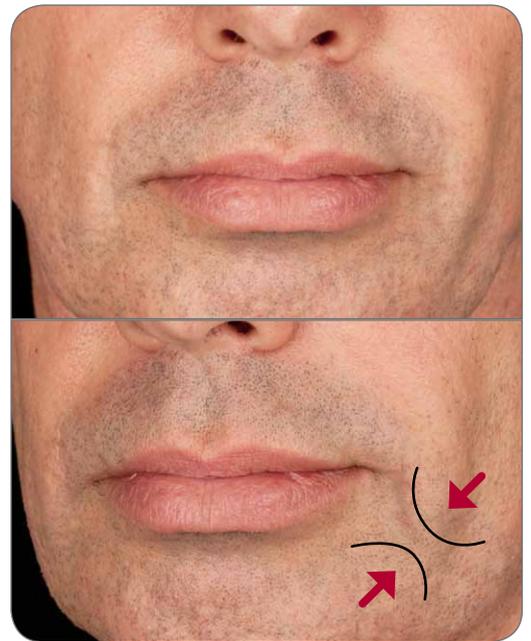
Has this area become slightly hollow? Do the corners of the mouth turn down slightly?

YES       NO

**Now pinch your skin at the point indicated in the photo.**

Does the skin fold? Do you notice a line here?

YES       NO



## 6. Pre-jowl area

Fleshiness and lack of definition under the cheeks are known as jowls. The appearance of jowls is another sign of ageing.

**Look at your chin in the mirror with your head tilting down.**

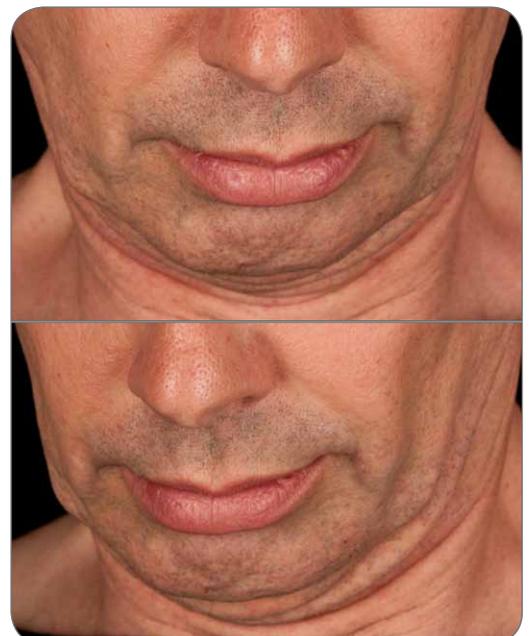
Do you notice any heaviness along your jawline?

YES       NO

**Now turn your head as much as you can to check your profile.**

Can you see development of excess volume?

YES       NO



## 7. Jawline

A strong jawline is an uninterrupted line extending from the corner of the jaw to the chin. As we age, jawlines lose definition.

**Look in the mirror with your head tilting down**

Do you notice any hollowing or unevenness along your jawline?

YES       NO



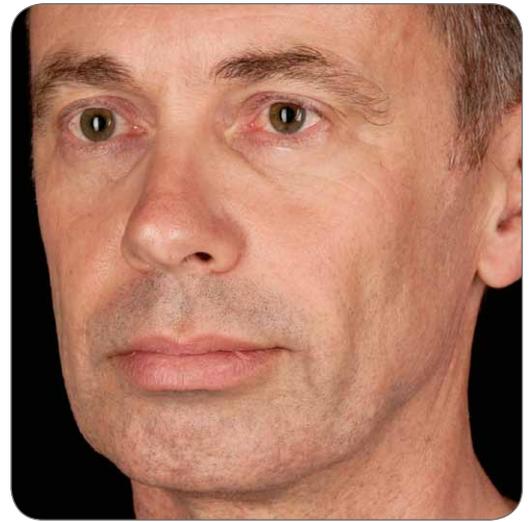
## 8. Cheek volume

Volume loss in the mid-face can cause the cheeks to appear hollow.

**Turn your head at a 45-degree angle.**

Do you notice a loss of the full curves of the mid face?  
Do your cheeks now appear hollow?

YES       NO



## Do you have any particular areas of concern?

Tick boxes for any facial areas you wish to discuss with your clinician.

Cheek structure

Jowl area

Tear troughs

Jawline

Mid-cheek area

Lip lines

Nasolabial folds

Lip enhancement

Mouth frown

Other – please specify \_\_\_\_\_

## What are my treatment options?

Now you've seen how The 8 Point Approach helps you understand the key areas on the face, print this document and discuss with your clinician.