

Mirror, Mirror...

On the wall, who is the fairest of them all? We all remember this from the classic movie *Snow White* and wasn't there a time when some of you thought it possible to be in the running for "fairest of them all?" Why not? You were young, pretty and perhaps a bit full of yourself, right?!

Then something horrible happened all of a sudden—Wham! Typically, this event occurs around the age of 45 years for a woman. You know, that horrible time when your arms start to get too short, or when you start needing "reading glasses." This is the cute euphemism for, "I can't see anything up close anymore unless I am wearing my darn reading glasses! And where did I put them, anyway?"

Enter a new morning routine obstacle. A woman needs to put on makeup around her eyes but needs her reading glasses to do so. How is she to apply eye makeup with glasses on? There may be a clever solution for this: a magnifying mirror. But wait, now every little pore on her face looks like a volcano crater. Talk about a hit to the old self-esteem. This happens at a great time in a woman's life anyway, in the few remaining years just before menopause. (Another happy life milestone!)

This brings me to the central point of this article: there are very few women who start to routinely need a magnifying mirror for eye makeup application who do not also incur a major hit to self-esteem at that time in their lives.

So, what is a girl to do? Clearly either *nothing* or *something* would be the only choices, each with pros and cons. Doing *nothing* looks something like this: stop using eye makeup or put it on without using a magnifying mirror, resulting in



applying it badly. It takes a courageous woman to choose this path. Some do, but not many. Those who choose it usually don't look their best.

So, what does the doing *something* look like? Doing something involves either being confident that other people can't see the same details of your face that you can (since they won't be looking at you with a magnifying glass), or it means solving the eye makeup dilemma in a different manner. Most women have a very difficult time excusing their own horrifying anatomic facial details they have now discovered since seeing them with a magnifying mirror. It is knowledge they really should have never known about! This is a path not happily taken by many.

Perhaps a better option would be to embark upon a long-range solution which gets around the need to apply daily eye makeup. There are lots of tools in this arsenal and they can all be used to great advantages by the savvy woman. These tools are called: permanent makeup, Botox/Dysport/Xeomin, under eye fillers (for the tired looking under eye hollows), eyelid tightening techniques, surgical blepharoplasty and retinoid-containing topicals. By utilizing some or several of

these approaches, the need to do daily eye makeup can be completely eliminated! As a byproduct, a woman can end up looking even more beautiful than she did at twenty years younger.

Michelle Phillips, our extremely talented medical aesthetician, has just completed extensive permanent makeup training by Teri Lively in San Antonio,

Texas. Teri is one of the most respected permanent makeup artists in the country and intentionally limits the number of her students in order to create the ideal learning environment. Michelle has become one of the few artists in our region who is able to "feather" eyebrows, for example, to create brows that look like they are made up of real hairs. Consider coming in for a free consultation with Michelle to consider your options for around the eye and step away from that depressing magnifying mirror! 🐼

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Since 1999 Dr. Carter has been extensively involved in all office-based responsibilities having to do with appearance optimization. He has performed over 35,000 Botox treatments and thousands of laser and filler procedures. He maintains active practices in Lancaster, Dauphin, and York counties.

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