

e-book

HOW TO HAVE
BEAUTIFUL AND NATURAL

LIPS

By *Mucio Porto*

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How to have beautiful and natural lips.

At the clinic in Dubai and here in Brasília, one thing that is very fashionable and in great demand is the procedures performed on the lips. People want to know how to improve their lips, but they are terrified of looking ridiculous, right? Because unfortunately we see, in the culture of Brazil in general we don't have that meaty mouth thing, unlike the Arab Emirates, there in Russia, in Beverllen Hills, in Italy, in Argentina. In general these people, especially women, they like one of a lip that draws more attention, that full lip. But we have to be very careful not to overdo it.

So I'm going to tell you about how to have nice, beautiful and natural lips.

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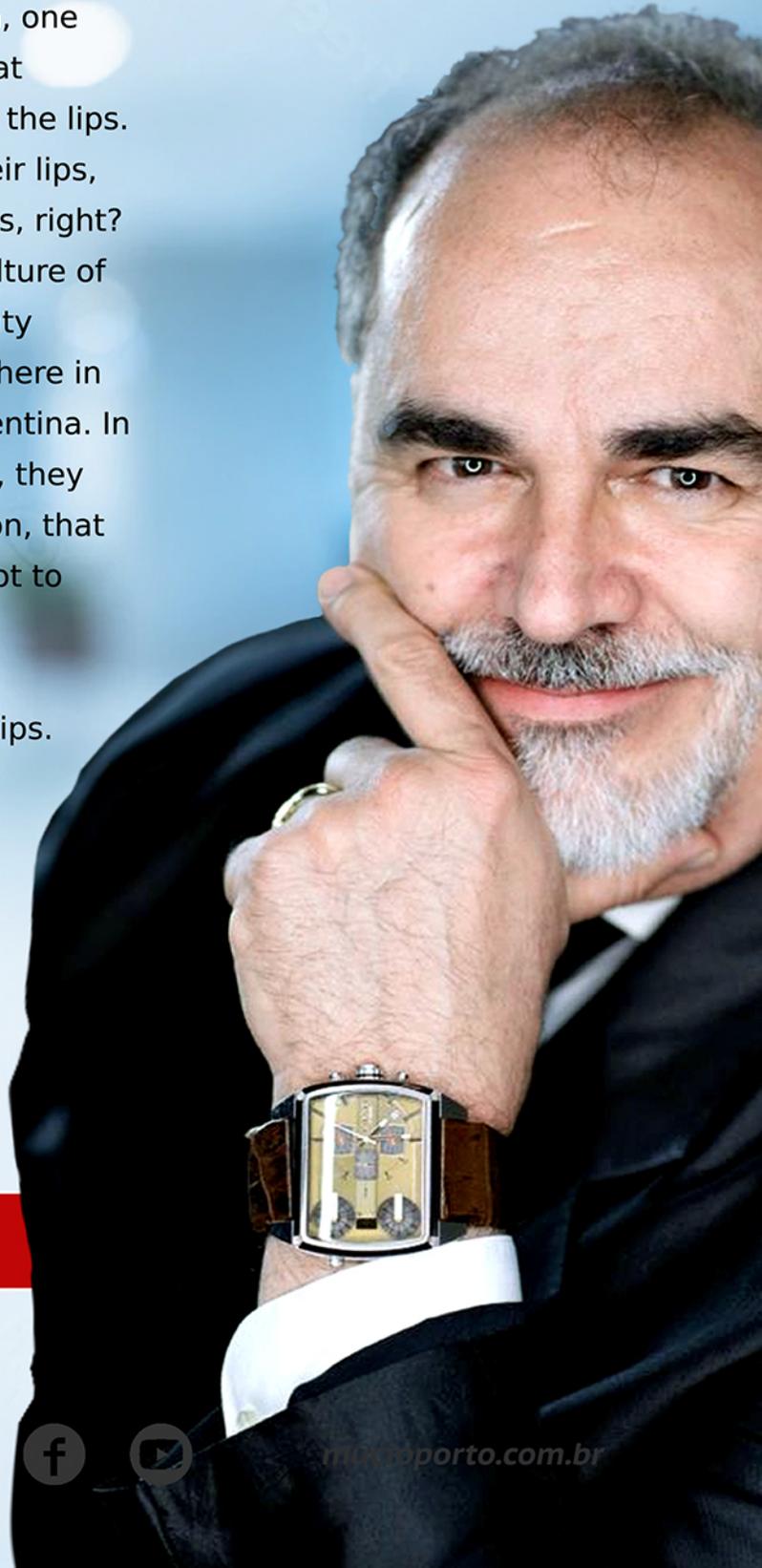
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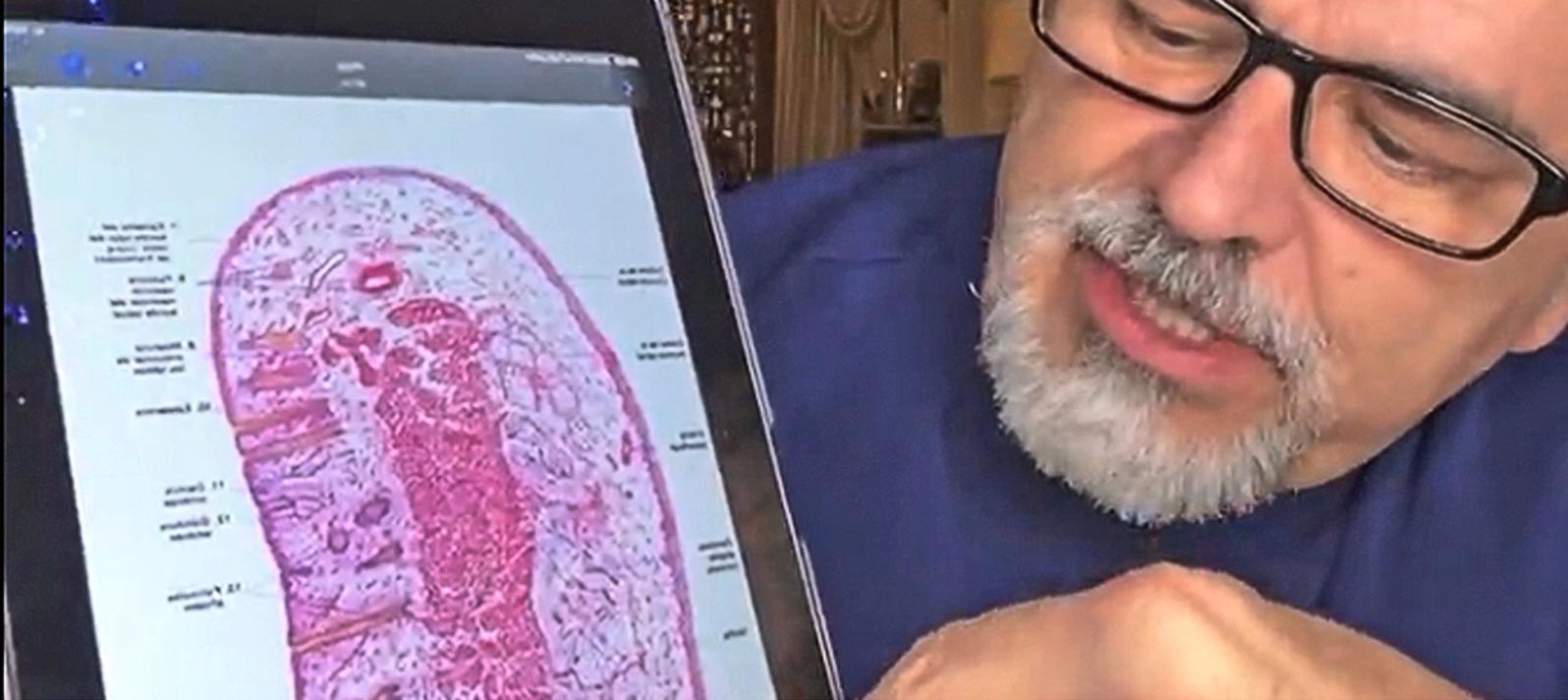


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What are lips?

Did you know that our lips are a cut in the skin of our face?

We have a cut because we need to pass food and talk.

How is the lip formed?

On the inside we have the mucosa and on the outside we obviously have the skin, in the middle of the fold we have a muscle, which is a circular muscle that allows us to open and close our mouth, kissing, and that when we drink soup we make that little pout, whatever you do, we use that muscle. So between the musculature and the skin and the mucosa we have fat. And that fat she will fill as she does in the whole body and it gives definition of shape and volume.

With the way you lead your life, you decrease that fat. Of course there's the skin, there's the mucosa and there's the muscle, but the fat is decreasing. Because muscle strength causes fat to decrease. In summary, the lips are formed by: skin on the outside, mucosa on the inside, muscle in the middle and fat around. Genetics and the way we talk makes our lips more or less fleshy. There's a detail, over the years we talk, talk, talk, kiss, kiss, kiss and the fat decreases. So, our lips are thinning.



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Structure changes.

This is a very interesting question, the difference people in relation to making lips, defining lips we need to take into account not only the physical type of that face, that is, the elements that make up the face, a big mouth on a more delicate face is not always good

and vice versa, a more robust face, let's say, we need a design, a slightly larger mouth volume. So, we have to take this into account, but we also have to take into account age. Of course, over time we wear out.

Muscle contraction causes this lip fat to decrease. That's why in time we have two, let's say "problems".

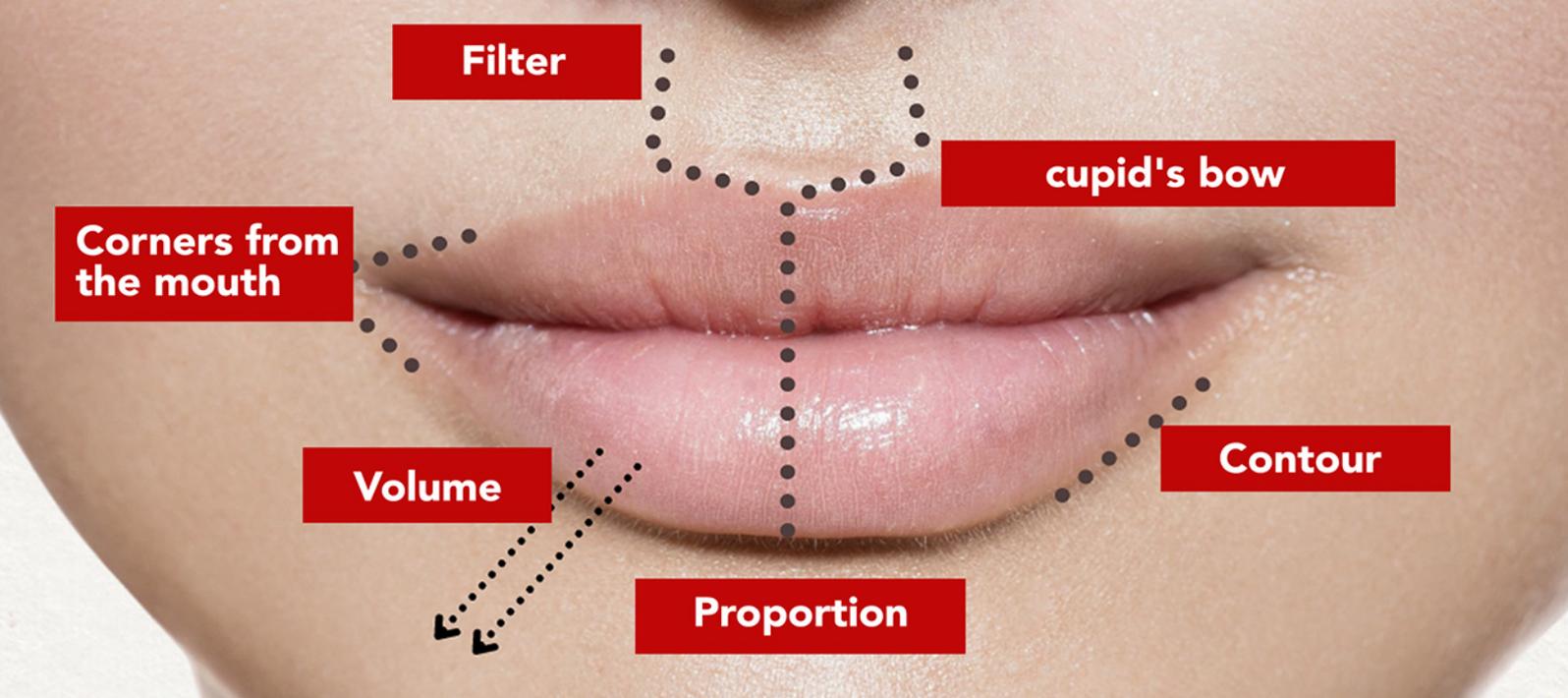
First, our mouth gets thinner. So we take into account time, that is, age, because over the years, when talking, when moving the mouth, we lose fat and even more, amazingly, the second case is that the ligaments that hold the mucosa with the skin, with the muscle, they become looser. What does this mean? It means that for me to treat someone's lips, there may be greater sagging, so I have to be careful. Because sometimes when injecting a gel it can migrate. It makes volumes around the mouth. So, racial differences, face differences and age differences, they count for us to take some care with the procedure.



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Lip anatomy.

The edge of the upper lip is called a cupid's bow. The center of this cupid's bow we call the filter, which is the bottom we have up here. And on the sides of the philtrum we have the labial crests or columns. Everyone has it. Unless you have that harelip. You know those children who are born with an opening in their mouths? Because there's no such fusion. These two columns, they are the fusion of our embryology. So, when we are going to think about making a lip, that is, restoring the lip, enlarging the mouth, whatever, we have to have in our head this very clear anatomy and this anatomy is universal.

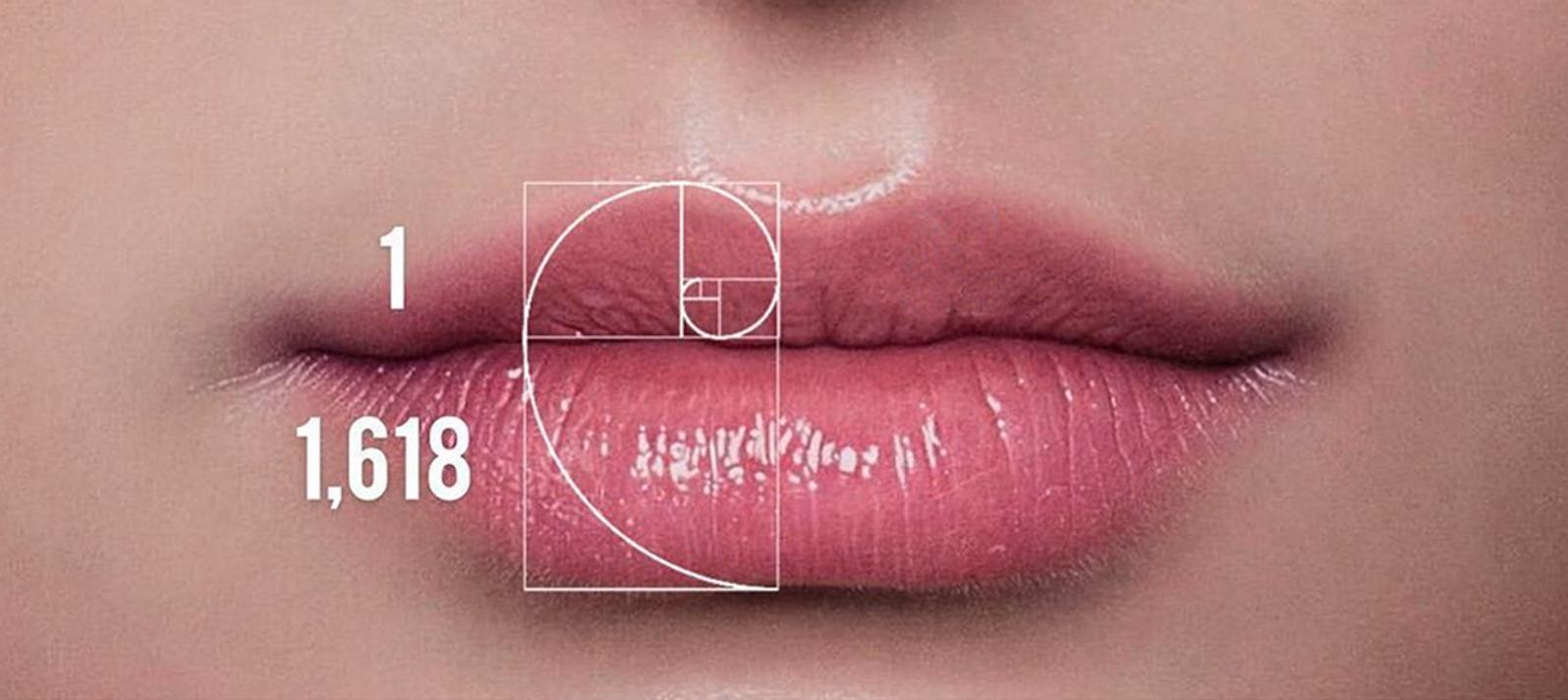
So we're going to create the cupid's bow V of a person who has a more rounded lip. It gets fake, it gets ugly, it gets pointy and artificial. So we need to remind the doctors who do these procedures of this basic anatomy. This anatomy here is what makes the mouth look natural. We can't deal with lips as if it were an opening in the middle of our face and it has to have a red border and then we inject things anyway to give it volume. Because? As the doctor said back in the third century, the difference between medicine and poison is the dose. A good analysis makes all the difference in the procedure.



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Golden rules to make a nice lip.

Basically we have 2 rules that we need to take into account.

First rule: The upper lip, folks, it has to be longer than the lower one. You can't fill upper and lower lips and make them both the same size. It looks like the person is disgusted, that they are boring. And she is right? It does not give. The upper lip he has to be a little longer.

Second rule: The upper lip it has to be a little thinner than the lower one. The lower one has to have more or less two-thirds of a measure that we use to calculate, and the upper one we have one-third. So, more or less, this is a basic rule, but I like to tell my students in Dubai that we need to develop our personal artistic ability. More than just technique. So one-third up, two-thirds down. This is a certain rule that I'm going to use working on this face to make it look cool. But generally speaking, that's it. The top side has to be a little longer. The lower one ends a little earlier, that is, before the upper one. The upper one is a little thinner, the lower one is a little more voluminous and the upper one has to be a little more projected.



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what are the fillers.

Non-invasive body treatments have evolved more and more.

One of them is body filling.

It consists of injecting fillers into the deeper layers of the skin to stimulate collagen production. This activation accentuates curves, improves sagging and sculpts contours.

Filling is a technique in which the volume of the face is repositioned, used to enlarge the volume of the lips, soften scars and correct nasal deformities. This procedure has become very famous for the fact that the results appear almost instantly and without being an invasive method, which requires hospitalization and general anesthesia, for example.



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What is Hyaluronic Acid?

Naturally, our skin is rich in Hyaluronic Acid. However, over the years, it is normal for it to lose a significant amount of this substance, which results in dryness, decreased elasticity, lack of volume and wrinkle formation. With this, the best way to recover these damages - or even prevent them from happening - is to replace the substance in the skin, either through dermocosmetics that have the active in their composition or through filling.

Currently, one of the most used substances for facial filling is hyaluronic acid, which acts on the skin, filling the space between cells, smoothing wrinkles as well as hydrating it, because of its propensity to attract water to the application site.

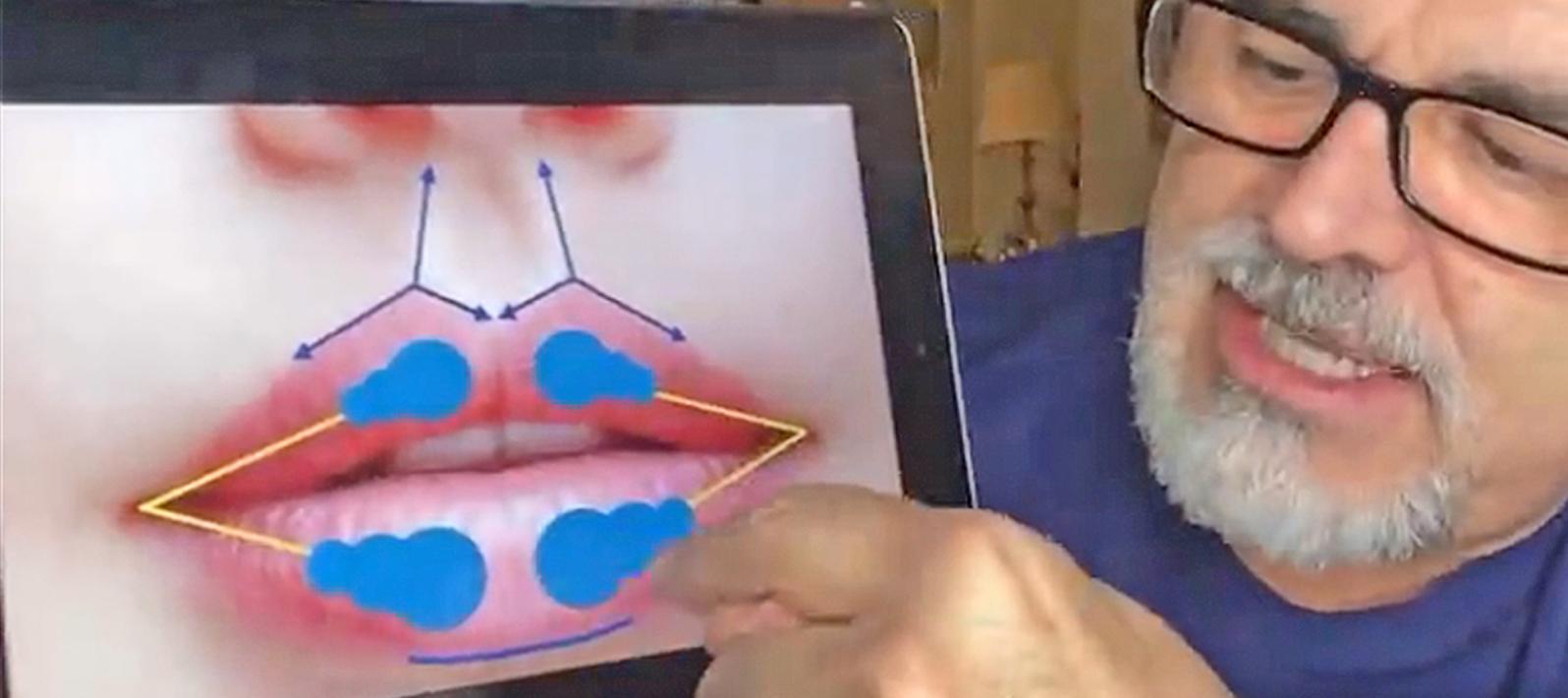
Temporary fillers consist of fat auto-implantation, hyaluronic acid, collagen. It is one of the temporary fillers lasting 12 to 18 months. Being the most used in the world for its safety and compatibility with human tissues.



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Technique used.

The technique we use is the application of hyaluronic acid, which are the fillers that will disappear, but depending on the brand that the doctor uses, it will last one, two, three years, maybe even a little longer.

Then we inject it on the edge of the lips, in the blue arrow markings in the image above. What does it mean? I'm going to redo the UV cupid's bow border and the two columns. on these arrows that go up. They are the columns. do the filter thing. With the passage of time and genetics we lose the columns. The lip is so smooth, you know? It's kind of bland, it's not anatomical. So the injection starts at the edge of the Cupid's bow, inverting this edge of the mucosa to get that profile, which you see that has a little step, skin and mucosa cannot be on the same plane, there has to be a difference to differentiate where the skin ends and where the mucosa begins. That's how God did it. That's how we're going to try to redo and intensify. Then we go to the edge of the lower lip. We inject right at the edge, right down here, at the edge. Because I want the lip to invert, you know? Turn it out. That is so beautiful. Well, then we finished the edge, now I'll have that notion of volume, proportion, balance rule to make the lips plump. which are these light blue areas in the image. In anatomy we call them tubercles. So we make a tuber here on the side, the other one here and one on each side of the lower side.

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