

# arch ANGELS

*Step away from the tweezers: fuller brows can totally change your look for the better.*

**T**hanks to supermodels of the moment Gigi Hadid and Cara Delevingne, eyebrows are huge right now – literally. Far from the skinny-browed look popular in the 90s, these days groomed, lush brows are in favour to give the face that youthful appearance.

Melbourne cosmetic physician Dr Alicia Teska helps people of all ages improve the appearance of their brows. “Many women’s eyebrows drop as they age, but there is a smaller percentage whose brows rise as they get older,” she says. “This is usually decided by genetics.”

Dr Teska will often use a combination of dermal filler and muscle-relaxant injections to improve the appearance of older brows. In rare cases, she will use this protocol on a younger person who genetically has a very low or asymmetrical brow.

It’s easy to get brow-hair removal wrong, she says, and cautions patients to be careful how they groom brows, because if the follicle is removed with the hair, it will never grow back. “Many older women have sparse brows because of their removal methods,” she says. “A well-shaped, thicker brow is an anti-ageing tool that can take years off your age and change the balance of your features. If your brows are too far apart, your nose will look bigger. If your eyebrows are too low, your eyes will look smaller.”

If you’re sick of drawing in your brows every morning, then cosmetic tattooing is a longer-lasting solution. Dr Teska works with tattoo experts she trusts to enhance her patients’ appearance. She also often advises people whose brow tattoos have been done so badly that not even removal has helped.

Always check the tattooist’s previous work. “The newer feather-touch method of brow tattooing looks much more natural, but in the wrong hands it can still be a disaster. Ask cosmetic tattoo teachers, if you are looking for someone good in your area, and check the artist’s before and after photos.” She advises getting the artist to draw in the design for your brows on your face first, so you can see how it looks.

Cosmetic tattoos are semi-permanent, lasting up to a year after the initial two appointments before needing a top-up. For a permanent fix, consider an eyebrow transplant. Ten years ago, Dr Paul Spano of Total Face Group in Moonee Ponds, Victoria, was one of the first doctors in Australia to start performing brow hair transplants. Highly regarded internationally



for his work, he has performed the procedure on women from 19 to 80 with huge success. It works by removing and transplanting hair follicles from the back of the scalp. “If you dye your hair and it is naturally grey, then hairs that retain their natural colour are taken, so the new brows will not be grey,” he says. Transplants are carried out over two sessions to achieve an aesthetic result. After three months or so the transplanted brow hairs start to grow and should be trimmed every two weeks.”

Dr Spano says patients are blown away by the results he is able to achieve, and can see major improvements as soon as the transplant has been performed. For angelic arches, step this way ...

To contact Dr Alicia Teska, visit [www.skintemple.com.au](http://www.skintemple.com.au); for Dr Paul Spano, visit [www.hairtransplantsmelbourne.com.au](http://www.hairtransplantsmelbourne.com.au).

## From left to right

Elizabeth Arden Statement Brow Defining Gel in Deep Brown, \$32; Shu Uemura Eyebrow Manicure in Ash Brown, \$40; Sisley Phyto-Sorcils Perfect Eyebrow Pencil in Cappuccino with comb and sharpener, \$65; Estée Lauder The Brow Multi-Tasker in Blonde, \$48; Laura Mercier Sketch & Intensify Double Ended Brow Brush, \$45, and Pomade and Powder Brow Duo in Ash, \$35.



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