

Kissable

LIPS

Achieving the perfect pout

BY LARUE GILLESPIE

Got a hot date planned next weekend and feel it's time to plump up those smackers?

First, know that the trend is going more au naturel, so the adage of “go big or go home” need not necessarily apply—though a little plumpness never hurts. So how do you breathe life into those kissers of yours?

FILL THEM UP

The lip region is an extremely important area when it comes to facial aesthetic enhancement. The lips have since time immemorial been highlighted along with the eyes as the two most beautiful regions of a woman's face.

With the passage of time, sun damage, hereditary factors, and smoking contribute to loss of lip volume, fine lines and wrinkles. Hyaluronic Acid (HA) fillers are the most common way of lip enhancement today. In addition to filling



Patchology FlashPatch Lip Gels smooth, plump, and soften your lips while diminishing fine lines. Simply apply the patch for five minutes and—voilà!—achieve more youthful-looking, voluminous lips.

\$50, Nordstrom and Nieman Marcus

PERK THEM UP

Dr. Crutchfield offers an in-office, minimally invasive procedure called Perk. "It lightly plumps and locks in moisture to reveal a well-shaped, pouty lip," he explained. The treatment harnesses the power of key ingredients such as peony extract, aloe extract, peppermint oil, and hydrating SPF lip balm with vitamin E and extra virgin olive oil, to smooth and plump lips naturally. The effect is immediate and each patient goes home with a special treatment serum to help maintain the lip fullness for several weeks up to one month.

"It is important that your injector is highly trained, with an artistic eye and conservative approach to helping you achieve the kissable lips you're looking for. Over-injecting should never happen... two visits may be better than one. It's not only what is in the syringe, but who is behind it."
— Kara Eveleth, Med Spa of Flower Mound

in depressed areas or lines around the mouth, hyaluronic acid fillers also stimulate collagen production. "If you want a traditional filler, hyaluronic acids are still king," said Charles E. Crutchfield III, MD, Clinical Professor of Dermatology at the University of Minnesota Medical School. "They work the best and give a natural look with long-lasting results."

Volume and non-symmetrical treatments in most cases use the more traditional HA fillers such as Restylane and Juvederm Ultra and Ultra Plus. It is important that your provider use a very conservative approach in achieving your desire. The best way is to ease into lip filling and always maintain proportion and balance. This is why it's key you find an experienced injector. Remember the bottom lip is two-thirds bigger than the top lip and that ratio needs to be maintained as you add fullness. Symmetry is also important. The sides of the face could be sisters, but the sides of the lips have to be twins. If you are a little bit off it can be very noticeable.

If you are looking to correct fine lines and wrinkles without increasing volume, there are two fillers just for you. Both Restylane Silk and Juvederm Volbella are HA injectables and are extremely different in consistency than their parent products. These products are designed for the woman who wants more definition on the lining of the lip or vermilion border. They are sometimes called "lipstick in a syringe." When it's injected into the lip itself it will not necessarily make the lips fuller, but it will make the lips very, very smooth. 📍

MAKEUP TRICKS FOR FULLER LIPS

Makeup artist and beauty blogger Hilary Kline, 29, suggests a few things for plumping your pout without needles. These include using two different nude lip colors to add depth to your lips (apply one shade all over the mouth and take the lighter color and draw a line in the middle of your lips, then blend with your fingers), using a lip-plumping gloss, and exfoliating your lips regularly.

Another trick? The founders of Beverly Hills MD Cosmeceuticals suggest the following tip for achieving longer-lasting lipstick without the fear of it bleeding into the fine lines around your mouth: Use a clear lip liner around the perimeter of your lips BEFORE applying lipstick.