

# THE LINE OF BEAUTY

THE QUEST TO ACHIEVE A NICE LOOKING AND SHAPE HAS BECOME FOR MANY AN OBSESSION IN THE 21ST CENTURY. BUT DR. FRANCISCO IBÉRICO NOGUEIRA TELLS YOU THAT THERE'S NOTHING WRONG ON RE-SHAPING AND REJUVENESCING IN A BALANCED WAY. THIS RENOWNED PORTUGUESE PLASTIC SURGEON EXPLAINS HERE THE WIDE RANGE OF TECHNIQUES AVAILABLE AT THE MALÓ CLINIC/SPA IN MACAU FROM NEXT YEAR.

BY DR. FRANCISCO IBÉRICO NOGUEIRA  
MALÓ CLINIC'S DEPARTMENT OF PLASTIC  
SURGERY AND DERMO-COSMETICS |  
PHOTOS BY MALÓ CLINICS

**WE ARE** living in a global society where the cult of beauty and youth has become an imperative to everybody.

In the search for beauty, both men and women look frantically to achieve what they perceive as perfection and believe that was denied to them by Nature.

Medicine and cosmetic surgery nowadays have become able to reconcile the spirit with the body by correcting imperfections and polishing out the wrinkles of age. But the decisions to alter facial features or body curves should not be taken lightly, not only because of the economic aspects, but mostly for the physical and psychological repercussions.

It is true that more and more surgeries and aesthetic treatments are taking place worldwide. In the USA alone there are about 400,000 plastic surgeries performed annually. Nevertheless, there has been more and more news about complications of some extent related to treatments performed badly or in less than ideal safety conditions.

Any person who entrusts his physical, personal and genetic heritage to a doctor must be absolutely confident about the treatments to which he will be subjected.

Because of that, before we subject ourselves to the treatment of a medical doctor or an aesthetic specialist, it is very important to ensure that these specialists are suitably qualified to execute the techniques with the necessary precision and safety.

Before any aggressive cosmetic treatment, it is important to strictly ensure that the client is in perfect mental and physical health by doing additional clinical tests and check-ups (such as X-Ray exams, analysis, etc).

Furthermore, it is important to be aware that the human body functions as a whole, so when we think of rejuvenation, this means a global treatment involving all possible aspects of ageing, including the psychological one.

This philosophy of quality, safety and the all-inclusiveness of aesthetic and reconstructive treatments practised on patients have been the object of constant concern for Dr. Paulo Maló, a renowned medical specialist whose international stature does not require any other form of introduction. As a careful observer of medical dental techniques and aesthetic surgery, Paulo Maló has just launched a new concept of the medicine of well-being in his network of clinics located in more than 15 countries.

Based on the need to treat and rejuvenate persons as a whole, both physically and

mentally, this new concept consists of providing different types of treatment in a single clinic, including dermo-aesthetic treatments, aesthetic and reconstructive dental medicine, ultra-modern medical spas and anti-ageing medicine. All these treatments are performed in a quiet and very comfortable environment.

Due to continuous technological and scientific developments, the area of aesthetic surgery and medicine also shows significant progress.

Nowadays, the tendency is to use minimally aggressive treatments which lead to rapid recovery, without a hospital stay, performed under a mild local anaesthetic, thereby allowing patients to return home on the same day.

The below-mentioned aesthetic medicine includes a large diversity of treatments that form part of the routine in Maló clinics and can be subdivided into the following areas:

## AESTHETIC SURGERY

### FACIAL, EYELID AND NECK REJUVENATION

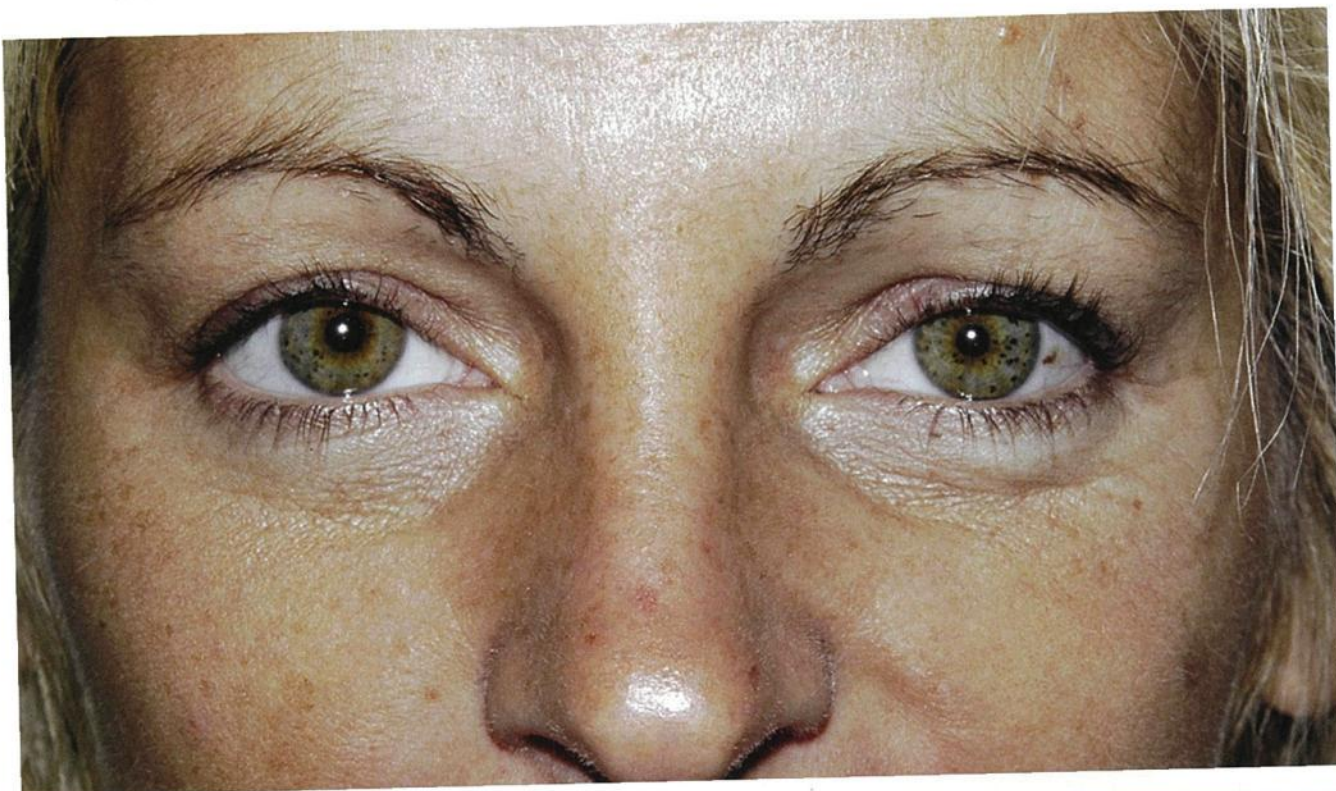
Facial rejuvenation treatments can be surgical or non-surgical. Surgical techniques involve the classical face-lift and blepharoplasties (techniques to rejuvenate or westernise the eyelids). Both surgical techniques can be performed without general anaesthetic but with light sedatives administered as local anaesthesia. The patient remains slightly conscious without feeling any type of pain and can return home a few hours after the surgery.

Modern non-surgical facial rejuvenation treatments involve the application of a laser beam on the skin of the face, hair removal, infiltration of hyaluronic-acid to fill the wrinkles (the so-called "fillers"), treatment with radio frequencies to eliminate flaccidity and application of diverse dermo-aesthetic products allowing the elimination of fine marks and wrinkles from the skin of the face and neck.

### BODY RESHAPING

The reshaping treatments of body curves can be applied virtually to all areas of the body where the accumulated fat produces a non-aesthetic appearance. Liposuction has become a "classical" technique of aesthetic surgery that allows a change, within certain limits, of the shape of the body making it more elegant and proportioned. To obtain good results, the quality of the skin is more important than the age of the patient. ▶

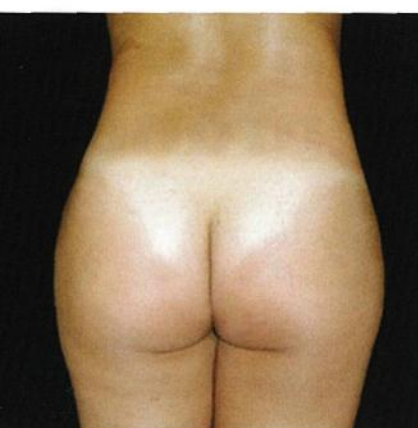
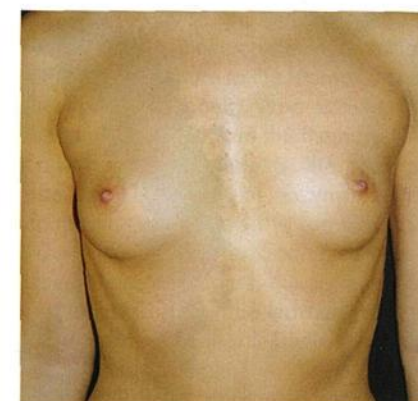
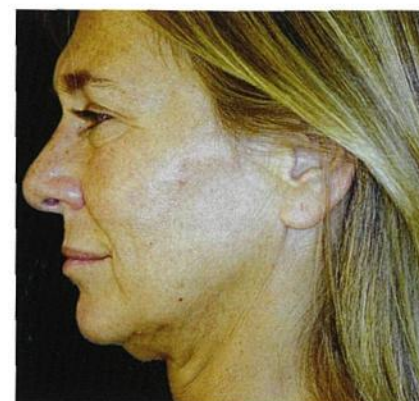




**This page**  
Blepharoplasty: Before | Blepharoplasty: After

**Next page**  
left [up and down]  
Face-Lift: Before | Face-Lift: After

**Right up**  
Mammoplasty (Enlargement): Before | Mammoplasty (Enlargement): After  
**left down**  
Liposuction: Before and After



In fact, this technique is not recommended for a very flaccid and dry skin, because it may increase the flaccidity. An elastic and well-hydrated skin lets one obtain good quality results.

To treat flaccidity, or excessive volume of the breasts, there are many different techniques popularly known as mammoplasty (which could be performed for reduction or enlargement) that allows elimination of the excess of the mammary gland and reshaping of the breasts to achieve a more sensual and harmonious shape. These surgeries may include silicone prosthesis to obtain better shapes and volume of breasts. Modern silicone prostheses do not need to be substituted and have enough consistency and structure to make breasts very natural, both in touch and shape.

The treatment of abdominal flaccidity, many times caused by sudden weight alterations or by repeated pregnancies, is normally done with the use of the abdominoplasty technique, when a surgeon, besides correcting displaced abdominal muscles, eliminates accumulated excessive skin and is called an abdominal apron. This surgical technique allows the patient to have a tightened and smooth abdomen, and requires around three days of hospital confinement and can be done under an epidural anaesthesia.

## NON-SURGICAL TREATMENTS

### CELLULITE TREATMENTS

In simple terms, cellulite is a characteristic alteration of adipose tissue within the skin, when the skin acquires the look of what is popularly known as an "orange peel". There are several levels of cellulite that, in more severe cases, may become painful to the touch. The problem manifests mostly in women and leads to the belief that it could be directly related to female hormones. Cellulite has been a puzzle for medics and aesthetic specialists for decades, because until recently there were no really effective treatments to tackle the phenomenon.

Nowadays there are trully effective techniques that can improve and even eliminate several levels of cellulite. They include endermology, radio frequency treatment and other physiotherapeutic techniques which, when performed together with hygienic and dietary measures, produce excellent results. The Maló clinics use all of these modern treatments of cellulite with the advantage of being performed under the total control of medical specialists.

### HAIR-REMOVAL WITH LASER

Hair-removal by laser is a technique that

became common worldwide, precisely for being very effective, practical and painless. In the Maló clinics there are lasers of the latest generation that also allow the removal of hair of different colours which until now was not possible to do with the use of just classic lasers. These treatments are performed by technicians specialized in laser therapy, under doctor's supervision. It usually requires several sessions at a month intervals. One important detail: for the skin to be subjected to a laser treatment it should not be tanned. One advantage of this type of hair-removal is that the growth of hair will stop completely after several sessions.

The Maló clinic also provides anti-ageing consultation with complete diagnostics of all oxidant and anti-oxidant factors of the treatment, obesity, gastric system surgery for treatment of extreme obesity, consultation by nutritionists, psychologists, aesthetics specialists for all types of cosmetic treatments, including restoration of nails and micro pigmentation. It's important to mention that these treatments are performed within the philosophy of treatment of the organism as a whole, where the physical part is balanced with the psychological one, without which it would be impossible to improve the quality of life of the patients. 