

YOU! YOU! YOU!

# THE (surgery-free) 20-MINUTE NOSE JOB



A new nose – no incisions required?

It's the new "non-surgical" enhancement trend that's big overseas – and now it has hit Australian shores.

**WHAT?** "The technical name is non-surgical rhinoplasty," explains director of Face Today cosmetic clinic Nicole Belle. "The procedure involves injecting fillers into different areas of the nose to smooth out any imperfections. It's designed to straighten out crooked noses and fix lumps and bumps – all without going under the knife."

**HOW?** "Initially we use Restylane [the filler used to plump up lips]," explains Belle. "It's easily sculpted so looks very natural. It's also temporary, so the client can get used to their new nose. If they're happy with the results, we use something more permanent."

**WHO?** "It's perfect for anyone who's broken their nose, has a crooked nose or a bump on their nose," says Belle. "Surgeons often send their nose-job patients to us after surgery to perfect the final results. It also

works on people with a flat nose, who want a slightly higher bridge. However, it won't help people who simply have big noses."

**DOES IT HURT?** "You'll feel a few needle pricks, but nothing more," Belle explains. "If the cosmetic injector is well trained, they will know where to inject so you get minimal bruising."

**HOW QUICKLY CAN YOU SEE RESULTS?** "The fillers work instantly so you'll look different as soon as you have the injections. It takes a few weeks for things to settle down into a more permanent shape," admits Belle.

**HOW LONG DOES IT TAKE?** "It depends how many injections you need," says Belle. "But [it can take] anywhere between two and 45 minutes."

**HOW LONG DOES IT LAST?** "Around nine to 12 months if you're injected with a temporary filler like Restylane," says Belle. "Then it gradually breaks down and your nose slowly reverts to its normal shape." □

## The perfect nose?

Why are we so obsessed with noses? "It's the central point of the face, so your attention is naturally drawn towards someone's nose," explains Lily O'Hara, body image expert and lecturer at the University of the Sunshine Coast. While nose jobs might be commonplace in Hollywood, that doesn't mean everyone has to sport an identikit hooter. "We need to get over the crazy idea of the 'perfect' nose," says O'Hara. "In Western culture, a small, straight nose is seen as attractive, but this isn't the case everywhere. Some cultures see big or hooked noses as attractive." Instead of undergoing a cosmetic procedure to alter your nose, remember it's your individual quirks that make you beautiful. "Happiness comes from accepting your individuality."

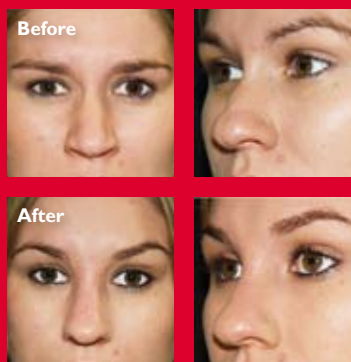
## "I did it"

**Tami, 24, underwent non-surgical rhinoplasty**

"I had considered a nose job but they're so expensive. Then I heard about non-surgical rhinoplasty.

I told the cosmetic injector I wanted to smooth out the lumps and slim down the bottom of my nose – and she did exactly that. I had a bit of swelling, but 48 hours later my nose looked brand new.

It's changed my whole face, and has given me so much confidence."



WORDS BY KATHERINE CHATFIELD. FOR MORE INFORMATION, VISIT FACETODAY.COM.AU. GETTY IMAGES

**PS...** How much does non-surgical rhinoplasty cost? Depending on the treatment, it's around \$550. Worth it? You decide...