

# International Lip Appreciation Day

We love lips! We love them in their many shapes and sizes and we love them even more when we can help create the perfect pout for our clients. So when a world recognized day shares our appreciation for lips, we get excited. So what is so lovely about lips? They are often the first or sometimes second feature on the face we look at when we interact with other people. It is common during conversation to look at a person's eyes and their lips. They are vital for communication and expression and that is why we covet great lips.

So what makes a great looking lip? They are well proportioned and symmetrical with the top lip slightly smaller than the bottom lip. They are plump and even but not overstuffed. They have a nice Cupid's Bow – this is the 'M' shape of the top lip, it isn't too sharply pointed or too rounded. Lastly there is the Golden Ratio of 1.618, the perfect lips would be 1.618 times larger than the top lip and 1.618 times wider than the width of the nose.

Sadly the lips are also the first place to see aging, with lip lines graduating from above and below. They can appear at the corners and when severe join up to the nasolabial folds or down towards the chin in the marionette lines. Sun, alcohol, smoking and dehydration can all contribute to thinning lips, but I have ways to banish the lines and plump a diminished pout.

Neurotoxins injected very conservatively can immobilize the muscles causing them to stop moving as much and gently reducing the wrinkles. This dramatically smooths out the upper lip. Adding subtle amounts of dermal filler to those marionette lines will improve the frowning look. If this is severe, I will suggest PDO threads to lift the area around the lower mid face to tighten the nasolabial folds.

To tackle a troublesome lip area I go in with the big guns with a combo approach. Fillers, neurotoxins and chemical peels, Morpheus8 RF Microneedling or CO2 fractional laser around the mouth. These advance the skin renewal process and stimulate collagen. Plasma injections can plump up fine lines and wrinkles and use the body's own growth factors to stimulate collagen too.

Come in and see us at Invigorate Advanced Aesthetics in Centennial, Colorado to start your Morpheus8 RF Microneedling or CO2 laser schedule.



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## Robyn Vigorito

Hi. My name is Robyn Vigorito, and I am the owner of Invigorate Advanced Aesthetics. As a Medical Injector, Trainer, and Advanced Aesthetics Provider, I bring a wealth of experience and passion to every topic, with a deep commitment to helping others look and feel their best. My goal is to write engaging content that provides information on the best treatments and techniques available.

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## Office hours

- Appointments outside these hours available upon request
- Monday: 9 AM – 5 PM
- Tuesday: 10 AM – 7 PM
- Wednesday: 10 AM – 7 PM
- Thursday: 9 AM – 5 PM
- Every other Saturday: 9 AM – 2 PM

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