

BEAUTY BASICS

The Evolving Face of Beauty



1. TRISH MCEVOY POWER OF MAKEUP PLANNER ROSE

\$60, Available at Private Edition and Nordstrom
My husband gave me this and it goes everywhere with me. I love the soft, luxe casing of this limited edition piece and all of the essentials inside. It doubles as an evening clutch (just stick keys, ID and debit card inside) and packs beautifully.

2. CUFF AND JURASSIC PEARL ETERNITY NECKLACE

Prices vary depending on jewels and size; available upon request from Vincent Peach at Galerie Ravin

I'm crazy about substantial statement pieces for day-to-night looks, like this cuff and eternity necklace.

3. TIBI CLOTHING

Available at Emmaline Boutique and Jamie
Finding chic, basic clothing that travels well is always a challenge. But, I've become addicted to the TIBI line, which is always on trend (without being too trendy) due to their superb fabrics. Look for pieces like these from their new fall collection.

4. HIGH DENSITY LIFT BY NATURA BISSE

\$290, available at Woo Skincare and Cosmetics, Jamie, and Skinbar

Staying hydrated and fresh is a snap no matter how many late nights in a row I've endured. Results are visible instantly and ongoing due to PGDF growth factor and dual hyaluronic acid components. It's SO worth the money!

5. WRAPPED GOLD SLEEPING BEAUTY TURQUOISE, MANDARIN GARNET, AND PINK RUBY HOOPS

\$128, Ash Blue

A great way to subtly change your wardrobe before cooler weather sets in? Add fresh pieces of jewelry that are truly all-season. For evening, I like a great gold hoop earring with embellishments.

6. FREQUENT FLYER AIRTIGHT TRAVEL KIT

\$36, Sephora

For quick trips, this kit is a lifesaver. It includes seven containers that are completely air-tight meaning they save products and keep your best lotions, oils, and creams free from bacteria. Plus, it's TSA friendly and super light.

You can see more of Stacie's finds on her blog, southernsophisticate.com.

IMAGINE IF NASHVILLE LIFESTYLES MAGAZINE had been around in Renaissance times. Cover models would have been voluptuous, full-figured women in big ruffled gowns! Fast forward a few centuries to the 1990s, when models like Kate Moss popularized the rail-thin, waif look, and grunge was in. Fortunately, our standards of beauty and fashion today reflect a healthier, less extreme tone.

BEAUTY IN FACIAL AESTHETICS, like fashion, changes with the times. The "old-school" concept of facial rejuvenation was a tight, hollow, gaunt appearance that was free of wrinkles but did not look natural. These changes were permanent and irreversible. Today, we have a better understanding of facial beauty. True experts in facial rejuvenation can achieve relative proportions of classic beauty with modern products and procedures to produce elegant, sophisticated results which may be modified to improve our appearance at each stage of life.

SOME HIGHLIGHTS OF OUR CURRENT BEAUTY TRENDS:

- Products that produce longer, fuller, darker eyelashes
- Improved injectable agents that produce ideal facial proportionality while preserving our natural look and appearance. These products are relatively long lasting, and many may be modified after injection.
- Correction of age-related volume loss to recapture youthful facial contours
- Restoration of deflated lips to reduce lines and produce a natural, youthful size, shape, and proportionality
- Preservation of your unique facial features
- Reversing the appearance of environmental and aging effects on the skin

IN SUMMARY, today's facial aesthetic trends are not "trendy" at all—but more of a reflection of classic beauty at every age. This "less is more" approach can be achieved with an emphasis on healthy skin, and preservation of one's natural look by recapturing the natural contours, proportions, and volume of youth. Only the most knowledgeable and experienced experts are able to produce these outcomes; choose your specialist with care!



Dr. Brian S. Biesman is the Director of the Nashville Centre for Laser and Facial Surgery. He specializes in cosmetic and reconstructive eyelid surgery and minimally invasive rejuvenation techniques, including injectables and laser and technology-based procedures. Dr. Biesman is a Clinical Assistant Professor at Vanderbilt University Medical Center, and has achieved national recognition from his peers for Excellence in Teaching, Clinical Use of Lasers, Laser Research, and for contributions made to the field of aesthetic oculo-facial surgery. His ongoing research efforts are focused on advancing the field of aesthetics.

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