

The 8 point approach

To understand the ageing process, identify these key facial areas

You may have noticed changes in these 8 areas. Grab a mirror, answer a few quick questions, print this form, and then discuss with your clinician.



Understanding how faces change

As we age, we lose volume across the face and often the first signs can be seen in 8 distinct areas. Looking for facial shadows and depressions can help you identify where this soft tissue under the skin has been lost. Dermal fillers, including those made from naturally occurring sugars, can be used to replace volume at these key points to revolumise youthful curves, enhancing or rejuvenating, for a natural looking result.



Understand the key areas where volume loss is seen the most

1 and 2. Cheek structure

Youthful cheeks are naturally full of volume. This makes them smooth and well defined. As we get older, we start to lose this youthful definition.

Look in the mirror with your head at a 45-degree angle.

Does your cheekbone area look a little flat?

☐ YES ☐ NO



3. Tear troughs

The circles under the eyes are known as tear troughs. Hollow depressions in this area, and slightly flatter cheeks, can create a tired look even when you feel fine.

Look in the mirror with your head tilted down.

Can you see shadows or hollow areas under your eyes?

☐ YES ☐ NO



4. Nasolabial folds

The lines that run from the corner of the nose to the mouth are known as 'nasolabial folds'. As gravity pulls down soft tissue volume in our face over time, these lines gradually deepen.

Look at your face in the mirror while remaining expressionless.

Can you see the lines that run from the corner of your nose to the corner of your mouth?

☐ YES ☐ NO

When you smile, do existing lines become deeper?

☐ YES ☐ NO



5. Mouth frown

Where the corners of the mouth begin to turn downwards is known as a mouth frown.

Look at the corners of your mouth in the mirror.

Has this area become slightly hollow? Do the corners of the mouth turn down slightly?

☐ YES ☐ NO

Now pinch your skin at the point indicated in the photo.

Does the skin fold? Do you notice a line here?

☐ YES ☐ NO



6. Pre-jowl area

Jowls are caused as excess soft tissue volume is pushed down the face over time. Jowls gradually appear as we age and can create a heavy appearance.

Look at your chin in the mirror with your head tilting down.

Do you notice any heaviness along your jawline?

☐ YES ☐ NO

Now turn your head as much as you can to check your profile.

Can you see development of excess volume?

☐ YES ☐ NO



7. Jawline

A youthful jawline is defined by a smooth line extending from the corner of the jaw to the chin. As we age, jawlines lose definition.

Look in the mirror with your head tilting down

Do you notice any hollowing or unevenness along your jawline?

☐ YES ☐ NO



8. Cheek volume

Volume loss in the mid-face can cause the cheeks to appear hollow.

Turn your head at a 45-degree angle.

Do you notice a loss of the full curves of the mid face?

Do your cheeks now appear hollow?

☐ YES ☐ NO



Do you have any particular areas of concern?

Tick boxes for any facial areas you wish to discuss with your clinician.

☐ Cheek structure

☐ Jowl area

☐ Tear troughs

☐ Jawline

☐ Mid-cheek area

☐ Lip lines

☐ Nasolabial folds

☐ Lip enhancement

☐ Mouth frown

☐ Other – please specify _____

What are my treatment options?

Now you've seen how The 8 Point Approach helps you understand the key areas on the face, print this document and discuss with your clinician.