

Nobody 'Nose' Your Age Like Your Face

The ancient Greeks knew how important the nose was to the whole look of the face. In fact, they even studied the "perfect nose," examining its height, width and proportion to all the other facial features. Let's face it, everything from your looks (good or bad)-to your ethnic heritage is defined as much by your nose as by your skin tone and hair texture. Of course, each culture has its own definition of beauty, so a "Roman" nose would obviously not be particularly flattering on an Eskimo.



By Dawn Bruno

Barbara Streisand

A definite improvement from the nose of her youth, though you can see that her nose is getting thicker in the center as she is aging.

The "classically beautiful" nose is perfectly proportioned. This means that each part of the nose is correctly sized in relation to each other part of the face. Even Michelangelo sculpted the width of the nose to be exactly equal to the width of an eye. He felt that the nose should be just wide enough at the base to fit between the eyes. Other classical sculptors believed that the nose should be as long as the height of the ear. And plastic surgeons-our modern day sculptors? Most would agree that the nose should be strong and high, adding definition to the upper face, and separating the eyes. The bottom line is that the nose should fit the face of the individual, matching the proportions of the chin, cheekbones, forehead, eyes and ears.

When we think of the ideal nose, many celebrities and models come to mind: Catherine Zeta Jones, Christy Turlington, Michele Pfeiffer, Kristin Davis. But even an attractive nose can lose its beauty over time. What happens when a good nose goes bad? Your age is as plain as the nose on your face. As you grow older, the layers of skin begin to shrink and the muscles of your face loosen and become slack. Gradually, as the years advance, you may begin to notice your nose drooping at the tip and thickening at the base. These changes are the result of aging, heredity and gravity, which can be a dead giveaway to how old you are. Even if you've already had a nose job at an earlier age, no one can escape the wrath of aging, therefore as your nose changes its shape over the years, the only way to truly return to the pinnacle of your youth is to get a second procedure.

Getting a Second Chance

Michael Sachs, MD, NYC and London plastic surgeon, is the pioneer of a new technique called "Finesse rhinoplasty" that can reshape an aging nose in the time of a lunch hour. In fact, with this procedure, it only takes 15 minutes to reshape the nose, making it totally possible to combine a shopping trip with the operation. And the doctor, who has turned more than 30,000 nose procedures, chuckles that many of his patients have done just that, "This is the only restoration technique that sculpts and molds the bone from the inside of the nose without breaking the bones or cutting the cartilages. Because nasal bones are not broken, the recovery time is short. There is very little or no bruising and the result is a more contoured, natural result. Patients can resume to normal activities in one week." Sachs also says that no nasal packing is required--just a light tape dressing to remind the patient to take care, which is removed after about five days.

How much does it cost to save face? Patients can expect to pay through the nose: \$5,000 to 6,000.

Dr. Sachs notes that while this is a good procedure that will certainly disguise the face-clock, it is not for everyone, and at times, he must turn patients away. If a patient, for example has already had multiple nose surgeries, it is almost impossible for any surgeon to get a good result, as they have very little cartilage to work with. (Think Michael Jackson.) In addition, a prospective patient must have realistic expectations before undergoing surgery. They cannot expect the surgery to be a life transformation or to turn them into their favorite celebrity's double. A good patient is someone who hasn't had any nose jobs or maybe one, and just needs to tweak their beak.

Nose Picks

Who 'nose' how old these celebrities really are? Some of them have gone through one or more faces to "keep up their appearances." Courtney Love has reportedly had at least five rhino jobs to date in hopes to rub noses with the "beautiful people."



Elizabeth Taylor

One of Liz's more glamorous shots in late, her nose certainly looks like a shorter version than that in her youth. She should definitely stay out of the cutting room.



Sarah Jessica Parker

Sexier than ever, Sarah looks as if she's got it all. But her nose does appear a bit fatter, pointing downward at the tip. There's a good chance, that in time, it will worsen, giving her a harder look.



Meryl Streep

It looks like Meryl's nose has dramatically sloped down, making a point. Shortening and rounding out the end could take about seven to 10 years off her face.