

e-book

THE 5 TRUTHS OF FACIAL HARMONIZATION

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THE 5 TRUTHS OF FACIAL HARMONIZATION

“ Facial matching is a term that was created some time ago but is now in vogue. So a lot of people ask me a lot about this, and recently I received a question that made me angry and that's why I decided to tell you about the **five truths about facial harmonization.** ”

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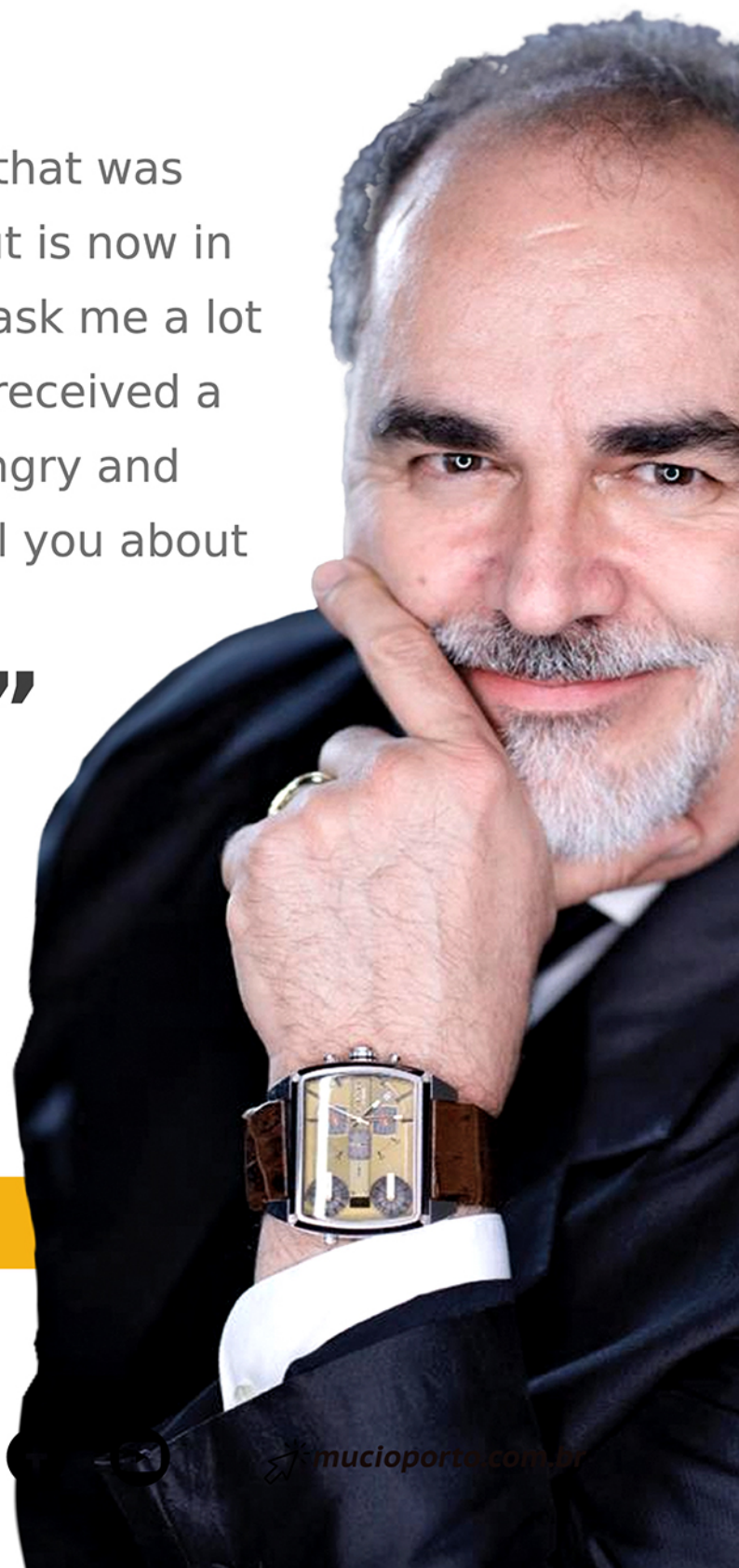
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**Facial
harmonization
it is a medical
procedure.**



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“A patient told me: Doctor Múcio, I want to do a facial harmonization, but you are a plastic surgeon and I know that facial harmonization is done by dentists. And I said, oh! ”

Here comes the first truth, boys and girls, facial harmonization is a medical procedure where we will work to give more balance to your face.

Even the term facial harmonization was coined by a friend of ours, Dr. Maurício de Maio, a few years ago and we started doing this a long time ago. And then, suddenly, I don't know why, in Brazil, let's say, very interesting transformations happen. Dentists, our dentist colleagues and friends, felt it was time to move the face. Enough with the mouth. For what mouth? Tooth. Not.

What I suggest is that, if you want to do a facial harmonization, look for your doctor, your plastic surgeon or your dermatologist and be happy. Now, sure, but do you have the dentists? OK. Is there someone you trust? Go there.

But it is absolutely a medical procedure, where plastic surgeons and dermatologists have been working for decades with facial harmonization, where you will balance features and measurements, you know? Thirds and fifths of your face and do a treatment so that there is this harmonization, that is, so that you have a certain beautification and balance of your face.



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**Facial
harmonization is
done by fillers.**



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// Fillers are basically tissue gels, chemical products that we use to redefine. //

When you balance a face using gels, that is, using medical products and hyaluronic acid-based products, I am harmonizing. I mean, we are trying to restore the face, that balance, that freshness, that youth, which is lost over time and that it is natural for our face to break, for this face to collapse, for this face to fall, because we open the mouth and we stretch the tissues, so the tissues relax, so we lose that definition, which we have there when we are twenty, thirty years old. So facial pairing as the second truth is done with fillers.

Fillers, are gels usually made with hyaluronic acid, which are injected under our skin, trying to fill juices and depressions and redefining areas such as the malar region, the region of the edge of the jaw, the lips, the chin and the nose itself.

There is a new concept, from about ten years ago, which are biostimulators.


Biostimulators are drugs that will be injected under your skin in the middle of the fat on your face or body, to stimulate the fat and collagen production of our face. So, unlike fillers, biostimulators, they're not going to add volume, they're not going to define your cheekbones, they're not going to enlarge your mouth, they're not going to redefine your lips. The biostimulators they will give firmness.



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**Facial
harmonization
doesn't make
you bulky or
bulky.**



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// But this facial harmonization thing doesn't work because I know everyone gets chubby, gets a huge chin, gets a mouth like a fish. //

That's a lie! The truth is, people don't get bulky. The problem is not the treatment, it is who does the treatment. Because there are people who think that to be young is to be inflated like a fish that looks like it's going to explode. This is not facial harmonization, this is facial aesthetic disgrace. It's not common. It's like people don't think that a facelift you have to have that wide eye, with that tight face. It's never been plastic surgery, that's an aesthetic disaster, it depends on who you choose to do the procedure with, but it's not a rule.

So the third truth is that people don't get bulky.



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**Facial
harmonization
doesn't make
clones.**



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// Fourth truth is that people think that everyone looks the same. Unfortunately we have seen this. //

People, actresses, celebrities, those people who are going to do facial harmonization, they come out with that square jaw, you know? I'm not going to name names here, but you just have to look at the media in general. You will see Fulana, the celebrity, who has changed her face. Because she is similar to the other who is the same as the other. So folks, fourth truth. Facial matching doesn't make people look like clones of each other. Facial pairing doesn't mean that if you do it, you'll get the face of that girl you hate, or that you adore. Not. A well done facial pairing, it will depend on your structure, your anatomy, your harmony. That's why the doctor has to have this concept, you know? I like to talk about balance in my classes, like this: that students, they don't just have to learn to inject botox, they have to develop their personal artistic standard. It's not just dosing, it's a little different from what we do to save a life, for example. A good review makes all the difference.



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**Facial
harmonization
has a lifting
effect.**



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// The fifth truth is that yes, facial pairing will give you a lifting effect. //

Look how wonderful, look how beautiful this is, look how this one is, it's soft, it's nice to hear. Lifting effect. What does that mean?

From British English, lifting means lifting. What happens to your face? I'm sixty. How much are you? Fifty-five? Seventy? Thirty seven? Get ready because after thirty people start to lose collagen, two percent a year.

After thirty, we usually start to lose that cohesive face block that we have there before thirty. Naturally because of genetics and the things you do with your life like, excess sun, lack of animal protein and there's a lot of things that we have in our lives. Then, depending on a number of things, our face starts to break. It starts to fall off, it starts to stretch, it starts to lose definition.

So when injecting a product to fill an area that is losing this tension in the tissue, I will automatically lift that area, soon a facelift will be done.



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