

How to avoid trout pout!

Q: “I’d love to get my lips made plumper, but without the trout pout of Kylie Jenner. How do I get a fuller looking mouth without a large unnatural look?”



A: “Remember that ‘trout pout’ is really dependent on how much filler is used,” explains Dr Maureen Allem, medical director and founder of **Skin Renewal** clinics. Ask how much filler they plan to inject, she says. “That ‘pout look’ that many celebs have is because it’s a particular fashion and is requested by the client. But many people have filler and no one would ever guess because they aren’t having excessive amounts injected and they specifically want a natural look rather than huge, plumply filled lips.” Allem explains that while, yes, many celebs take it to the extreme, most women who have it done with an experienced injector experience great results. The trick to no one ever knowing about your filler is having it done so well (and so conservatively) that it looks completely natural, she adds.

To read the full article visit: <http://womenshealthsa.co.za/beauty/how-to-avoid-trout-pout/>