

# Balance

## THE SCIENCE OF BEAUTY

Beauty may be in the eye of the beholder, but that hasn't kept researchers from investigating the science behind the perception of beauty. Many of the most popularly held beliefs boil down to proportion and symmetry.

The ancient Greeks, among others, used the golden ratio (also known as the divine proportion) of 1:1.6 as a basis for creating works of beauty, particularly in art and architecture. That same ratio is often applied to studies of facial beauty, with attractiveness being described as a face that is roughly one and a half times as long as it is wide.

A 2009 study, however, debunks this single golden ratio in favor of two golden ratios. Researchers at the University of Toronto and the University of California in San Diego found two desirable ratios for length and width, with both dependent on the relationship between the eyes, the mouth, and the perimeter of the face. Participants identified female faces as being most attractive when the distance between the eyes and the mouth was roughly 36 percent of the face's overall length. Looking at it horizontally, faces with a distance between the eyes that was approximately 46 percent of the total width of the face were also deemed most attractive.



Dr. Vartan Mardirossian, a plastic surgeon specializing in facial feminization at Mardirossian Facial Aesthetics in Jupiter, believes the eyes are the absolute center of the female face and every feature should work in harmony to bring focus to them. When it comes to the forehead, this means slightly raised eyebrows that extend over the outside corners of the eyes. For the cheeks, it results in prominent bones that project light into the eyes. All of these elements combine to draw attention to the eyes and, hopefully, project an undeniable beauty.

"Each face has its own mixture of harmonious features that make it beautiful," Mardirossian says. "We can only study these features based on perception." (561-624-0900, [palmbeachplastics.com](http://palmbeachplastics.com)) —M.M.



*Specializing in treating the patient as opposed to just the symptoms.* — Dr. Becky Campbell

### WHAT DIFFERENTIATES YOUR PRACTICE FROM OTHER SPECIALISTS IN THE FIELD?

Patients come to me with issues such as thyroid disorders, diabetes, autoimmune disease, fatigue, weight gain, depression, and anxiety. I look to find the root cause of the issue instead of treating the symptoms. I give each person a unique, individualized treatment plan based on what I find from our specialized testing.

### WHAT MADE YOU BECOME A DOCTOR OF NATURAL MEDICINE?

I suffered with symptoms I could not understand for years. I went to countless doctors and got little to no answers. Then I started to research things on my own and finally found a functional/natural medicine doctor who really helped me. I knew that was what I wanted to do for other people, and I've been on this journey ever since. Check out our website at [drbeckycampbell.com](http://drbeckycampbell.com) for recipes, exercise tips, and information on multiple health topics.

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