

Women's facial attractiveness nowadays – results from analysis of public figures

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Abstract: *Aim. To identify the main facial features associated to facial attractiveness in women nowadays.*

Method. A descriptive study was conducted on a sample of 20 female public figures, very famous and successful women, most frequently actresses, singers or models, considered very beautiful nowadays. Their selection followed the analysis of several recent tops that aimed identifying most beautiful women, in which raters were lay persons. Data was collected by analyzing photos from frontal and lateral view, during rest position and smiling.

Results. The persons analyzed registered diverse facial traits. Most obvious trends, encountered in more than 75% of them, included: Caucasian race; straight and long hair; average nasal tip protrusion; maxillary dental midline concordant to facial midline; a thicker lower lip compared to the upper lip; exposure of only maxillary incisors during smile; decreased or absent buccal corridor; maxillary central incisors of oval/rectangular shape; absence of maxillary teeth crowding. Other frequently encountered features were: American nationality; brown hair; eyes with medium size, almond shape, wide set, of green color; nose with an average width; face with a decreased lower third and a slightly convex profile; a thick lower lip and an average upper lip; exposure during smiling till the first molar, with a normal smile line.

Conclusions. The public beautiful women nowadays register features that are generally associated to an increased facial attractiveness. Knowledge of trends in facial beauty is useful in dental practice, in order to understand better patient's need in terms of esthetic expectations.

Keywords: *esthetics; beautiful; dentistry*

INTRODUCTION

Nowadays, in the modern society physical appearance and facial esthetics play an important part in communication in everyday life, which associated changes of patients' perception on various aspects related to them,

including dental treatments. Exposure to mass media (television, internet, movies) influenced perception of human attractiveness, which registered in time changes, some of the considerable. Consequently, more and more in the dental field preoccupations that target providing esthetic outcomes can be observed. In this context, the dentist must know and understand what is considered attractive nowadays, in order to

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explain to the patient what are the possibilities and limits of the interventions provided by him. The diversity of clinical situation require dental treatment individualization, and a specific plan in order to enhance facial attractiveness. Considering beauty has a biological inherent dimension, each treatment should be adapted according to ones features. One particular intervention that had a good outcome from an esthetic point of view in one person, does not necessary have a similar good outcome in another.

The aim of this study was to identify the main facial features associated to facial attractiveness in women nowadays.

METHOD

A descriptive study was conducted on a sample of female public figures, very famous and successful women, most frequently actresses, singers or models, considered very beautiful nowadays. Their selection followed the analysis of several recent tops that aimed identifying most beautiful women nowadays, in which raters were lay persons that voted online, of different ages and nationality. In the study sample was targeted to be included 20 women, most frequently encountered in these tops, as being considered very beautiful and attractive.

Data upon facial characteristics was collected by analyzing photos from frontal and lateral view, during rest position and smiling. Considering the inability to personally examine the subjects, an extensive search was conducted in order to identify as many photos as possible. Two persons evaluated each person independently, and for discrepancies between them

consensus was achieved together with a third evaluator afterword. Study variables included personal data (age, sex, nationality, race), general features of the face, hair, eyes and nose, lips, teeth, some registered during rest or smile position.

Data on medical interventions with impact on face attractiveness was also searched, main being triggered two directions – dental treatment (e.g, prosthetic restorations, orthodontic treatment, tooth whitening) and plastic surgery or other interventions to the face, nose or lips. Data was collected through photo inspection aided by metric and angular measurements performed in Adobe Photoshop software.

Data analysis was mainly based on descriptive statistics, targeting describing facial attractiveness patterns by describing most frequent encountered characteristics in females considered very beautiful and attractive. Microsoft Excel and SPSS (Statistical Package for the Social Sciences) were used.

RESULTS

The persons analyzed registered diverse facial traits. Of the 20 persons, for one was not found any picture while smiling. Most obvious trends, encountered in more than 75% of them, included the following: Caucasian race; straight and long hair; average nasal tip protrusion; maxillary dental midline concordant to facial midline; a thicker lower lip compared to the upper lip; exposure of only maxillary incisors during smile; decreased or absent buccal corridor; maxillary central incisors of oval/rectangular shape; absence of maxillary teeth crowding; presence of teeth whitening.

Figure 1: Aspect of the lips of the women analyzed



Other frequently encountered features, found in more than 50% of the analyzed persons, were: American nationality; brown hair; eyes with medium size, almond shape, wide set, of green color; nose with an average width; face with a decreased lower third and

a slightly convex profile; a thick lower lip and an average upper lip; exposure during smiling till the first molar, with a normal smile line (Table 1, Figure 1 and 2).

Table 1: General and facial characteristics of the beautiful women analyzed

Age (years)	mean: 31; median: 29.5; range: 24-49
Nationality	American (n=11); Indian (n=2); English (n=2); Ukrainian (n=2)
Race	Caucasian (n=18); African-American (n=2)
Hair	color: brown (n=11); blond (n=8); brunette (n=1) aspect: straight (n=16); curly (n=4) length: long (n=17); short (n=3)
Eyes	size: medium (n=13); big (n=4); small (n=3) shape: almond eyes (n=10) position: wide set eyes (n=11); average set eyes (n=7); close set eyes (n=2) color: green (n=10); brown (n=6); blue (n=4)
Nose	nose width: average (n=12); narrow (n=5); wide (n=3) nasal tip protrusion: average (n=15); protruded (n=4); retruded (n=1) nasolabial angle: increased (n=12); medium (n=6); decreased (n=2)
Face shape	pentagon (n=7); oval (n=6); square (n=3); round (n=2); rectangular (n=2)
Dental midline to facial midline	concordant (n=17); slightly deviated (n=2)
Vertical facial proportion	decreased lower third of the face (n=12); similarity of lower and middle third (n=5); increased lower third (n=3)
Profile	slightly convex (n=14); straight (n=6)
Lips	upper lip volume average (n=12); thick (n=7); thin (n=1) lower lip volume: thick (n=13); thin (n=7) comparative evaluation: thicker lower lip (n=18); thicker upper lip (n=2)
Tooth exposure while smiling	only maxillary teeth (n=16); maxillary and mandibular teeth (n=3) till the first molar (n=10), second premolars (n=8), canines (n=1) normal exposure of maxillary central incisors/smile line (n=13); lower exposure of maxillary central incisors (n=3); gummy smile (n=4)
Buccal corridor	decreased or absent (n=14)
Central maxillary incisors	form: oval/rectangular (n=15); triangular (n=4) size: average (n=15); bigger (n=4)
Maxillary teeth crowding	absent (n=16); mild (n=3)
Interventions with impact on facial esthetics	dental prosthesis (n=2); teeth whitening (n=14); orthodontic treatment (n=2); interventions to the nose (n=3); interventions to the chin (n=1)

DISCUSSION

This study's results, by the high percentages observed in many facial traits, suggest that in the public opinion there is a facial pattern of female attractiveness. Some of them (e.g. facial symmetry, normal smile line) are in accordance to general norm that define a beautiful face.

In this study the majority of the persons were of

American nationality and Caucasians. This may be primarily linked to the way study sample was formed, more precisely of actresses, singers and models. The American movie and music industries are very well developed and mediatized worldwide, through this probably influencing lay person perception of facial attractiveness.

The age of the persons included in this study sample was variable, from 29 to 49 years old. In this regard,

should be noticed that it can be said that beautiful and attractive women in current society does not equal young women, but also middle-aged ones.

Figure 2: Aspect of the smile of the women analyzed



Oval and pentagonal face forms are generally considered as being most attractive form face [1], these being the most frequently observed in this study sample. Also, symmetry is another aspect that is known to influence facial attractiveness [2], which is also supported by the results of this study. In our sample of women considered very attractive there were found most frequently persons with a reduced lower facial third, and very few with an increased lower facial third, results that are supported by the findings of numerous studies [3].

Lips are considered to play an important role in facial attractiveness, one important parameter being lips' thickness [4,5]. In females analyzed in this study were generally found to have thick lips, most frequently the lower lip being thicker than the upper lip. Generally an equal thickness of upper and lower lip is perceived as unaesthetic, this situation not being encountered in this study.

Smile is considered as greatly influencing facial attractiveness, dental treatments being often solicited for remediating some problems as perceived by patients, therefore an accurate evaluation of it being recommended [6]. Aspects as color of teeth and gingival display are well known to play an important

role in smile appearance [7,8]. This aspect is confirmed by this study results as most persons had normal smile line, and an important part tooth whitening. Also, most of the persons presented an increased smile width and a decreased or absent buccal corridor, which is confirmed by some studies to be related to an increased facial attractiveness [9,10].

An attractive facial profile includes often, beside ones natural traits, also artificial improvements through interventions, some medical, as the dental ones. In this study was tried to identify medical interventions made in order to increase facial esthetics. This aspect is difficult to analyze but, even so, by comparing nowadays to previous photos, there were identified several dental interventions, namely presence of fixed prosthetic restoration, tooth whitening and orthodontic treatment, for the previous one pictures of the persons or/and their own statements being used. Considering that, it is important for the dentists of various specialty (e.g., orthodontists, prosthodontist) to know and understand lay persons' perception on facial attractiveness, in order to deliver most appropriate interventions, in accordance to patient's need and expectations [11-13].

Among study limitation can be mentioned the method of data collection, considering the difficulties in finding adequate photos for a correct analysis and difficulties in assessing prior intervention made to enhance facial esthetics. Even so, there were mainly registered variables that were relatively easy to be assessed. Also, another limitation is the relative small sample size, considering the numerous beautiful women that are public figures nowadays.

CONCLUSIONS

The public beautiful women nowadays register features that are generally associated to an increased

facial attractiveness. Knowledge of trends in facial beauty is useful in dental practice, in order to understand better patient's need in terms of esthetic expectations, and for adapting to his practice by including newest treatment that aim improving esthetics. The dentist can also use example of public beautiful women in order to explain and argument his recommendations regarding certain treatment conduct, from an esthetic point of view.

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