

COSMOPOLITAN

Ben Talei, MD of Beverly Hills Featured in Cosmo

Ben Talei, MD is an elite, nationally-recognized facial plastic surgeon who was recently featured in an article by Julie Schott, beauty director at Cosmo.com. In the article, Julie relates her office visit with Dr. Talei and how he helped her make an informed decision about rhinoplasty in part by explaining how beauty is not always symmetrical.



When Talei — who's younger than most of his Beverly Hills peers — arrived, he spoke freely about nightmare patients, ones who filed lawsuits or left 20 Yelp reviews under different names. I told him about the surgeon who had divided my face up like a math equation. “The whole measurement and ratios of the face, they’re used as guidelines if you’re somebody who doesn’t get it, or will never have the ability to understand faces,” he said, emphatically.

“The most beautiful people in the world do not follow that rule. Realistically you have to look at how the face is balanced. If you’re able to imagine the changes and you have taste, then you don’t rely on the numbers.” We looked at pictures of Marilyn Monroe on an iPad — one of her real face, and two of her face rendered in perfect symmetry, neither of which improved upon the asymmetrical version. Later that day, I relayed to two friends what Talei had told me in the appointment. “Turn to the side,” one of them, Sophie, said, so she could assess my profile. “Your nose seems fine. I never would’ve noticed it.”

I was embarrassed to have revealed something uglier than a perceived facial flaw, that I needed constant reassurance to exist comfortably in my own body. People who like themselves don't coax morsels of praise out of others. They don't doctor-shop. They probably don't get plastic surgery. "I was just curious," I said half truthfully. "I won't actually do it." Not because I had miraculously accepted my nose, but because I knew that losing a few millimeters wouldn't change anything. We settled into Sophie's couch, and began the passive ritual of scrolling through Instagram, dissecting objectively-gorgeous celebrities as they arrived