

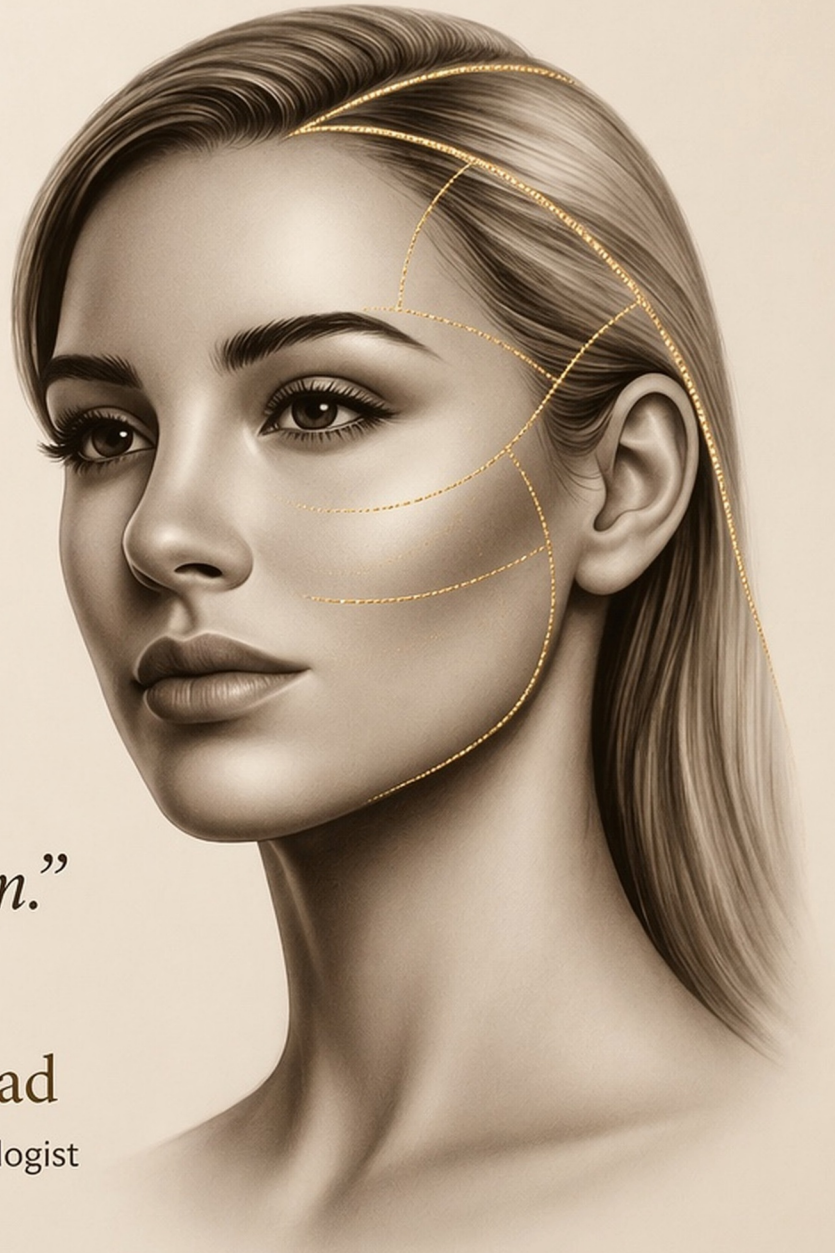
HARMONY-5TM METHOD

A Signature Clinical Approach
to Facial Aesthetic Mapping

*“We don’t just
fill faces.
We harmonize them.”*

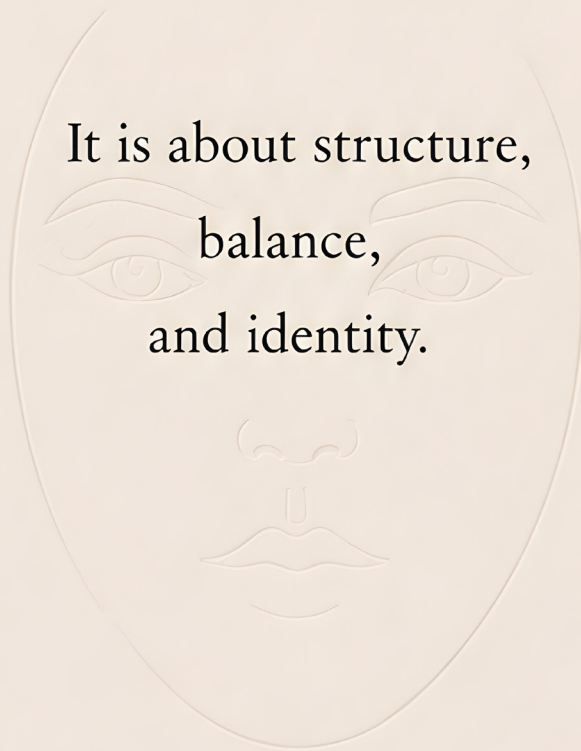
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IT IS NOT ABOUT VOLUME

It is about structure,
balance,
and identity.



FACIAL HARMONIZATION

As an aesthetic dermatologist,
I see facial harmonization
as a practice that requires
an understanding of cultural,
anatomical, and emotional
dimensions.

The guide I have created
outlines a holistic strategy
for injection mapping,
taking into account
unique osseous and soft tissue
characteristics.

My aim is to provide an approach
that respects individual features
while promoting graceful,
natural beautification.



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FOREWORD

Not every face is designed to fit Western injection codes. Arab faces carry their own unique aesthetic rhythm. They have fuller midfaces, smoother mandibular lines, distinct tear trough anatomy, and stronger medial vectors. Most filler systems ignore that.

That's why I built the Harmony-5™ Method. A 5-zone framework based on anatomical logic, emotional resonance, and cultural truth. It doesn't try to change the face.

*Beauty isn't manufactured. It's protected.
Harmony is knowing what not to touch.*

The face is not a canvas. It's a map, a coded language of proportion, identity, and history. And in Arab faces, that language follows different rules. There's a softer convexity to the midface, a natural strength in the lower third, and a deeper expression across the glabella and brow.

These aren't flaws. They're the grammar of a different aesthetic language, one that most global filler systems weren't built to read.

Working as a dermatologist between Germany and the Arab world, I kept seeing the same disconnect. Overfilled cheeks, erased character, imported ideals that didn't belong.

What was missing wasn't product. It was perspective.

Harmony-5™ is my answer. It's not a technique. It's a listening system. It maps five key aesthetic zones (H1–H5) based on what faces actually need: anatomical safety, cultural awareness, and expressive preservation.

Dr. Yousef Abo Zarad
Germany, 2026

THE AESTHETIC IDENTITY

Understanding Facial Identity

The face does not refer to a single structure; it is a spectrum of phenotypes spanning the Levant, the Gulf, North Africa, and beyond. Yet, consistent patterns exist in facial structure, soft tissue dynamics, and aesthetic ideals:



Feature	Typical Characteristic	Clinical Implication
Glabella & Forehead	Deeper glabellar crease; prominent procerus activity	High risk for over-freezing with ETX. Balanced injection needed.
Midface	Broad malar area, often with tear trough volume deficit	Favor indirect cheek support before direct under-eye filler.
Nasolabial	Medium to deep fold even in younger patients	Results improve more from midface lift than direct injection.
Lower Face (Men)	Strong jawline, pronounced masseter	Avoid over-volumization in chin; risk of feminization.
Lower Face (Women)	Slightly convex chin, soft jaw transitions	Focus on lateral jawcontouring, not sharp angles.
Skin	Fitzpatrick III–V sebaceous, pigment-prone	—

Emotional Coding & Cultural Sensitivity

Aesthetic ideals place high value on expressions of dignity, warmth, and youth without aggressive alteration. Overfilled lips, exaggerated contours, or sharp “Instagram angles” are often rejected socially.

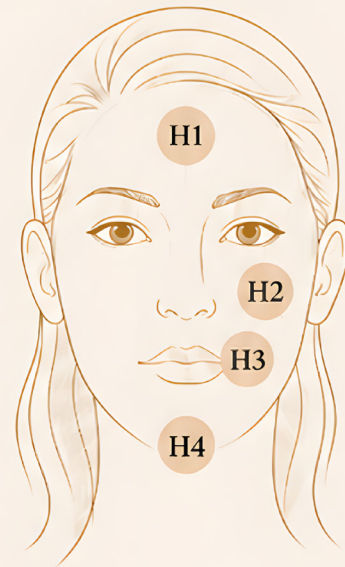
Harmony-5 was built to align with this aesthetic language.

It prioritizes soft balance over maximal lift.

THE HARMONY-5™ METHOD

Harmony-5™ is a structured facial mapping system that divides the face into five aesthetic zones (H1 to H5).

Each zone follows a distinct anatomical logic, aging pattern, and injection strategy, allowing controlled and region-specific outcomes.



Zone Mapping Overview

Zone	Region	Goal
H1	Upper third (forehead, temples)	Soft lift, brow feminization or masculinization
H2	Midface (cheek, tear trough)	Projection, light reflection, under-eye clarity
H3	Nasolabial and smile zone (nasolabial fold, pyriform area, dynamic smile)	Fold support, smile balance, and soft transition correction
H4	Lower face (chin, pre-jowl, labiomental sulcus, marionette area)	Projection, contour shaping, sulcus correction
H5	Jawline and mandibular angle	Definition, V-shaping (female) or angular enhancement (male)

Unlike standard MD Codes, Harmony-5™ follows a different philosophy:

- **Ethnically adapted**, designed for diverse facial structures
- **Layer-aware**, integrating deep-to-superficial logic
- **Emotionally mapped**, preserving expression while restoring balance

Harmony-5™ is not a coding system.

It is a clinical decision-making framework.

This section outlines the structural logic and clinical application of the method.

H1 — UPPER THIRD

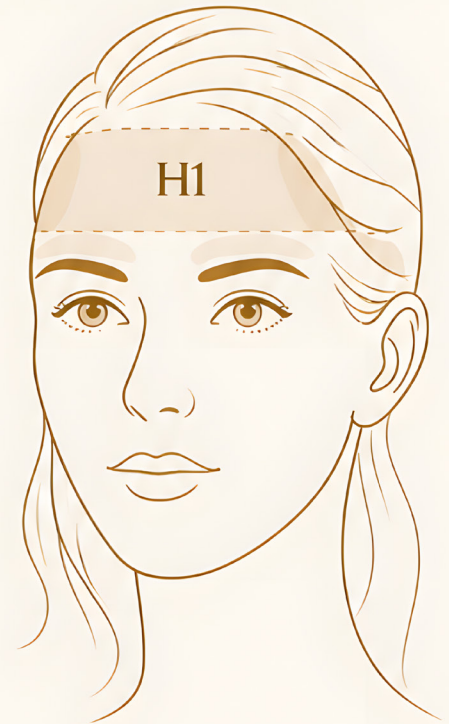
Region

Forehead, temples, glabella, brows

Core Goal

Soft lift, contour restoration,
brow feminization or masculinization

Each zone follows a distinct anatomical logic,
aging pattern, and injection strategy.
This allows for controlled, natural,
and region-specific outcomes.



1. Aesthetic Relevance

Feature	Typical Pattern
Forehead	Often wide and convex, with early volume loss in the lateral thirds
Temples	Earlier hollowing in women due to fat pad redistribution
Glabella	Active procerus and corrugator; prone to dynamic lines
Brows	Naturally straighter in men, gently arched in women

In Arab aesthetics, the upper third should express **openness, calm, and balance**, not excessive arching or freezing. This is especially relevant in public-facing cultures where emotional expression matters.

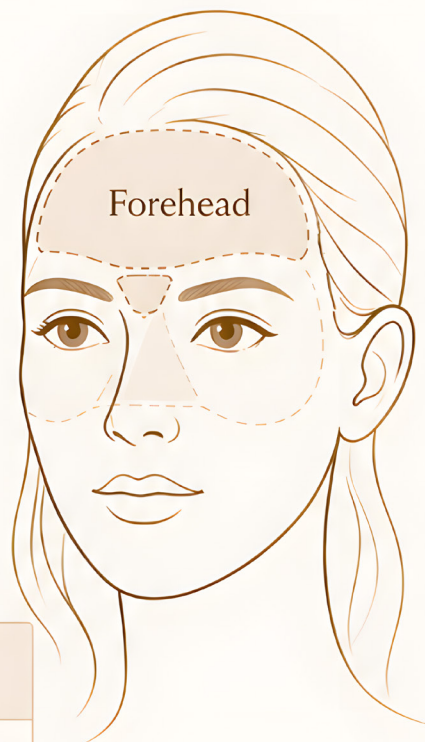


ANATOMY & INJECTION PLANES

Region: Forehead, temples, glabella, brows

Core Goal: Soft lift, contour restoration, brow feminization or masculinization

Each zone follows a distinct anatomical logic, aging pattern, and injection strategy. This allows for controlled, natural, and region-specific outcomes.



Structure	Plane	Risk
Forehead (frontalis)	Deep supraperiosteal. Avoid superficial lower forehead	Frontal artery branches
Temples	Deep preperiosteal plus cautious superficial subdermal placement	
Glabella	Avoid filler. BTX only (high vascular risk zone)	
Brow lift	Subdermal lateral brow support. Avoid central heaviness	

! Key note:

Harmony-5® strictly avoids glabellar filler. BTX only in a precise 5 point plan, with full awareness of depth and vascular landmarks.

ANATOMY & INJECTION PLANES



Structure	Product	Plane	Quantity	Risk
Forehead (frontalis)	Medium HA (controlled G') e.g., Volift / RHA 3	Deep supraperiosteal. <i>Avoid superficial lower forehead</i>	0.1–0.3 ml per side	Frontal artery branches
Temples	Medium to high G' HA	Deep supraperiosteal + <i>controlled superficial subdermal layering</i>	0.3–0.7 ml per side	Superficial temporal vessels
Glabella	BTX only	Intramuscular BTX only (5-point pattern)	—	High vascular area <i>Supratrochlear & supraorbital arteries</i>
Brow lift	Soft HA	Subdermal lateral brow support <i>Avoid central heaviness</i>	0.05–0.1 ml per side	Overlifting / asymmetry

Key note:

Harmony-5® avoids **glabellar filler**.

BTX only using a precise 5-point pattern,
with strict awareness of depth and vascular landmarks.