



May at Antony Institute

Come Back to *Yourself*

For the Woman Who Gives Everything

BOARD-CERTIFIED CARE FOR EVERY CHAPTER OF YOUR STORY

A SEASON OF CONFIDENCE

May is for you.

Not the version of you that shows up for everyone else. The version that exists when the house is quiet, when you catch your reflection and pause.

Not out of criticism, but recognition. A sense that somewhere between giving, building, nurturing and achieving... you drifted slightly out of alignment with yourself.

Motherhood, life, ambition—these are powerful forces. They shape not only your days, but your body. And while we embrace the world you have shaped for the better, very few conversations honor what it feels like to return to yourself afterward.

At Antony Institute, we believe that return is not indulgent. It is deeply deserved.

This May, we want to celebrate the women who give everything, and gently remind them that they deserve the same care in return - to restore, and to rediscover themselves with intention and care.





Mother's Day Facial

A curated facial experience designed exclusively for May. Includes Dermaplaning, Jelly Mask, and Hand massage. A \$210 value, offered at \$150.

The Art of Looking Effortless

\$13 per unit Botox this May. Whether you're maintaining your results or trying it for the first time, there's no better time to book. So smooth, it's almost criminal. Be sure to mention "The Art of Looking Effortless" when booking.



Glow Into May

VYBE RF Microneedling combines radiofrequency energy and microneedling to stimulate collagen, tighten skin, and refine texture from within. Little to no downtime, big results.

- 10% OFF a single session
- 15% OFF a package of 2
- 20% OFF a package of 3

Confidence, Perfected

Motherhood changes everything, including your body. If you're ready to feel like yourself again, enjoy **\$50 OFF** your Mommy Makeover consultation this month. Please mention "**Confident May, Confident Me**"



These exceptional offers are valid through May 31st.
Please call our office at (919) 296-0256 or complete the form
using the button below to secure your special pricing before the
month ends.

Promotion terms and offers subject to change.

Contact Us Today



Motherhood reshapes you in ways no one fully prepares you for. The sleepless nights, the physical changes, the quiet moments where you catch your reflection and wonder when you stopped feeling like yourself.

In my years of practice, I have sat across from so many women in that exact place. Women who have given everything, to their children, their partners, their careers, and who have quietly put themselves last for longer than they can remember.

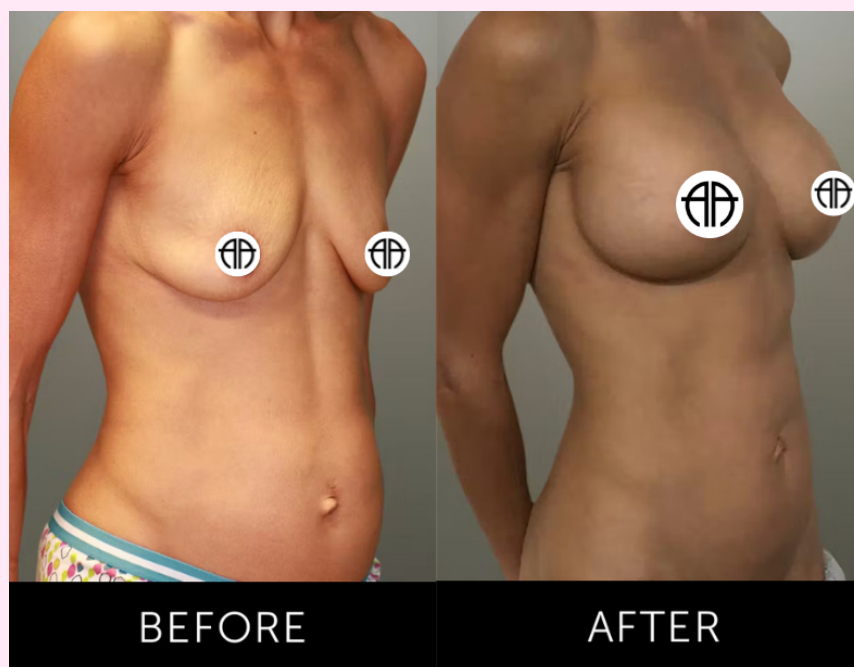
What I want you to know is this: that feeling is not vanity. It is not selfishness. It is simply your turn.

Whether you are exploring a non-surgical treatment or considering something more comprehensive, the first step is always the same. A conversation. One where you feel heard, informed, and never rushed.

You have carried so much. You deserve to feel like yourself again.

[Read Dr. Antony's Full Blog Here →](#)

Results Guided by *Confidence*



This Mommy Makeover result reflects what becomes possible when surgical precision meets a personalized plan. Dr. Antony evaluated this patient's anatomy, goals, and timeline before designing a treatment plan tailored specifically to her.

Each patient's anatomy and goals are unique. Treatment plans are built around both.

Results reflect individualized surgical care. Outcomes vary based on anatomy, treatment plan, and healing.

Products of The Month

The *Sexy* Collection



TUMMY & THIGHS



SEXY FEET



SEXY HANDS

Refined. Intentional. Designed for the body you have earned. The Sexy Collection is a curated suite of body treatments developed to smooth, tighten, and refine your natural contours with precision and artistry. Each treatment is thoughtfully selected to enhance definition while honoring proportion and grace.

Available in three focused areas:

Tummy & Thighs: Targeted tightening and contouring for the areas most affected by time, weight changes, and pregnancy.

Hands: Restoring softness, volume, and a more youthful appearance to one of the most visible areas of the body.

Feet: A refined finishing touch. Smooth, renewed, and ready for the season ahead.

This is not transformation for its own sake. It is artistry applied

with intention, so that every part of you feels as confident as the rest.

*This month only, enjoy 25% OFF The Sexy Collection Set -
Includes all three products!*

Contact Us to Get 25% OFF

REFERRAL

You can now earn rewards by referring friends, family, or colleagues to the Antony Institute for a surgical consultation. Simply have them include your name when asked how they heard about us.

When your referral completes surgery, you'll receive a **\$250 credit** toward any surgical or aesthetic service. Refer two patients and receive \$500 in credit. There is no limit to how much you can earn.

PROGRAM

Credits are issued to the referring patient only and may be applied toward surgical or aesthetic treatments. Credits cannot be used for skincare products and must be redeemed in a single visit. Know someone considering cosmetic surgery? Share your experience and invite them to connect with our team. They can complete our consultation form or call (919) 377-0177 to speak directly with a patient care coordinator.

Let's Talk About It

The Mommy Makeover: Honest Answers to the Questions You Actually Have



The term gets used a lot. But what a Mommy Makeover actually involves, and whether it may be right for you, is a conversation that deserves more than a quick Google search.

In my practice, I design every Mommy Makeover around the individual patient. There is no standard combination, no one-size-fits-all approach. It begins with understanding your anatomy, your goals, and your life.

If you have been quietly curious, this is the article worth reading first.

[Read Our Latest Blog](#)



A Mommy Makeover is a customized combination of surgical procedures designed to address the physical changes pregnancy, childbirth, and breastfeeding bring to the body. The most common

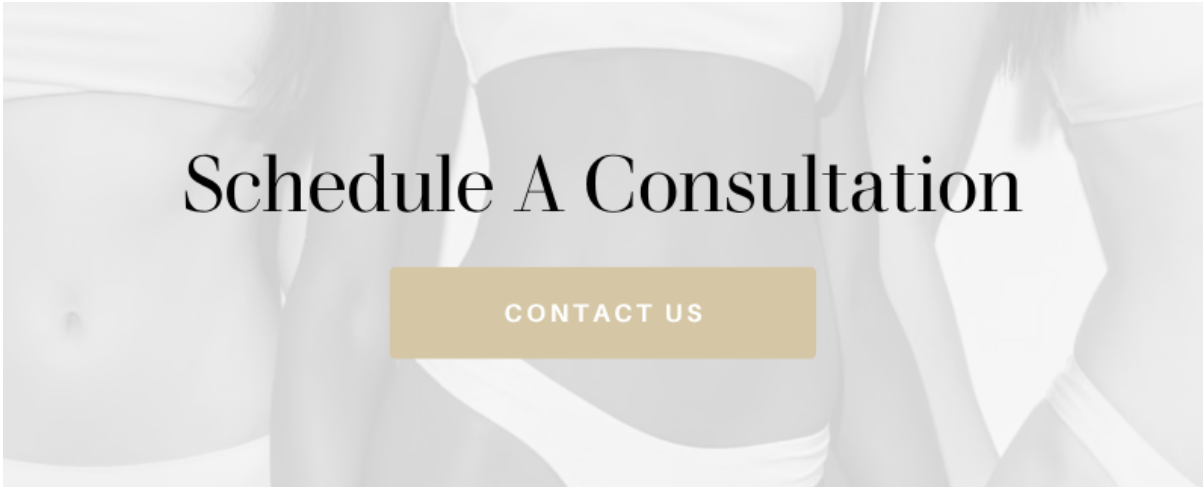
combination includes a tummy tuck (abdominoplasty), breast surgery (lift, augmentation, or both), and liposuction to contour areas resistant to diet and exercise.

Because every patient's anatomy and goals are different, no two Mommy Makeovers are identical. Dr. Antony designs each plan individually, taking into account body proportions, skin quality, muscle integrity, and the patient's desired outcome.

Multiple procedures are performed in a single surgery, allowing for one consolidated recovery period. Most patients resume light activity within two weeks, with full recovery around six weeks post-operatively.

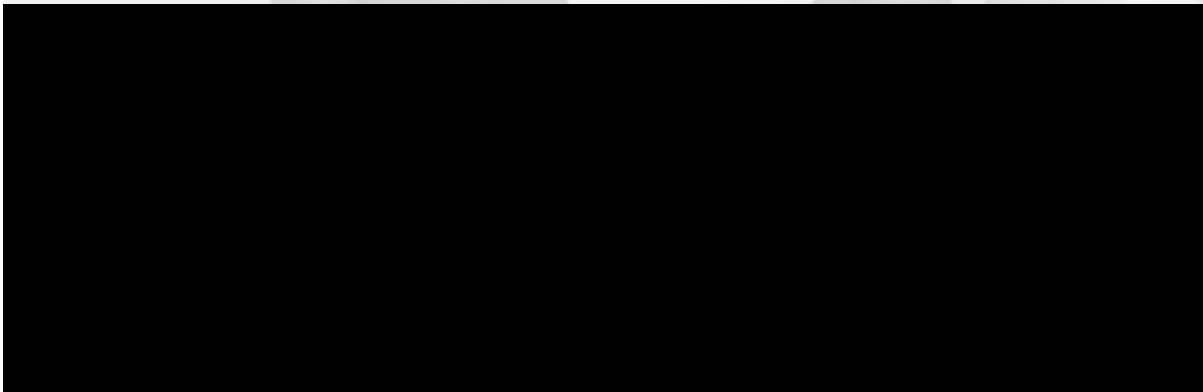
During a consultation, Dr. Antony evaluates your anatomy and goals to determine the right combination of procedures and timeline for your personalized plan.

[Learn More Here](#)



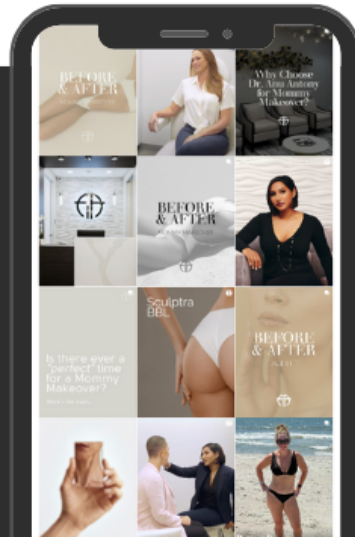
Schedule A Consultation

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