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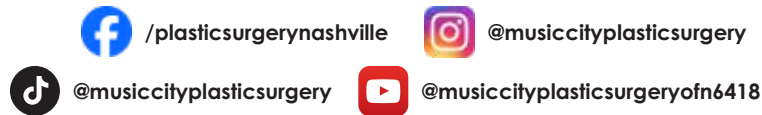
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GREEN THUMBS IN TRAINING

HOW TO MAKE GARDENING A FAMILY ADVENTURE

There's nothing better than spending time with your kids outside, enjoying an entertaining, creative, and informative activity. But sometimes, these activities are hard to coordinate. Thankfully, gardening appeals to parents and kids from all walks of life. All you need is a dedicated area in your yard or patio and seeds, and you're ready to get started.

LET YOUR KIDS CHOOSE THE PLANTS.

This is arguably the most crucial part of igniting your children's interest in gardening. If you pick out the fruits, veggies, and flowers you want to grow and invite your kids to help plant, water, and pick, they may lose interest quickly. Instead, include them in the process from the get-go. Take them to the store and let them pick out seeds or plants. Encourage them to choose produce they already enjoy eating, making it even more fun for them! Just be sure their choices can grow in your area during the current season.



MAKE SPACE AND PLANT TOGETHER.

After choosing your seeds, you must ensure your garden is ready to sustain life. Dedicate a section of your lawn or patio to your gardening efforts and start laying soil or filling your planters. Help your children transplant their seeds or young plants directly into the area. Now, put them in charge of caring for the plants by checking on and watering them. You may want to follow behind to ensure they aren't over or under-watering.

MAKE IT FUN AND INFORMATIVE!

You can get your kids more involved by encouraging them to research their plants and track their growth. They can even look online to see how their plants should be developing. Soon enough, those fruits and vegetables will be ready to eat, and you should let your children pick anything ripe when possible. Seeing the fruits of their labor (literally) will make this experience even more enlightening and enjoyable for them.



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Books That Stick With You

READ STORIES THAT LEAVE A LASTING IMPACT

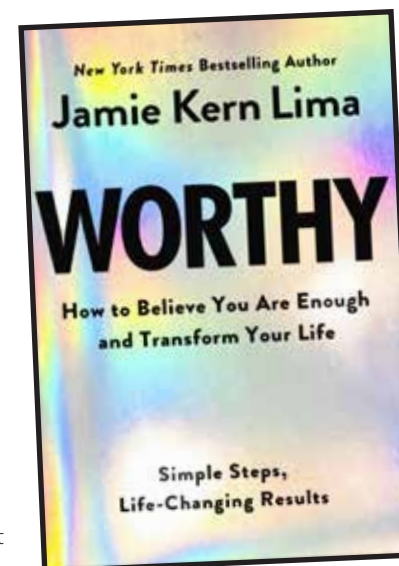
There's something magical about getting lost in a good book. Reading has a way of opening our minds to new ideas, experiences, and possibilities. It can transport us from one world to another, help us understand others' emotions, or even motivate us to push a little harder in our own lives.

That's why Read Across America Day, celebrated every year on March 2, is a great reminder of the importance of reading. I've always been a huge reader. At any given time, I have about five or six books going because, honestly, I get bored easily. I need variety — a little bit of business insight here, some personal growth there, and, of course, a good fiction book to escape into when my brain needs a break.

One of the books that stuck with me last year was "Worthy" by Jamie Kern Lima. She founded IT Cosmetics and built her company from nothing into a billion-dollar brand. But beyond the business side, the book is about self-worth and confidence. She tells stories from her own life, including how she once went on TV without makeup, showing her

rosacea to the world to prove the power of her products. She challenged the industry norms, believed in herself, and changed the game. It was a great reminder that sometimes, the biggest obstacles are the ones we place in our own way.

Then there's "The Power of One More" by Ed Mylett. His philosophy is simple but powerful: When you think you've hit your limit, do just one more. One more rep at the gym, one more email at work, one more small act of kindness. That "one more" can be the difference between good and great. I try to apply this to my life — in business, parenting, or being a better person.



Reading can also be a way to connect with the people we love. My kids and I have bonded over "Miss Peregrine's Home for Peculiar Children." It's a story about kids with supernatural abilities and time loops. Each of my sons read it, and now my daughter is getting into it, too. It's fun to share these stories and have something to talk about beyond our usual daily routines.

Instead of just watching movies together, we've

made it a habit to read and discuss books as a family. There's something special about sitting down and hearing my kids' thoughts on a story, what they liked, what surprised them, and which characters they related to.

Not all reading has to be done with a book in hand. "Greenlights" by Matthew McConaughey was an audiobook I enjoyed. It wasn't overly serious or political — just McConaughey recounting his life in an insightful and hilarious way. It was like listening to a friend tell a bunch of stories. One of the most personal experiences I've had with reading and writing was publishing my book, "The Mommy Makeover," about 10 years ago. Putting my thoughts and experiences into the world was terrifying and rewarding, but seeing how it helped people made it all worth it.

That's the real beauty of books. They have the power to teach, entertain, challenge, and inspire. Whether you're reading a self-improvement book, an inspiring biography, or a fun fiction novel with your kids, books create lasting memories and impact lives in ways we don't always realize in the moment. Here's to reading! What book has had the largest impact on you? Maybe it's time to revisit it — or better yet, share it with someone else!

—Dr. Mike

DRINKING DONE DIFFERENTLY

Riding the Alkaline Water Wave

Ready to experience one of the hottest — and wettest — celebrity health trends hitting Hollywood and beyond?

If you admire Jennifer Aniston’s radiant skin or Tom Brady’s lengthy football career, you may want to try alkaline water. Endorsed by the aforementioned actor and athlete and a growing list of other notables — including model Miranda Kerr and singer Beyoncé — alkaline water is produced through electrolysis to have a higher pH than standard bottled water. Many believe it possesses properties that can improve a person’s complexion, fight heart disease, and aid in cancer prevention, among many other benefits.

SCIENCE-DRIVEN SIPS

In addition to providing the apparent health benefits of traditional water, many say alkaline water offers drinkers a gateway to A-list health. Enthusiasts claim the product’s

higher pH improves metabolism and energy levels, detoxifies the body, promotes glowing skin, and reduces the likelihood of bone loss by neutralizing acid in the bloodstream and hydrating the body more efficiently.

THE PRICE OF POURED HEALTH

While alkaline water advocates are quick to praise the product, a higher pH comes with a higher price tag for consumers. Depending on your brand of choice, one gallon of premium alkaline water may cost *more than \$30!* Because it is a human-made product and not something that simply flows from our taps, alkaline water requires processes including mineralization, filtration, ionization, and quality assurance before it reaches



HYDRATION AND HYPE

So, is alkaline water worth it? While encouraging people to drink more water is never bad, the jury is still out on the ultimate benefits of this pricey libation. Although the Mayo Clinic acknowledges that some studies have shown a link between alkaline water and bone health, more extensive research is needed to prove all other claims, including cancer-fighting properties. As with any trendy health fad, receiving sound advice from your physician may spare your body and bank account from unnecessary habits.

Say Goodbye to Stubborn Fat

YOUR GUIDE TO LIPOSUCTION AND SKIN TIGHTENING

Spring is just around the corner, which means warm weather and beach days are inching closer! This time of year, people start thinking about summer plans, bathing suits, and feeling confident in their own skin. If you’ve been considering liposuction to get ready for bikini season, now is the perfect time to start! Since it typically takes about three months for swelling to go down, you’ll be seeing results just in time for summer.

WHAT IS LIPOSUCTION AND HOW HAS IT EVOLVED?

Liposuction has come a long way from the traditional, more aggressive methods of fat removal. Today’s techniques provide a much gentler and more precise approach, as the process is smoother with more refined results.

Power-Assisted Liposuction (PAL): This technique uses a vibrating handpiece to help break up fat more efficiently, making the procedure quicker and reducing the strain on the body.

Vaser Liposuction: This method uses ultrasound waves to create tiny bubbles that gently separate fat from connective tissue. Think of it like how carbonation bubbles in soda rise to the top — it’s the same idea but applied to fat cells. This method allows for more controlled and refined fat removal, which helps to achieve smooth, sculpted results.

High-Definition Liposuction: By combining precise fat removal with advanced contouring techniques, high-definition lipo enhances muscle definition, giving a more athletic, toned look.

TIGHTEN-UP WITH RENUVION

One of the biggest concerns with liposuction is what happens to the skin after fat is removed. In some cases, loose skin can be an issue, but that’s where Renuvion

comes in. Renuvion is a skin-tightening treatment that uses helium-based plasma and radiofrequency energy to heat the underlying tissue and contract the skin. Basically, it shrink-wraps the skin to fit the new body contours. The best part is you can see immediate improvements on the table, with continued tightening over the next six months to a year.

WHAT IS RECOVERY LIKE?

One of the great things about modern liposuction is that downtime is fairly minimal. Here’s what to expect:

- Small incisions mean quicker healing and minimal scarring.
- You’ll feel like you had a tough workout for about a week.
- Compression garments help with swelling and healing. Normally, these are worn for six weeks, but with Renuvion, this can be shortened to as little as 2–4 weeks.
- Most patients return to normal activities within 10 days, with only minor swelling or bruising.

INJECT BEAUTY

Say Goodbye to Wrinkles and Hello to Radiance With Microneedling Plus PRP

If you’re looking for a natural way to rejuvenate your skin, improve fine lines, and boost collagen, PRP (platelet-rich plasma) might be a little pick-me-up you didn’t know you needed! Often called “liquid gold,” PRP is made from your own blood, making it a safe and natural option if you are looking to enhance your skin’s appearance without synthetic products.

WHAT IS PRP AND HOW DOES IT WORK?

PRP is packed with growth factors that help stimulate collagen and elastin production. When used with microneedling, it enhances the skin’s ability to heal and regenerate, reducing wrinkles, large pores, acne scars, and skin texture. Those who stay consistent with microneedling with PRP are the ones who get those “Wow, what are you doing to your skin?” compliments.

MICRONEEDLING WITH PRP

Microneedling with PRP is best done in three treatments, spaced out over a few months, with quarterly maintenance sessions afterward to maintain results. The downtime is minimal — expect to look pink or slightly sunburned for a day, with mild flaking in the next few days. Many patients schedule their treatments on Fridays so they can relax over the weekend and be back to their normal routine by Monday.

DERMA PRP

Derma PRP is a great option if you want something more advanced and long-lasting. This treatment takes PRP a step further by heating the albumin portion of your blood and mixing it to create a filler-like substance. It’s a natural alternative to traditional dermal fillers, adding volume and stimulating collagen for long-term skin improvement.

It’s an excellent option for those who want subtle, natural facial balancing without synthetic fillers. It’s especially effective for under-eye hollows, where traditional fillers aren’t always recommended.

WHAT’S THE PROCESS LIKE?

With just one blood draw, we can create the equivalent of five syringes of filler — more than enough for most facial rejuvenation needs. Some minor bruising and swelling may occur in the first 24–48 hours, but thanks to PRP’s biostimulating properties, results continue to improve over time.

We recommend two sessions spaced 4–12 weeks apart for best results. Results typically last around two years before a simple maintenance session is needed. If you’re ready for a refreshed, youthful look without synthetic fillers, schedule a consultation today and see what PRP can do for you!

SPECIAL OF THE MONTH Rejuvenate and Glow

This month, treat your skin to the ultimate glow-up with our microneedling with PRP special.

Buy two sessions and get the third free! Because flawless skin deserves extra love. Microneedling with PRP helps boost collagen, reduce fine lines, and improve skin texture for a smoother, more radiant complexion.

Bonus Deal

Enjoy 20% off our DermaPRP package, a powerhouse treatment that combines platelet-rich plasma with deep skin rejuvenation to restore elasticity and give your skin a youthful boost.

Now is the perfect time to refresh and revitalize your skin — because you deserve to look and feel your best.

Book your appointment today before these deals disappear!

INSPIRATION

