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OCEANSIDE ACTIVITIES THE ENTIRE FAMILY CAN ENJOY

THERE'S MORE THAN WAVES AND SAND

The summer season is officially underway and many Americans are planning to take a trip to the beach to celebrate the occasion. If you're going on a family vacation to the ocean for an extended period of time, you may be worried about keeping everyone entertained. That's why we put together a list of some of our favorite oceanside activities to try this summer. Your summer vacation will be filled with fun and excitement after trying some of these great activities!

Get active.

There's nothing more relaxing than sitting on the beach and listening to the calm repetition of the waves, but maybe you want a little more excitement by the ocean. If that's the case, there are plenty of sports to try. You can bring a football and throw it around in the water or on the beach. You can buy a net and set up a game of beach volleyball to get everyone involved, or you can try one of the many new beachside sports hitting the market like TidalBall, pickleball, and Spikeball.



TidalBall is the beach version of cornhole, so if you haven't played it yet, you definitely want to check it out.

Experience nature.

The wildlife and environment of the beach are most likely drastically different from what you can experience back home, so make an effort to see all you can. At many beaches, you'll be able to see dolphins, whales, and sea rays from the shore. You can also look in the sand for crabs and small crustaceans. By simply standing still and taking in all of the sights and sounds of the ocean, you'll gain a greater appreciation for the surroundings.

Ride the waves.

You don't need to be an experienced surfer to venture into the water on a board. Of course, you can take surfing lessons at many beaches, but you can also get in the water on a bodyboard for a thrilling experience. Additionally, you can rent kayaks or paddleboards if you want to be on the water, but not necessarily in it.



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The Summertime Grind

LESSONS LEARNED FROM MY FIRST SUMMER JOBS

Last night, my daughter, who just finished second grade, asked a question that left me with such admiration for her innocence. She wanted to know why I don't have the summer off of work, and I had to explain that I work for a living and she just couldn't fathom that. This got me thinking about my summers as a kid and teenager and how it relates to my children.

We have many plans in place to keep my daughter busy with camps and activities this summer. For my sons, who are a bit older, it's time to get some summer jobs! Last year, my oldest caught wind of one of the local gyms offering a lifeguarding course, and as a perk, it came along with a free gym membership. Thus, he figured what better way to show off the muscles he worked so hard for at the gym than as a lifeguard?

It's a little ironic because at the age of 14 or 15, one of my very first jobs was also lifeguarding. I remember that once I started, I quickly developed a passion for it. The ties to medicine and safety intrigued me, and being able to help and save others is always thrilling. I truly believe this carried right over to my passion for helping others as a doctor.

If I remember anything about that job, it was the strenuous training they put us through. One of the tests we needed to pass was to hold a

10-pound brick with both hands out of the water while treading water for two minutes. While that may sound easy, I'm here to tell you it is not — it's tough! We were also tasked with rescuing very large people from the water. They were actors and did a great job of pretending to be frantic while we pulled them to safety. It felt almost as if they were actively trying to drown us. While my son went through the same training, it was fun to reminisce about these experiences.

"THIS SOLIDIFIED EVEN FURTHER
WHERE I WAS GOING IN THE
WORLD OF MEDICINE."

Another one of my first jobs was as a golf caddie. A disclaimer: I love the sport, but I'm a pitiful golfer. This job, however, I was not fond of. Maybe it was because I was watching other people play when I'd rather be out there trying to figure out my game, or because I was lugging heavy bags around. Caddying just wasn't my thing and neither was the game of golf. I never devoted the time to try and get better.

I'm a firm believer that having a summer job is a fantastic opportunity to learn some life skills, meet and deal with a variety of people, and develop relationships. It's also a great way to discover your likes and dislikes. For me, I knew right away I didn't want to be a caddie for the rest of my life, but I also had a wonderful experience as a lifeguard and knew I enjoyed being a part of the medical community as a lifeguard. This solidified even further where I was going in the world of medicine.

—Dr. Mike



WHAT THE FRECK?

Freckles Are This Summer's Hot Look!

Good news, redheads! The freckles popping up on your face this summer are actually in style. Makeup and fashion experts have used platforms like TikTok and the runway to show that freckles can be trendy. The message is about embracing natural beauty, but some experts born without the luxury of freckles are taking matters into their own hands.

Freckles are a matter of genetics. The sun activates these patches of pigmentation, so they are most commonly noticeable in those who are pale. The good news is freckles aren't a sign of any issue. For those not blessed with these genetics, a few hacks can help achieve this look.

Among some of the most popular freckle trends is using L'Oréal Paris Magic Retouch Temporary Root Spray. Those who dye their hair will recognize this product as a spray-on color for your hair intended to cover those pesky roots between dye jobs. With

a small spritz, beauty experts have found this product also creates the dusty freckles of your sun-kissed dreams! Just be sure to spray the product at least 3 inches away from your face (and close your eyes!) for a more natural application.

Others opt for freckle pens or utilize the old trick of applying eyebrow makeup with a fine-toothed brush. Pens often come in many different colors, so you can customize your freckle game, while eyebrow makeup is designed to enhance color and fullness of your face, much like freckles do.

However, if you're looking at specific brands to create freckles, why



not go to the source? Freck Beauty changed the landscape of freckle beauty options when it began in 2017. Dedicated to creating products that accentuate natural beauty and encourage showing off freckles, Freck's products are also vegan and cruelty free, so you can feel *and* look good!

If you're a conscious beauty product user, you may be curious about personal safety, too. This is valid because not all are made with ingredients that work for every skin. It's best to do thorough research to compare brands, read ingredient labels, and try samples first to test on a small patch of skin before using them on your entire face.

IS IT TIME FOR A DIGITAL DETOX?

When you need a break from your busy life, you probably look at your cellphone. And when you need a break from your cellphone, you might watch TV or browse social media on your other devices. This cycle of never-ending screens can be taxing on your mental health. Everyone hits their breaking point at a different time, and you may not even realize when you've reached your limit. If you find yourself getting angry or upset at posted content, consistently comparing yourself to others, or feeling depressed, it may be time for a digital detox.

But what *is* a digital detox? It's taking a break from electronic devices, such as your cellphone or tablet, and mindlessly scrolling through social media or news stories.

Now that you know what it is, how can you detox yourself?

- **Schedule a break from your devices.** Even if it's just for a half-hour, use the time to do other activities, such as exercise, household chores, or even gardening.
- **Turn off notifications.** Constant notifications can be incredibly distracting, so silencing them allows us to focus more on our surroundings.
- **Disconnect before bedtime.** Turn off all electronics an hour before you go to sleep to relax your body and mind.

Another benefit is that you'll feel less stressed, especially if you compare yourself to others on social media or get lost in negative news cycles.

Perhaps the most notable benefit of a digital detox is reclaiming your own time. Checking your cellphone and scrolling through social



media can quickly become a subconscious habit. Before you know it, an hour or two has passed. Even watching television can take up huge chunks of your day. With a digital detox, you get that time back, and you can reallocate it to healthier activities.

If you feel like you need a break from your electronic devices, take one. It could lead to a healthier and happier life.

The Bare Necessities

CELEBRATING THE BODY'S AESTHETICS

Is it butt naked, or buck naked? In our office, every day can be considered "Nude Day" as patients get disrobed for before and after pictures, consultations, or procedures on a daily basis. However, outside of Music City Plastic Surgery, National Nude Day falls on July 14 and celebrates freedom and the body's aesthetics.

All of the magic that happens within our office is intimate, private, and personal and is meant to be shared with a very small population of people, thus we take a very private approach. Our new clinic has two floors, and in the construction and design process, we were very intentional about having two photo rooms on each floor so our patients do not have to walk far up and down stairs in a robe and risk exposing themselves — the goal is to prevent Will Ferrell's streaking scene in "Old School." The comfort of our patients is always top of mind.

National Nude Day always brings me back to a particular memory of my college days. At Notre Dame, while we didn't have fraternities, there were specific designated dormitories. One of my good friends was a member of the dorm next to mine and every year, in the cold month of December, they'd have an annual

"Bun Run." The men all stripped down into just hats and gloves and ran around campus naked. It was a riot because you'd be in the 11-story library studying and hear a bunch of commotion. Sure enough, you'd see them all sprinting through, just fast enough so they wouldn't get caught. Everyone laughed and cheered them on — it was Notre Dame's own National Nude Day!

Here in the office, we celebrate National Nude Day every day in our own way and get excited about the transformations our patients achieve. The beauty in having a nude perspective on things is the ability to help our patients see the profound changes in their body and the life-changing effects these changes can make! If you're interested in celebrating National Nude Day, we are here to help you get prepped for it!



TODAY'S SIP

A Caymus Family Dream

SEA SUN CALIFORNIA PINOT NOIR



Sea Sun California Pinot shows with intense, creamy, and pleasing layers on the pallet of chocolate, vanilla, blackberry, raspberry, and oak. It's a medium body wine with balanced tannins but is surprisingly complex.

This delicious red pairs well with beef, veal, deer, venison, and poultry. It's a part of the legendary Caymus family, and at roughly \$20 a bottle, it has all of the quality at a lower price tag. The same wine-making technique goes into Sea Sun's creation as in all Caymus wines.

If you're a lover of red wine, you'll surely want to stock up on this one! Bon appétit!

INSPIRATION

"Miracles happen to those who believe in them."
—Bernhard Berenson