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DECK THE HALLS WITH HANDMADE CARDS

3 EASY IDEAS YOU CAN MAKE WITH KIDS!

Sending Christmas cards is a great way to tell people you're thinking of them during the holiday season. However, like everything lately, buying enough Christmas cards for your loved ones is expensive. Store-bought cards can also feel too stiff and formal for our friends and family.

That's why you should consider *making* Christmas cards this holiday season! It is more cost-effective and a great way to give your cards a personal touch that lets friends and family know you care. The best part is that making holiday cards doesn't have to be laborious or stressful — it's quick, easy, and fun!

Don't believe us? Check out these three easy Christmas cards you and your family can make at home. Each card idea is built upon plain white cards!

WASHI TAPE CARDS

All you need for this card is a roll of washi tape with any design you wish. Simply cut strips of the washi tape, starting with a longer piece (about 2–3 inches), and place it horizontally across the

card near the bottom. Then, build upward using gradually smaller pieces of tape to make a triangle — and that's it! You've successfully created a washi tape tree! You can also draw a tree stump under the longest strip or a star on top.

HANDPRINT CARDS

This Christmas card variation is a favorite for kids to make and family members to receive. Have your child place their hand on the blank card stock and trace their hand with a pencil. Then, cut out the shape of their hand using scissors. Finally, with the cut-out hand facing down (fingers to the ground), have your child decorate it as if it were a tree, drawing ornaments, lights, candy canes, or other decorations.

PIPE CLEANER CARDS

For this card, you need green pipe cleaners and gold stars (like the ones you'd earn in school). Simply twist a pipe cleaner into a tree shape using a zig-zag pattern to form the widest branches at the bottom to the smallest boughs at the top. Glue the pipe cleaner to the card. Finish with a gold star as a tree topper!



DECEMBER
2023

BURGDORF BEAUTY INSIDER



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Santa's Holiday Transformation

SANTA GETS A MAKEOVER

With his rosy cheeks and his belly like a bowl full of jelly, Santa Claus is our guest of honor every Christmas Eve. After all, it wouldn't be the most wonderful time of the year if we didn't leave out a plate of cookies and some milk for our favorite man in the red suit.

In the office, you all are likely familiar with our Mommy Makeovers and Daddy Do-Overs, a series of procedures to help men and women return to their appearance before children, stress, and aging take over. This time of year, we can't forget Santa — especially since he treats us so well! This year, Music City Plastic Surgery is giving Santa a holiday makeover!

REDUCING SANTA'S BOWL FULL OF JELLY

One of the latest proven crazes throughout this past year is semaglutide, a prescription weight-loss medication. While it's successful in helping some patients lose up to 15% of their body weight, the drug takes a few months to kick in. Semaglutide is a weekly injection that works by reducing gastric emptying and slowing digestion down. In turn, you feel fuller longer.

In the early summer months, we started Santa on semaglutide, and over the months, it's helped him to slim down. In many cases, just like Santa's, we use semaglutide before liposuction procedures to yield better results by reducing the internal fat that liposuction is not able to remove.

To carve out his abs for next summer at the beach, Santa is scheduled to receive VASER

liposuction, a procedure that has ultrasound components that help to separate the fat from the surrounding tissue gently and efficiently.

EMBRACING SANTA'S YOUTHFUL FACE

Legend has it that Santa is over 1,700 years old — his skin has certainly started to show some signs of aging. One of the options to achieve a more youthful appearance is a facelift; however, women seem to tolerate the recovery and downtime better than men. Instead, we have recommended PDO threads — a non-surgical facelift to help provide a lifting aspect and decrease jowls and other areas with sagging or loose skin.

While Santa flies around delivering presents in the moonlight, we recommend that he protect his skin with sunblock, vitamin C, and tretinoin to ensure his facial skin cells are healthy and able to renew themselves. Lastly, Santa will be zooming around up there at high speeds with the help of his reindeer. To help hydrate his skin and protect it from windburn, we recommend he apply Obagi Hydrate Luxe for optimal rejuvenation and hydration.

KEEPING SANTA COMFORTABLE

On Christmas Eve, Santa works hard, swinging presents in his sack, sliding down chimneys, and soaring through the night sky. Even in cooler temperatures, he works up a sweat. To be sure he doesn't sweat through his suit and leave behind nasty sweat stains on his bright red coat, we have offered a few Botox injections in his armpits to curb sweating and keep things nice and dry. This



should last about 3–6 months, and come summer, it'll be time for another round!

MAINTAINING SANTA'S HYDRATION

Lastly, we have set up two rounds of IV fluids for Santa. Before our clients take a big trip, attend an important event, or travel, we do a round of IV therapy to boost their bodies with vitamins, minerals, and fluids. Before he sets out for his big night in the sky, Santa will have his first round of IV therapy, and after he returns on Christmas morning, he will have his second round, just in case he had a bit too much eggnog on Christmas Eve. This will help him to rehydrate, reset, and recharge after one busy and festive night!

From our family at Music City Plastic Surgery to you and yours, merry Christmas and happy holidays! May this season be filled with joy, laughter, and love!

—Dr. Mike

DIY GINGERBREAD ORNAMENTS:

Add Sweet Memories to Your Christmas Tree

This year, many friends and families will set up their Christmas trees and work together to decorate them with their favorite ornaments. Some ornaments even have their own special meaning or associated memory that sends the entire group down memory lane.

While this holiday nostalgia is wonderful, the problem is that many of these ornaments are old, from when kids were little, a married couple just started dating, or a group of friends first met. People rarely add new decorations to the tree and create new memories to look back on in the coming years. But you and your loved ones can change that this year by making your own DIY cardboard gingerbread ornaments together!

All you need for this ornament is brown cardboard (from any box lying around), a white gel pen or marker, and string.

To make your “gingerbread,” you first draw out the shape of your ornament(s) in pencil on a piece of cardboard

before cutting it out. Then, use your white marker or pen to add “frosting” designs. We recommend adding some of those traditional gingerbread frosting loops around the edges before going in and adding details.



Lastly, punch a small hole (you can just poke the pen tip through) on top of the cardboard on the ornament, feed the string through, and tie a knot at the top to make a loop. You can put the loop over a branch on your tree, and it will look like a freshly baked cookie is hanging there!

If you want to make the ornament even more meaningful, have your kids, friends, or other family members make themselves (or you!) as cardboard gingerbread people! They can add their hair, outfits, or anything else to their ginger-person design. Having everyone’s ginger selves hanging on the tree together will always remind you of the time you spent with them to create these decorations. The best part is they’ll never go bad, and you can reuse them every year!



Family games are more than just a source of entertainment — they’re a gateway to building stronger bonds and lasting memories. Whether it’s a competitive board game, a cooperative card game, or an outdoor activity, playing together fosters

THE POWER OF PLAY

Let’s Celebrate Game Day

communication, teamwork, and good laughs. Dec. 20 is Game Day — celebrating your favorite games and having fun with those who matter most!

In the Burgdorf household, with teenagers, it’s a constant battle to keep the kids off of their phones and electronics. We’ve spent some of our best evenings playing board games. I grew up playing Uno — a childhood classic. It’s fast-paced and easy for little ones to pick up with simple number matching.

Recently, my youngest sister introduced our family to a new and fun game called Salad Bowl. The rules are simple: Everyone writes down five people every player will recognize (either famous people or friends of the family). There are three rounds. In round one, the person is described in one complete sentence. In the second round,

everyone describes the secret person in just one word. In round three, the secret person is described with an action (no words). We always have a blast; it brings up some fun conversations and memories.

Of course, the kids love video games and Guitar Hero and Dance Party. We talk, laugh, and goof around with competition and playful battles. A favorite classic of mine that always reminds me of my grandparents is Michigan Rummy — it’s a bit slow-paced but interactive and allows time for some great conversation while playing.

Games offer a break from daily routines, bringing everyone together for moments of joy and relaxation. This holiday season, dust off those board games, roll the dice, and embark on a fun-filled journey to strengthen family ties and create cherished memories!

Injecting Hope

GOODBYE UNWANTED HAIR: DISCOVER THE MAGIC OF LASER HAIR REMOVAL

With the holidays on our doorstep, it’s the perfect time to indulge in some self-care — it’s laser hair removal season, and we are here to help you achieve smooth and hair-free skin.

Laser hair removal is a safe and highly effective method for getting rid of unwanted hair, leaving you feeling conditioned and carefree. We offer treatments for common areas such as the underarms, upper lip, chin, and axilla, helping you to look and feel your best. Whether you are a first-time client or someone looking for a touch-up session, we recommend scheduling a consultation to determine the right plan for your individual needs.

The laser hair removal process typically spans 10 sessions, each lasting approximately 15–30 minutes and spaced

about six weeks apart. These intervals are carefully designed to ensure your hair follicles are efficiently targeted during their growth cycle, resulting in smoother, longer-lasting results. To maintain your hair-free skin, we recommend booking an annual maintenance session to keep the pesky hairs at bay!

What sets laser hair removal apart from other methods is its efficiency and progressive reduction in hair growth. With each session, you can expect to see an impressive reduction of about 10% in hair volume. This gradual decline ensures you achieve the best results over the course of your treatments.

To prepare for your laser hair removal treatment, we ask that you minimize your exposure to the sun, as tanned skin can

be more sensitive to the laser. Additionally, you’ll want to arrive at your appointment with shaved skin to ensure the laser can effectively target the hair follicles. Avoid waxing or plucking between and during your sessions to maintain the integrity of the hair and optimal results.

Both before and after your laser hair removal sessions, it’s crucial to protect your skin from sun exposure. Sunscreen is your best friend! If you have any questions or need further information or guidance, we encourage you to reach out to our expert, Hope. She is our physician assistant and go-to guru for all things non-surgical and injectables. She will provide you with all the information and support you need to embark on your laser hair removal journey!

Give us a call today!

Sip of the Month



One of Dr. Mike’s favorite wines stems from his trip to Napa Valley with his wife. Progeny Cabernet Sauvignon is dark and robust with notes of plum, black cherry, blackberry, cocoa, chocolate, and vanilla. It’s a tad on the expensive side, but for a reason — this cabernet is tasty with a beautiful integration of a lingering medium and smooth finish.

This holiday season, Progeny Cabernet Sauvignon can be paired with all your seasonal favorites, including beef, lamb, deer, venison, poultry, and cheeses.

Bon appétit!

—Dr. Mike

INSPIRATION

