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INSIDE THIS ISSUE

The Art of Gratitude:
Cultivating a Thankful Heart
PAGE 1

Transform Your Look With
Green Screen Lipstick

Injecting Hope
PAGE 2

Sculpt a New You

Sip of the Month
PAGE 3

Wave Goodbye to Weekend
Cleaning Marathons – Your
Solution Inside!
PAGE 4

WHY LOSE WEEKENDS CLEANING? IMPLEMENT THESE HACKS FOR A TIDIER HOME!

Nobody wants to live in a messy home, but staying organized is often easier said than done, especially when you have kids. Spending weekend after weekend cleaning up messes made throughout the week can get exhausting. Thankfully, you can implement some quick organizational hacks that will help you reduce your cleaning time.

MAKE USE OF COMMAND STRIPS.

Many areas in our homes could better utilize space. Command Strips, or double-sided tape, can add more space and reduce clutter in closets, pantries, and cabinets. Place Command Strips on a desktop file holder and stick it to the inside door of your closets and cabinets. This will give you a new area where you can store toiletries, aluminum foil, or just about anything else that will fit.

If you have a standing paper towel holder, another helpful Command Strip hack is to

place the strips on the bottom so it doesn't slide away when you use it. It only takes a couple of seconds to fix.

CREATE A WELCOMING ENTRYWAY.

When people walk into your house, they need somewhere to hang their coats. After you walk your dog, you need a place to put their leash. Having an area by your door to hang things will help reduce clutter and make your house look nicer. And you can easily create a space for this. Buy a 12-24-inch picture ledge and a handful of hooks. Drill holes,

affix the ledge to your wall, and screw the hooks into the bottom of the shelf. Now you have somewhere to hang things and display pictures or art to spruce up your entryway.

FREE UP YOUR KITCHEN CABINETS.

If you keep your bowls, plates, and other dishes in a cabinet, how do you have them organized? If you want to make the most of your space, invest in a plate organizer. Placing it in your cabinet will allow you to stack your different types of dishes in one area, freeing up space for other items.



BURGDORF BEAUTY INSIDER

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The Art of Gratitude: Cultivating a Thankful Heart

It's often said that the more grateful you are, the more beauty you will see. On Sept. 21, we celebrate World Gratitude Day, which encourages us to focus on giving thanks and appreciating everything that has led us to where we are today — all the blessings in our lives, the mistakes that turned into successes, and the lessons learned along the way.

Practicing gratitude is something I've been working on a bit more this year. I'm making a larger effort to be mindful of all of the different blessings in my life. I took a page from my own book, so to speak, and just like in our semaglutide journal for our patients, every morning, I come up with three things I'm grateful for, and I jot them down in a journal.

**"I PROMISE IT WORKS WONDERS FOR
SHIFTING YOUR PERSPECTIVE AND
ALLOWING MORE POSITIVITY IN!"**

Today's world is a confusing place with a variety of emotions swirling around. In the news, on social media, and even in the office or place of work, there can be a lot of negativity. Lately, with the ups and downs of the construction of our surgery center, it's been an emotional roller coaster. However, I've found that if I focus on all of the good and being grateful, this perspective puts me in a new frame of reference for the whole day.

In my journal, I jot down things I am grateful for. They range anywhere from the small yet powerful things, such as the weather finally cooling off or it being a bright, sunny day to something more significant like my son successfully going off to college and fitting in well. I reflect on the health of my kids, the enjoyment of being married to my wife for 22 years, and my pride in the practice. I'm so grateful for our patients and the ability to do what I love in the way I want to. I know so many



of my colleagues are extremely driven by numbers — but I'm grateful to have created a practice that allows me to connect with people on a deeper level. Many of my patients become good friends, and I love the opportunity to meet new people and share in positivity!

Reflecting on gratitude allows me to be more productive and, in turn, become a better person, as it fuels me to take on the day and handle all stressors that may surface.

If you sometimes find it difficult to get moving in the morning and find motivation or a purpose, I highly recommend creating a journal of your own — you don't have to write a book, just a few words of gratitude. I promise it works wonders for shifting your perspective and allowing more positivity in! Be grateful — it allows you to live a bit more!

—Dr. Mike

UNLEASHING THE POWER OF GREEN SCREEN LIPSTICK

Not long ago, spending hours on one's makeup usually preceded a night out on the town. Now, it's just as likely to mean an evening at home making social media content. With creative new looks constantly popping up online, it was only a matter of time before companies began making cosmetics with Instagram and TikTok in mind. Enter OFRA Cosmetics' green screen liquid lipstick, which hit the market in 2022.

Nothing stops you from wearing the green screen lipstick as a regular lip color, but that's not its intended purpose. Instead, OFRA designed the product for use in social media videos. The lipstick color mimics the green screen that television and movie studios use to add digital elements to film. Users can apply the lipstick, then superimpose any color, art, or image on top.

The vegan and cruelty-free cosmetic ticks off many must-have boxes for makeup aficionados while being easy to use. First, you apply the lipstick and record a video. Then, you can



easily overlay whatever effect you'd like onto your lips using online video-editing software like Cap Cut. (OFRA's website and many online tutorials give more detailed instructions.)

Makeup influencers have been quick to test the product and prove it works by using it to transform their lips through various tricks. They've had their lips display any shade from Pantone, personalized artwork, and even footage from the Nicolas Cage film "National Treasure." Since the lipstick is also safe to use as eye makeup and on other parts of the face, only your imagination can limit the possibilities.

So, is green screen lipstick the makeup of the future? It's probably too soon to tell, but anyone who enjoys showing off makeup looks online or making social media videos can have some fun with the product at a pretty low price. Still, it would take an unusually daring and confident person to pull off the look on the street. Traditional products will likely continue to reign supreme for those who do their makeup with the real world in mind.

BATTLE FAT WITH LIPOSUCTION

A Transformative Solution for Body Contouring

I often joke that if I were a superhero, my superpower would be to blast away fat. One of my favorite and most rewarding procedures in the office is liposuction. Surgery of any kind always gets my creative juices flowing and puts me in my element, but there's something about the way liposuction allows me to sculpt abs and aesthetic curves that leaves me feeling like an artist. With my creativity unleashed, I feel free to best help our patients unveil their best selves.

On Sept. 25, we celebrate National Comic Book Day. In the comics we read, there's always a hero and a villain, and here at Music City Plastic Surgery, fat is the nemesis! With liposuction, we are able to abolish fat better than any other noninvasive fat-reduction procedure and deliver amazing results.

If you are considering liposuction or have already allowed me to put on my cape and fight the fat, I have one important tip to keep in mind: While liposuction removes unwanted fat from specific areas of your body, such as the stomach, buttocks, hips, arms, neck, or thighs and shapes and contours those areas, it's important to also keep up with a regular healthy diet and exercise routine. To maximize and maintain your results, this will be key! As your fat-fighting superhero, I can do all I can, but I'll need your help for results that last!

If you are interested in liposuction or any fat-fighting procedures or injections such as semaglutide, give our office a call today! We are excited to chat with you about your options!

—Dr. Mike



Injecting Hope

A SELF-CARE REGIMEN

Many of you have already had the pleasure of meeting Hope, our nonsurgical technician and physician assistant. Hope is a board-certified physician assistant, born and raised in Nashville. She has over eight years of experience in facial aesthetics, injectables, microneedling, laser treatments, and platelet-rich plasma (PRP) and IV therapy. She attended Ravenwood High School and then graduated from the University of Tennessee, Knoxville, and went on to Nova Southeastern University in Orlando, Florida, graduating with a master's in physician assistant studies. Hope made the move to the West Coast after PA school where she practiced dermatology and aesthetics for eight years in Santa Monica. There, she had the privilege to work and train with top plastic surgeons and dermatologists from all over the world and has worked with many celebrities, high-profile clientele, and people from all walks of life.

Hope has a passion for helping our patients look and feel their best. She takes pride in delivering natural results, custom-made to each individual, and that's why she is an incredible asset to our office! She believes in improving her patients' best features and using them to bring balance and harmony to all areas of the face and body.

In honor of Self-Improvement Month, Hope offers her daily treatment recommendation.

HOPE'S SELF-CARE REGIMEN

A combination approach is always best when considering nonsurgical procedures. I recommend Botox every 3–4 months to improve wrinkles and also as a preventive measure so lines don't worsen over time. In addition to wrinkle improvement, patients are also typically interested in a lift of the face and neck. A PDO thread lift is a great alternative to a surgical face or neck lift. Thread lifting requires minimal downtime and provides results that can last up to 18 months. I recommend a thread lift every year to maintain results and keep collagen boosted in the skin.

Speaking of skin, now that we have addressed laxity and wrinkles, it is also important to consider the quality and health of the skin. Over time, we lose collagen and that causes a thinning of the skin, textural issues, fine lines, and crepiness. A great way to boost collagen again is through procedures like microneedling and Halo laser. In addition to in-office procedures, a self-care routine that incorporates medical-grade skin care and SPF every day is a must!

TODAY'S SIP

Unshackled by The Prisoner Wine Company



For a great full-bodied cabernet sauvignon, Unshackled by The Prisoner Wine Company is a fabulous option. With flavors of black stone fruit, cherries, and dried herbs and aromas of plum and blackberries, along with a hint of olive, Unshackled is tasty and smooth.

This wine pairs nicely with lamb, beef, and hard cheeses, making it a great option for dinner parties or a cheese and wine tasting. At its price point, it's an amazing option — this one drinks like a \$50 bottle of wine from Napa!

—Dr. Mike

INSPIRATION

**"You do not find
the happy life.
You make it."**

**—Camilla Eyring
Kimball**

