



3803 Bedford Ave., Suite 102  
Nashville, TN 37215

Phone: 615.567.5716  
MusicCityPlasticSurgery.com

PRST STD  
US POSTAGE  
PAID  
BOISE, ID  
PERMIT 411

## INSIDE THIS ISSUE

Father's Day 2021  
PAGE 1

Pro Tips for a Motivating  
Workout Playlist

Wedding Season at Music City  
Plastic Surgery  
PAGE 2

Are you Ready ... for National  
Kissing Day?

In Summer, Blue Moon  
'Shandy' Is to Die For  
PAGE 3

DIY or Buy: Summer Lawn Games  
PAGE 4

## DIY OR BUY? LAWN GAMES FOR FAMILY SUMMER FUN

The warm summer sun may be enough to beckon your family outdoors, but lawn games will guarantee hours of fun outside. If you're handy, there are plenty of great lawn games you can make yourself. If not, buy an off-the-shelf alternative and enjoy the easy setup.

### GIANT JENGA: EASY DIY

All you need to build a giant Jenga tower are two-by-fours that are cut to length. If you're handy with a saw, you can do this at home. If not, ask to have the wood cut at your local lumberyard. Be sure to sand down the edges before stacking the boards to create a classic Jenga tower! For extra fun, pick a few paint colors and paint each board. Visit [ABeautifulMess.com/make-this-giant-jenga](http://ABeautifulMess.com/make-this-giant-jenga) to see a complete set of instructions.

**Buy:** Skip the project and buy GoSports Giant Wooden Toppling Tower online, which retails for about \$70 and stacks over 5 feet high.

### CLASSIC HORSESHOES: INTERMEDIATE DIY

Tossing horseshoes is a great way to pass an afternoon. To play, you'll just need to set up two sand pits in your yard. Get a handful of horseshoes, and you're ready to go! Many DIY plans are available online, including one from [HousefulOfHandmade.com/ultimate-diy-horseshoe-pit](http://HousefulOfHandmade.com/ultimate-diy-horseshoe-pit).

**Buy:** Check out the kid-friendly rubber horseshoe set from [Wayfair.com](http://Wayfair.com), which requires no installation, can be used indoors or alongside your outdoor game, and is safe for younger children.

### CORNHOLE: ADVANCED DIY

The humble beanbag may be the most versatile backyard game piece. It's used in the popular game commonly known as cornhole. To build your own cornhole set, you'll need a couple of sheets of 1/2-inch-thick plywood along with two-by-fours, some hardware, and a variety of tools including a drill, jigsaw, and sander. Visit [DIYPete.com/cornhole-board-plans](http://DIYPete.com/cornhole-board-plans) to get both written and video instructions.

**Buy:** Ready to play ASAP? Cornhole sets are available from many large retailers around summertime, or you can order a customized set featuring your favorite team, family name, or characters from your favorite movies by looking at [Etsy.com](http://Etsy.com).

Whether you buy or DIY, remember to have fun and always supervise your children while playing outdoors, especially when it comes to yard games!



JUNE 2021

# BURGDORF BEAUTY INSIDER



615.567.5716 | [MUSICCITYPLASTICSURGERY.COM](http://MUSICCITYPLASTICSURGERY.COM)

## FATHER'S DAY CELEBRATE — AND IMPROVE!

You know by now I'm a firm believer in *always* trying to do better tomorrow than we did today. I know it doesn't always happen, but it's *always* possible to try — and there's no way to get the best results if we don't! Is there any area of life that's more important than fatherhood and raising children? I consider my kids to be the best thing that ever happened to me, and the most important thing I do every day is raise them.

Of course, kids have different ideas about that. Each of mine is awesome in their own right, and each of them will reach out to me in different ways about different things. These days, it's teenager stuff, which reminds me of my past and of all the stuff yet to come from their perspective. And yes, it's an area for me to improve without a doubt. Creativity comes in handy when raising kids; they don't always catch the lessons if I say things straight out. Kids need examples, especially ones drawn from our own lives. And as any parent knows, the last thing that will work is expounding on all of our wisdom!

One resource that's been great for me is the [WonderDads.com/blog](http://WonderDads.com/blog) site, and most recently, Melissa Trevathan and Sissy Goff's book, "The Back Door to Your Teen's Heart," which is definitely worth the read. I'm more of a straight-shooter, so it's tough for me to remember that with most kids, they need at least the illusion of freedom and choice. Don't want to join choir? Okay, but that means you have to sign up for a volunteer group at church. The ultimate decision is up to them, but we determine where those guardrails are. Of course, kids will then test those boundaries — but if the boundaries don't seem to limit their freedom and happiness, at least in my experience, they don't push very hard against them.

I had, and continue to have, good relationships with both my dad and my stepdad, and I certainly hope that's true with my kids going forward as they become adults. But I'm going to do my best to make sure that's possible through good parenting; I don't want the weight of that relationship to fall solely on my kids to keep up, and I want to make sure they leave our house a little more ready for the day they head off to college or wherever life takes them.

I recognize, too, that I never had the model of fathering I want to provide. My stepdad was hardworking, a real provider, but not very present. And my dad was pretty good in his own right, but I usually only saw him on weekends. He wasn't there every day, and that makes it hard to do some of the things I'm talking about. If you're in the same boat, and you know you didn't get all the tools for raising kids while you were growing up (very few people do, no matter how they are raised), the [WonderDads](http://WonderDads) website and book I mentioned earlier are great resources to help make up for the gap.

And again, don't we owe that to our kids? Don't tell them this, but none of us have all the answers. If we can raise them with a sense of joy and get to enjoy spending time with them every day, I think we're doing it right. Remember, especially as your kids get older, quality, not quantity, is what matters.

-Dr. Mike



# ORCHESTRATE YOUR WORKOUT

Whether summer temperatures drive you to work outside or simply make you want to move indoors where the air conditioner is blasting, having an upbeat playlist can help you quickly pass the time and feel good, too.

There's no better way to learn how to put together a motivational playlist than to ask a pro. Peloton's bikes and treadmills are wildly popular, but now, users are working out through their app because of the high-energy instructors, many of whom have become known for their amazing playlists. Here are two instructors' tips to put together a killer playlist.

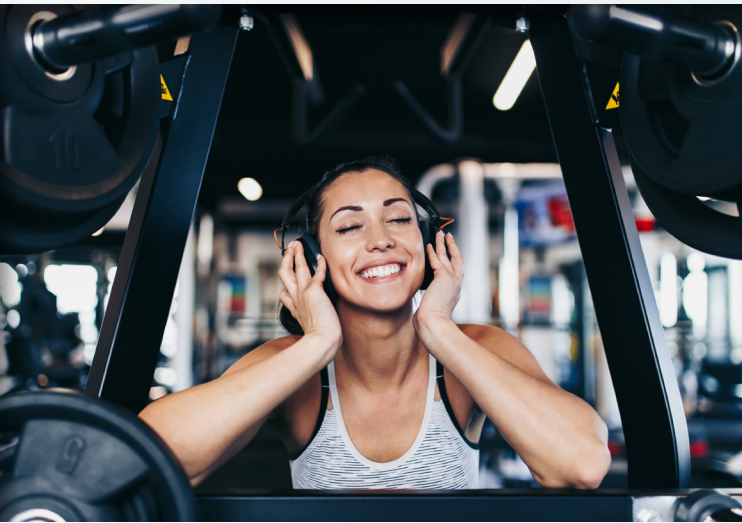
### MIX IT UP

Instructor Leanne Hainsby is known for the eclectic, feel-good songs that keep people pedaling hard in her cycling classes. Hainsby credits her vast musical tastes to her time as a dancer, which expanded her playlist for workout music.

Which songs make the cut? Ones that inspire. "I think people will be so surprised by how much they will push themselves when they're moved by the feeling of a song or how the music makes them feel," she says. It doesn't matter if it's ambient electronic music or a lilting Johnny Cash tune, both of which can be found routinely on Hainby's cycling playlists.

### MAKE IT THEMED

Whether you're obsessed with '90s pop, classic rock jams, or David Bowie, you can use a theme to create workout playlists you'll love.



This is a great trick pros like Peloton instructor Christine D'Ercole use. D'Ercole is beloved by many for her themed classes, which range from an indie rock beginners' ride to a fan-favorite all '90s ride. She also has holiday-themed playlists, like the one for her Women's History Month ride in March that featured only female artists.

You can always hop onto Spotify and check out the Peloton page to see all of their instructors' recent playlists. Use this for inspiration to create your own list or stream whichever compilation catches your attention for your next workout.

# READY TO KYSSSE?

## NATIONAL KISSING DAY IS NEXT MONTH!

Proving once again that there really *is* a day for everything, July 6 is National Kissing Day here in the United States. It may be silly, but it's also a fun idea — and it's something we all like to do from time to time! And if you want to be ready for the day, as well as the rest of the summer, there's no better time to try Restylane's revolutionary Kysse lip filler. You've got the whole month of June to prepare for the July kissing Holiday!

One of the things we love about Kysse is the quick recovery time, which is why we can talk about doing it four weeks ahead of Kissing Day, instead of months in advance.

But that recovery time speaks to the amazing qualities of the filler itself. It truly is above and beyond the rest of the crowd. As we have described in the past, with Kysse, lips become plump, with a bit of pout, and eminently kissable — perfect for National Kissing Day. Unlike other lip fillers, Kysse moves naturally instead of being a static mass in your lips. It "goes with the flow," so to speak, which means it goes in smoother and we need less of it. Kysse lets us really follow the contours of your lip to get that perfect Cupid Bow look, and we can pick and choose where we use it. No duck or sausage lips here!

That dynamic quality also means that Kysse lasts much longer than competing fillers. You may be aware that a typical filler with a



three-month lifespan will in actuality break down sooner than the advertised 90 days. By contrast, Kysse has a true lifespan of nine months to a full calendar year.

Kysse really is a paradigm shift, and Restylane should be congratulated on raising the bar so much higher than it was before. We love this product, and so far, our patients love it, too. We'd love for you to join that group!

# TIME FOR 'I DO'

## IT'S WEDDING SEASON AT MUSIC CITY PLASTIC SURGERY

As the flowers open and the trees soak in that wonderful summer sun, it's wedding season yet again. But you don't have to tell us that — our own Awndria is getting married this month! Their story is a great one, and it's been exciting to watch over the past year. She is from Kentucky, but she met her beau in Nashville while working at Green Hills Grille (one of our favorites). Then they moved to Oklahoma together. But COVID-19 forced them into a long-distance relationship after she moved back here and he was transferred up north to Michigan, so it's wonderful to see them both headed back home to tie the knot. We wish them happiness, success, and love!

Of course, Awndria isn't the only bride we'll see this year. Wedding season tends to be pretty busy for us; after all, who doesn't want to look good on their wedding day? There are a few things to keep in mind, however. Ideally we want to see the bride 3–6 months ahead of time with nothing new in the six weeks before the wedding — you really don't want to start something totally new close to the wedding, even a skin care regimen. Botox or lip filler (see the Kysse article on Pg. 3) should be at least four months ahead. On an eyelift, we can wait a bit longer, but no sooner than two months out.

We're here for the wedding party too, with our VANity mobile concierge service. We provide Botox, filler, and also plasma and IV services. It's a great way to recover from that bachelorette party and revitalize the skin.



# SAY NOW, THAT'S NOT A WINE AT ALL!

## IN SUMMER, BLUE MOON 'SHANDY' IS TO DIE FOR

Since the explosion of the craft beer market in the last 20 years, you can go as far down the rabbit hole with beer as you can with wine — perhaps even further, in some instances. But sometimes, it's best to keep it simple. And summer is one of those times.

These days, as another Tennessee summer gets going, I'm enjoying Blue Moon's Belgian White served a couple of ways. There's nothing wrong with the classic orange slice floating on top, but I also will mix with lemonade on occasion — 3/4 beer to 1/4 lemonade, but you can change that to suit your taste or the heat!

No matter how you're enjoying it, a frosted glass straight from the freezer is a must. Is there any better counter to a hot, humid afternoon than a Belgian White sweating in an ice-cold mug?

I think not.

# INSPIRATION

