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CAN'T AFFORD THAT NEW LAPTOP FOR CHRISTMAS? THERE'S STILL HOPE!

HOW BUYING SECONDHAND CAN SAVE YOUR WALLET AND THE PLANET

If your spouse wants a new tablet for Christmas, your daughter wants an iPhone, and your son is dying for a laptop, odds are it won't be long before your gift budget runs out. High-tech presents add up fast, particularly this year when so many have fallen on hard times. Luckily, there is a way to get all of the gadgets you need without breaking the bank: refurbished or secondhand tech.

Refurbished electronics are an affordable, eco-friendly alternative to the shiny new models. When something is labeled "refurbished," it was returned to the manufacturer, fixed, and put back on the market. Sometimes these products are restored to like-new condition — Apple and Samsung, for example, will go so far as to include batteries and put their products in brand-new boxes — while other times, they're fully functional but without the bells and whistles, like charging cables. While refurbished technology isn't brand-new, it's pretty darn close.

You can find almost any piece of everyday technology refurbished or secondhand, including smartphones, laptops, tablets, PCs, TVs, and digital cameras. According to Money Crashers, these gently



used electronics are often discounted up to 50%, helping your Christmas budget stretch further. The best place to shop for refurbished products is directly from the manufacturer. Amazon, Apple, Walmart, and Best Buy all have sections for refurbished products on their websites. Overstock.com is another great place to check, and you can buy or sell secondhand items on sites like Decluttr.com, BuyBackWorld.com, and Gazelle.com.

All that said, saving money isn't the only perk of refurbished and secondhand electronics. These devices are also better for the planet! By buying pre-owned tech, you can rescue an old device from the landfill and save the resources that would have been used to make a new one. This is a bigger deal than you might think. Mother Jones reports that a United Nations study found "the manufacture of one desktop computer requires 48 pounds of chemicals, 1.7 tons of water, and 529 pounds of fossil fuels — about 10 times the weight of the computer itself." By shopping secondhand this Christmas, you can save money and be both Santa and an eco-warrior. It doesn't get much better than that!



BURGDORF BEAUTY INSIDER

DECEMBER 2020

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WHY 2020 WAS A PRETTY GREAT YEAR AFTER ALL

The resounding practice many people have resigned themselves to during 2020 is to hunker down and just wait for the new year and forget that 2020 ever happened. People have all but given up on 2020 as a viable year on the timeline of life, and I can understand why that is. But I can't bring myself to agree with the sentiment. Yes, it was an exhausting year, but in our office as well as at home, we made a point of not thinking about this year that way.

Tough times come with some really valuable lessons. When it comes to Music City Plastic Surgery, this year has shown us a chance to focus on ourselves. This year, we've actually seen an upswing in patients finally having procedures done that they've been putting off. Some didn't have the recovery time to give, others lacked finances, and others just didn't feel ready. But now, ironically enough, even though people are going out in public less frequently, we're actually seeing an increase in appointments. And we know that's because what we do isn't about what other people see — it's about what our patients feel.

In a time when the news is always bad, loved ones are separated, and we're kept from participating in things we love, it becomes necessary to seek out extra doses of happiness. We've been seeing more patients lately because when you can do something to make yourself feel more beautiful and more confident, it's a pretty great way to give yourself the burst of positivity you've been missing. There's so much power in taking the time to invest in yourself, and we're so honored to have been a part of that process for so many this year.

At home, my most valuable lessons have stemmed from finally having time to slow down and figure out the things that are most important to my family. We've essentially been forced to stay in the house, and that means we've spent a lot of time together. Granted, not all those moments were perfect, as would be expected for any family, but the good moments far outweighed the bad. Online schooling had its aggravations, but the evenings filled with dinners, board games, and movies together made those days great ones. Facing the challenges of the work my wife and I do was stressful, but escaping for a hike or a road trip with family on the weekends made returning on Mondays that much easier. We've come to cherish this time together and one another more than ever, and there's nothing more important than that.



Now we're at the end of the year, and we've got a crossroads to face about what we decide to carry with us into 2021: Will we ignore lessons learned or will we use those lessons to make life great? I know I'll keep making a conscious effort to have movie nights and impromptu road trips with my family. We don't want to lose the closeness we've shared over these last several months, so we'll keep carving out time for each other. That's because 2020 has showed us the joy found in doing so.

Many may choose to just take 2020 for what it was worth: a really rough year. But if that's all we see, we set ourselves up to feel the same way in 2021. Instead, let's take the lessons we've learned about what's most important in life and use them to make 2021 truly great. Let's give ourselves a reason to look back on 2020 with fondness. There's still time to make that possible.

-Dr. Mike

HOW TO EAT DURING THE HOLIDAYS

WITHOUT SACRIFICING YOUR FAVORITE FOODS OR YOUR WAISTLINE

Have you ever stood on a scale at the end of the holiday season and wondered how the extra pounds crept on? It's no secret that a sugar cookie here, a slice of pie there, and a few glasses of eggnog in between can lead to a few pounds gained. When you're surrounded by Christmas goodies, how can you resist? Luckily, there are a few ways you can protect your waistline this holiday season without completely cutting out your favorite treats.

BE CHOOSY

When you see a regular buffet of your favorite holiday treats, don't immediately start scarfing down everything that looks remotely tasty and sweet. First, scope out the food — without a plate — so you won't be tempted to start eating without really looking. Then, find the treats that are your absolute favorites and choose one or two of them to eat. You don't have to give up sweets during the holidays; instead, eat with discretion.

DON'T GO HUNGRY

To ensure that you don't overeat at a party or buy junk food that you don't need when shopping, eat a healthy snack before going out. Before you head out to a party, eat a snack chock-full of complex carbohydrates, proteins, and unsaturated fats. Apple slices with peanut butter work, as well as lean meats and cheeses. If you're headed to the grocery store, eating a filling snack before you go will make you less likely to impulsively scoop up those sugary cookies and pastries in the bakery.

DRINK RESPONSIBLY (AND JUDICIOUSLY)

If you drink alcohol, keep in mind that each drink will probably be somewhere between 150-225 calories. A glass of eggnog can have as many as 500 calories. Alcohol decreases your self-control when you're eating, while also increasing your appetite. Make sure that if you're drinking, you're not doing so on an empty stomach. And to decrease the number



of high-calorie drinks that you consume, drink a glass of water in between alcoholic beverages. The holidays are a minefield for any healthy diet. But with the right tools, you can ensure that by Jan. 2, your waistline won't be worse for wear.

INTRODUCING OUR NEW MEMBERSHIP PACKAGES

YOUR BEAUTY MAINTENANCE PLAN

When it comes to plastic surgery and other cosmetic treatments, sticking to an ongoing, regimented schedule most often yields the best, longest-lasting results. But we won't deny that repeated treatments and even just a few big procedures over a short period of time can be hard on the pocketbook. That's why we're so excited to introduce Music City Plastic Surgery's new membership package plans!

These brand-new plans include a monthly membership fee that provides the patient with special advantages and perks baked right into their deal. We currently have two packages: Look Your Best and Feeling Fresh. Because these offerings are so new, we're still working on adding several items to each, but they aim to include services like a specified number of laser treatments per month, discounted Botox fillers, chemical peels, and other aesthetic services. Depending on your type of membership, it could even include discounts on more extensive surgical services.

There's been a large paradigm shift in the plastic surgery industry over the last few years when it comes to anti-aging procedures. It's the proven idea that doing smaller-scale maintenance more frequently, instead of waiting for one overhaul procedure, leads to better results long term. Not only are we encouraging ongoing



treatment and services for our patients so they can yield the best results for years to come, but the idea behind memberships like these is to give our patients a way to spread their costs for treatments over time. Plans like these are much easier on your bank account!

Our membership package could be a great option to start off your new year by putting a plan in place for achieving your best you. It could also make for a great gift for someone you love this season. We can do three-month, six-month, or full-year memberships, so there's a plan suitable for everyone or any type of gift you might have in mind. Call us today to learn more and sign up for the plan that best fits your needs!

THE MRS. CLAUS MAKEOVER

GIVE YOURSELF THE GIFT OF FEELING YOUR BEST



When Christmastime rolls around, Santa Claus gets all the attention. But where would he be without his leading lady to hold down the fort on Christmas Eve and help wrangle the elves all year long? All that behind-the-scenes work has Mrs. Claus feeling and looking a little worn around the edges — she deserves the gift of a makeover!

The weather up at the North Pole can be rugged and harsh. With wind burns and sun exposure reflecting off all that snow, Mrs. Claus needs some good skin care maintenance. A few **BBL Hero Sciton Laser treatments** can go a long way in addressing pigmentation and discoloration. Along with the Hero treatment, a **Sciton Halo treatment** would

really help with the natural signs of aging that she's inevitably experienced over all these years keeping the elves in line.

But Mrs. Claus isn't all business all the time. She is married to a very jolly man, after all. As much as she likes to laugh, she doesn't enjoy the laugh lines that have formed around her eyes and mouth. That's why a series of **neurotoxin smoothers and injectable plumpers and fillers** are a great option for making her look years younger. Plumping up her lips to make them more kissable for Santa when he gets back after delivering presents is a nice perk, too.

Although everyone thinks Santa Claus is the one eating all the cookies, Mrs. Claus likes to indulge in chocolate chip and gingerbread treats, too. Especially during the holiday season, extra snacking can lead to unwanted weight gain. A little bit of **liposuction** around the stomach, hips, thighs, and arms can go a long way in giving her the energy she needs to do more during her busy days. Liposuction can also be the perfect bow on top of a **tummy tuck, lift, augmentation, or surgical tightening** of the skin.

If you're like Mrs. Claus and feel that making a few improvements would be a great gift for both yourself and the Santa Claus in your life, give our office a call so we can discuss your options.

RING IN THE NEW YEAR WITH MOËT & CHANDON

Stylishly ring in the new year with some champagne! But don't grab just any bottle off the shelf. To celebrate making it through this crazy year, treat yourself with the real stuff — that is, an actual bottle of champagne from the Champagne region of France. Anything else is just sparkling wine, and you deserve so much more for making it to 2021.

You can't go wrong with a bottle of Moët & Chandon champagne. This French fine winery is one of the world's largest authentic champagne producers. Their Impérial line has a variety of options like rosé and ice, and many can be found at your local grocery store for a moderate price. But if you really want to end the year with a bang, choose their Grand Vintage 2012. It's mature, complex, and full of a bubbly charisma appropriate for welcoming the new year.



INSPIRATION

