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## INSIDE THIS ISSUE

Self-Improvement Is All About  
Discovering Ways to Love Yourself  
PAGE 1

3 Online Workout Platforms You  
Should Try

Get Your Glow Back With BBL HERO  
Laser Treatments  
PAGE 2

Play Up Your Eyes and Lips With  
Injectables and Fillers

Don't Count Canned Wine Out  
Just Yet!  
PAGE 3

4 Fall Eye Makeup Trends  
PAGE 4

## 4 FALL EYE MAKEUP TRENDS

When it comes to standing out in a crowd, bold eye shadow and eyeliner can be one of the easiest ways to turn heads. Luckily, a few fantastic trends can do just that! Check out these four eye makeup looks from the experts at L'Oréal.

### 'TIS THE SEASON FOR PUMPKINS

Embrace the fall season by trying on a vibrant pumpkin-orange eye shadow. The rich color will bring to mind pumpkin spice lattes, pumpkin patches, and jack-o'-lanterns. You can start out with a base of bright or subtle orange — whatever fits your style best — and add winged black eyeliner to top off the look.

### THE SETTING SUN

With tones of red, gold, orange, and purple, you can transform your eyelids into a glowing sunset. Create this stunning eye shadow effect by following the step-by-step guide that L'Oréal offers on their website at LOrealParisUSA.com.

### OMBRE FOR THE EYES

The ombre hairstyle has become quite popular over the years, and now your eyes can have the same effect. Show off your blending skills with your two favorite eyeshadow colors for a radiant look. The best part about this popular trend? It can be used year-round! Pick the perfect season and holiday colors and blend away.



### TWO-WINGED LINER

A fun way to draw attention to your eyes is to use two shades of eyeliner rather than just one. Give your eyes a unique look with a base wing color, such as black, then add the color of your choice to make it pop. Whether you use a color that complements your eye color, outfit, or overall aesthetic, you can create exactly the look you want.

Have some fun this fall with these trendy styles!



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# BURGDORF BEAUTY INSIDER

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## SELF-IMPROVEMENT IS ALL ABOUT DISCOVERING WAYS TO LOVE YOURSELF

*September is National Self-Improvement Month, and although I'll be the first to admit I always have things I'm improving on, I wanted to give Awndria, our patient coordinator, the spotlight to talk about a recent journey on her own road to self-improvement.*

*-Dr. Mike*

I've been working for Music City Plastic Surgery for almost two years now and have seen some incredible people with incredible stories walk in and out of our doors during that time. People visit us because they're looking for ways to improve their lives, and a physical change can be such a powerful tool for infusing your life with the confidence you need to continue improving yourself in other ways. I know this because I recently went through my own liposuction and fat transfer procedure.

I've always held myself to a pretty steady workout routine and done my best to stay in shape, but like many, I've recently put on more weight than I'm happy with. Love handles tend to run in my family, too — they're something everyone on my mom's side just can't seem to fight. So, when I noticed mine were getting bigger, and exercise and dieting just weren't working, I asked Dr. Burgdorf for help.

We decided that the best course of action would be to remove fat from my love handles and transfer some of it to my hip dips, where my body had always been less symmetrical than I'm comfortable with. As the patient coordinator for Music City

Plastic Surgery, I work closely with all our patients leading up to their procedures, so I know the excitement they feel. I found myself in the same boat, eager to get started and see my results. I also wanted to provide some personal insight into my own self-improvement journey in the hope that it would be helpful for those who want to improve themselves, too, but are fearful of the process. So, I documented my journey on social media.



You can still find the entire story under the "highlights" section of our Instagram page, but the general purpose of the videos is to provide insight about what the patient experience with Dr. Burgdorf is truly like, and prove that we can help you make self-improvements that will boost your confidence. The day before and day of my own procedure, I explained the prep for surgery, the (believe it or not) incredibly fun and relaxing atmosphere inside the surgery room, and the astoundingly easy recovery process. Not to mention, it's been about three months since the procedure, and I'm beyond happy with my results.

I felt the same mix of excitement and nervousness about my surgery that nearly every patient describes during their own process. I was eager to see my results but felt natural dread over potential pain and lengthy recovery. But the reality is, excitement was all I needed to feel.

Dr. Burgdorf is such a pro at what he does: I had my surgery on a Thursday and was back up and running at work by the following Monday! And I owe our wonderful nurse Molly a special shoutout for looking out for me during that time, too.

I feel confidence in myself I didn't even realize I was missing until now, and that's what self-improvement is really all about. Whether you're working on something physical, mental, or emotional, it's so important to take a step back from the chaos of life to focus on yourself sometimes. When you work to make yourself a better, brighter, happier person, you extend your capacity to do the same for others. Self-improvement is the gift that keeps on giving, and we're so excited to help people on their own journey to achieve it every single day.

*-Awndria Baker*



# FEEL THE BURN FROM YOUR LIVING ROOM

## 3 ONLINE WORKOUT PLATFORMS TO TRY RIGHT NOW

Your living room might not be the most conducive environment for a good workout. But as the world continues to grapple with the effects of the coronavirus, working out at the gym, or any other public facility, is out of the question for many of us. Fortunately, you can still work up a sweat from home with the right workout videos for a fraction of the cost of a monthly gym membership. Here are a few worth your time and money!

### ALO MOVES

Alo is one of the most prominent outfitters for yoga lovers everywhere, but the workout routines offered through Alo Moves go beyond just yoga and meditation. Whether you're new to working out or a seasoned fitness buff, you can find thousands of workout routines to follow along with on AloMoves.com. You can even download routines to your phone and follow along with them in your backyard or at the park, all for just \$20 a month.

### P.VOLVE

While P.volve only has around 200 workouts available through its online platform right now, new videos are being added every week. If you're looking for resistance-based, high-intensity, low-impact workouts, this is the platform for you. You can customize a workout plan based on which body parts you want to strengthen and even buy optional equipment to use at home. Get access to the entire fitness library for a monthly fee of \$20 or save by paying an annual fee of \$135 at P.volve.com.

### STONE IT UP

Tone It Up is more of a fitness community than a workout program, but the website still offers a variety of both free and paid workouts plus a paid nutrition plan. Try high-intensity interval training (HIIT), cardio, a total-body workout, or one geared toward specific body parts, like abs or glutes. Through the Studio Tone It Up app, which costs \$15, you can get additional workouts delivered to you weekly.



Even if they're not what you're used to, doing these online workouts can ensure you don't lose the fitness you've worked so hard to gain. Try one of them today!

# OVER AND UNDER THE MASK

## INJECTABLES AND FILLERS DRAW ATTENTION YOU ACTUALLY WANT

It's okay to admit it — wearing a face mask can be aggravating. But we've got to be dedicated to doing it in order to keep ourselves and those around us healthy, so it's time to see some silver linings to wearing one: This is a great chance to use injectables to draw attention to your eyes while you wear a mask and fillers to draw attention to your lips when it's safe to take it off.

Injectables come in a variety of options, such as BellaFill or Botox. BellaFill is a collagen gel-based dermal filler that can provide immediate volume and lift that smooths lines and wrinkles. Over time, your body's own collagen replaces the collagen gel from the injections, which means the effects can last for years. When half your face is covered by a mask, it's a great opportunity to really play up your eyes, and injectables like these can touch up crow's feet and give your skin some youthful rejuvenation. We've recently handpicked Molly in our office to take over the process of administering injectables, and she's already done some incredible work for many patients.

When it comes time to take your mask off in the safety of your home, you still want to look good for whomever you're spending all your extra time with. That means you should start paying more attention to your lips! The newest and most effective filler we've already seen fantastic



results with is Kysse, a hyaluronic acid filler specifically designated for the lips. As we age, the red part of our lips naturally disappears, but Kysse can elongate the vertical aspect of the lip, actually extending the red part of the lip. It adds volume, smooths wrinkles, and can last up to a year rather than just a few months. It's an incredible new product that we're excited to share with our patients.

Don't let face masks get you down — find a way to make the most of them instead! Call Music City Plastic Surgery and we'll discuss some great options for injectables and fillers that will draw attention to your face in all the right ways.

# KEEP YOUR SUMMER GLOW THIS FALL



September marks the start of our farewells to summer and our welcoming of fall. It's been an unusually hot season for most, even with all of us likely spending a little less time outdoors. The sun may give us the color and glow we desire, but it can also lead to unwanted dark spots and premature wrinkles. So, as we head into fall, it's time to reverse the effects of sun damage and bring some youthful vibrancy back to our skin with the incredible technology of lasers.

We've offered Sciton Halo laser treatments in our clinic before, but now we're excited to introduce what we like to call "the Cadillac of lasers": Sciton's BroadBand Light system, or the BBL HERO.

Sciton has been at the top of its industry for years, and their new BBL HERO is one of the most powerful and effective lasers on the market. But just because it's powerful doesn't mean you have any pain or discomfort to fear. It uses flash lamp and CoolComfort technologies to effectively fight against sun damage like

dark spots, uneven skin pigmentation, freckles, and age spots. It can also aid in renewing your collagen foundation to firm the skin, which means the wrinkles that can result from prolonged sun exposure don't stand a chance.

The BBL HERO is an improved system, meaning the treatment process is quicker while you're in our chair, and it takes fewer treatments to achieve the results you desire. We like to recommend the Sciton Halo to start addressing smaller skin inconsistencies, and the Sciton BBL HERO as a great step-up when there's more extensive work to be done, especially if you're also considering a face-lift in the future. Whichever you choose, both systems have very minimal downtime after use and leave absolutely no scarring.

If you're hoping to keep the summer glow you've developed over the last few months, but want to fight the other effects the sun might have left you with, then Sciton lasers pack the one-two punch your skin needs to stay youthful this fall. Call us to schedule your appointment today.

# DON'T KICK THE CAN

## FILL IT WITH UNDERWOOD PINOT NOIR

Just as there are many ways to go about facial rejuvenation, apparently there are many ways to enjoy wine! Canned wine is a trend on the rise, and although people are skeptical about its comparisons to wine from the bottle, there are a few brands and types that have managed to stand out.

The Underwood Pinot Noir has become a favorite. At just \$7 for 375 ml, this light-bodied, berry-inflected pinot is packed with much more complexity than you might guess you'd be able to find in a canned wine. It has light spice and some black tea notes to finish after the hit of bright fruit flavors when you first sip it.

As we end summer and start heading into the autumn season, the Underwood Pinot Noir is a great option for the transition, and taking it to-go in a can is just another perk.



# INSPIRATION

