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WHAT'S THE BIG DEAL ABOUT BIRKIN BAGS?

A CLOSE LOOK AT HOLLYWOOD'S FAVORITE PURSE

This summer, Cardi B made headlines when she gave Megan Thee Stallion an extravagant gift: a custom Birkin bag. If you follow celebrity culture, you've probably heard about Birkin bags before. They've been hot among the Hollywood elite for years, spawning thousands of magazine articles and Instagram posts. Kim Kardashian, Lady Gaga, and Victoria Beckham have all been spotted carrying them. But what exactly is it that makes a Birkin bag so special? It's just a purse, right? Maybe not.

On the surface, there's nothing stunning about a Birkin bag. The Hermès bags have two handles, classic lines, and tiny feet on the bottom. Usually, Birkin bags come with gold hardware, a raincoat (not for the human — for the purse), and a miniature lock and key to keep the owner's valuables secure. You can find them in every imaginable color, from bright red to turquoise blue.

What stands out the most about a Birkin is the price tag: The handbags *start* at \$12,000 and have sold at auction for over \$200,000. Part of the allure is the materials: crocodile skin, gold, and diamonds. Another factor is the limited supply. According to Forbes,



in 2015, some Birkin bag waiting lists stretched up to six years long. When something is rare *and* mind-blowingly expensive, it acquires a certain cachet. Combine this prestige with a timeless look, and it's no wonder the popularity of Birkin bags has endured.

Last but not least, one must consider the power of the Hermès brand. Hermès was founded in Paris in 1837. Originally, its workers made saddles, bridles, and other riding gear for the European nobility. Then, the company expanded its wares to bags for carrying saddles, then eventually clothing, travel bags, and perfumes followed. This long pedigree has made Hermès one of the most trusted luxury brands in the world. Even today, top-shelf items like Birkin bags are made entirely by hand, using a 200-year-old French stitching technique. On top of being hand-sewn, they're hand-polished and hand-painted. These techniques make each bag an art piece.

Considering all this, there's no question as to why Cardi B settled on a custom Birkin bag as the best gift for Megan Thee Stallion to celebrate their single, "WAP," hitting No. 1 on the Billboard Hot 100.



BURGDORF BEAUTY INSIDER

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CREATING A MINDSET OF GRATITUDE BRINGS POSITIVITY TO UPLIFT OTHERS

The world has been in a tough spot for quite some time now, and I'll be the first to admit that at times, it gets me down. I know I'm not the only one who feels this way, but often, it can be easier to assume that when we do feel down about something, we just have to suffer through it alone, and that there's no way to get through it except to just endure. But I've come to realize that's not true. Our outlook is ours to control. We have the power to do something about it.

Over the last several months, I've been working to get myself in a better mindset to allow myself to express thankfulness. I've realized that it can often be a lot easier to just feel thankful than it is to actually express that gratitude and appreciation and allow it to positively impact my life and others, which is why I've been trying to be more intentional about doing just that by keeping a daily gratitude journal.

It's exactly what it sounds like: Every morning, I write down three things I'm grateful for that day. It could be something as simple as having had a nice evening with a cool breeze or getting a truly restful night's sleep. Or it can be something a little more major, like knowing that everyone in my house has been healthy this year despite everything going on. It just takes five minutes of my day, but I've found that it really gets things started off on the right foot. The stresses of my day may not allow me to uphold that positivity for more than a few hours after the initial act on some days, but that's okay. The intention is there, and I know I'll always be right back at it the very next morning.

My goal here has not only been to uplift positivity within myself, but to also share it with others when I can. My mom went through spine surgery a few months ago and has been having a tough time with her recovery. It's not progressing as quickly as she would have liked, and it's been bringing her down. But by picking up the phone and intentionally sharing my own positive outlooks with her, it's actually helping both of us to take a different perspective on life. It has helped us look at those things we *are* excited or happy about and find ways to let those shine through more than anything else.

So far, I've come to realize some of the most meaningful things I have gratitude for. I'm thankful to God for all the opportunities He's given



me, and for my ability to recognize them and experience them to their fullest. I'm thankful He's given me a chance to understand that I shouldn't just live life going through the motions without realizing all the great things and people around me. I'm thankful for the relationships He's allowed me to participate in and for the people's lives I've been honored to be a part of.

I'm hopeful that since starting this gratitude exercise, I've had a more positive impact on others, and that goes for the work I do, too. Operating this business with core values that serve the purpose of improving someone's appearance so their own positivity can manifest in their confidence is such a gift. We aim to create positive outlooks for people who can then go on to positively impact the relationships they have with those around them. The opportunity to be part of this ripple effect in people's lives and relationships is incredible, and I'm so thankful for it. If you are reading this, then you truly deserve my deepest thanks and gratitude.

-Dr. Mike

GET A SALON-QUALITY MANICURE AT HOME

CELEBRITY TIPS FOR BEAUTIFUL DIY NAILS

During this year of pandemic chaos, we’ve all limited our trips outside of the house. Odds are that in the last few months, you’ve skipped at least one visit to the hair stylist, spa, or nail salon — and you’re probably noticing the difference! If your nails look worse for wear, it’s time to take action before the holidays.

To get salon-quality nails at home (or pamper your partner with an in-home spa day), use these tips and tricks to take a simple coat of polish to the next level.

SHAPE YOUR NAILS LIKE A PRO.

One thing that people often forget when doing their own nails is to shape them with clippers and a file. This is one of the most important parts of a manicure because nail shapes go in and out of style. According to Cosmopolitan, the “coffin” nail is trending right now thanks to celebrities like Kylie Jenner, Khloé Kardashian, and Ariel Winter. This shape is ideal for long nails and features tapered sides and a straight edge across the

top. For a lower maintenance nail, try the “squoval,” a square-oval hybrid with a gently curved tip.

PAY ATTENTION TO YOUR CUTICLES.

Your cuticle is the thin layer of skin along the bottom edge of your fingernail, and it can get in the way of a professionally manicured look. To prepare your “canvas” for polish, use a cuticle remover liquid like Butter London (\$18 on Amazon and recommended by Byrdie) and/or cuticle clippers to push back your cuticles and remove dead skin.

USE THE 3-LAYER APPROACH.

There are three layers to a beautiful manicure: the primer or base coat, the polish, and the top coat. According to celebrity manicurist April Foreman, the nail genius behind Charlize Theron and Natalie Portman’s paint jobs, a good primer is the foundation of a perfect manicure. The primer can be clear or nude and goes on before the colored



polish to even out imperfections. After both the primer and polish layers dry, add a clear topcoat for a varnished look.

With these tips in your back pocket, you’ll have no problem taking your manicure into your own hands (pun intended)!

WHAT THANKSGIVING DISHES CAN TEACH US ABOUT PLASTIC SURGERY

It’s an age-old Thanksgiving debate: Stuffing or dressing? When I moved to a southern state after having lived in the north most of my life, you can imagine my confusion during that first Thanksgiving when I was asked if I would like some dressing, and I responded by saying, “Sure, where’s the salad?” The whole family still gets a good laugh about that every year.

But the debate of stuffing or dressing isn’t so much about the recipe or the dish itself, but instead, it’s about what different parts of the country choose to call it. So, this is the part where I draw some parallels about this concept to plastic surgery. Just bear with me here.

When we look at the term “stuffing,” we can easily compare it to the fat of the body. It can be removed with liposuction or placed elsewhere by a fat transfer into the breasts or the buttocks. The term “dressing” commonly refers to what’s placed on a wound after surgery, but it can also be thought of as the way a person “dresses” themselves or what their external appearance looks like.

No matter which phrase you use, stuffing or dressing, the fact is that they’re both improvements made to the person. Going back to our Thanksgiving metaphor, let’s think of the person as the turkey. The turkey is the main dish, the center of attention. The stuffing and/or



dressing is the side dish, or the accompaniment. It’s an addition to the turkey, no matter what name you decide to call it by. The point I’m making is this: No matter what sides you have, it’s the turkey that will always shine through.

Our job here at Music City Plastic Surgery is to provide you with the additions that make you feel your best as a whole. Our services can help you feel confident and positive about who you are and help you be your incredible self around others. We contribute the side dishes that uplift the spectacular turkey you already are.

And now that I’ve called you a turkey (but in the most endearing way possible), I truly hope you have a wonderful Thanksgiving and enjoy every main dish and side dish on your table.

SKINTYTE DOES IT ALL

SAGS AND WRINKLES DON'T STAND A CHANCE

It may not have bright flashing lights, but SkinTyte is one of our most eye-catching services because of its impressive versatility and incredible results. It’s a component of our Sciton laser series that uses broadband light technology to emit intense pulsed light (IPL) to treat the skin in a variety of different locations on the body.



The SkinTyte is one of the most versatile tools on the market for treating unwanted skin conditions that result from aging, active lifestyles, sun damage, and more. It works on all skin types and can be performed on nearly any area of the body. We frequently use it to target wrinkles and sagging around the neck, jawline, jowls, and under the eyes, but we are more and more frequently using it for patients who want their skin firmed up on their belly area, arms, and legs. So if you aren’t a fan of your wrinkled knees or elbows, SkinTyte is your answer.

It’s a noninvasive procedure that requires no anesthetic beforehand and no recovery time afterward. After putting a little sunscreen on the treated area to protect it (and even reapplying your makeup to your face if you’d like), patients can get back to their normal daily activities almost immediately. For incredible firming results, we like to combine SkinTyte procedures with some type of filler injection so that we’re filling the area from underneath while simultaneously tightening it on the top. It’s a winning combo for creating the firm skin you dream of.

So, if you’re ready to address your sagging or wrinkled skin, then we’re ready to help you do so with our SkinTyte procedure! Call our office to schedule a consultation or an appointment today.

COOPER & THIEF BARREL-AGED RED

If you’re looking for a wine that can stand up against the bold flavors gracing your Thanksgiving table this year, Cooper & Thief’s barrel-aged red blend is it. Their 2016 vintage is a dark and jammy red that’s aged for three months in repurposed bourbon barrels, giving it soft, velvety tannins and a subtle but pleasant heat unlike anything I’ve tried before. It’s intentionally far from a traditional table wine.

Aging wine in whiskey barrels is bringing a new wrinkle to the marketplace, creating blends that are full-bodied, firm, and lasting. The Cooper & Thief vintage has pleasant aromas and flavors of black fruit and smoke, complete with a memorable edge that will stand out as a great addition to your holiday indulgences. It might pair best with beef, but if you want a standout wine to talk about at dinner, add this one to your shopping list.



INSPIRATION

