

## Beauty for Wellness

Lucie Capek, MD Plastic Surgery and Medspa is ready to help you become the best version of yourself.

**D**r. Lucie Capek knows that the decision to get plastic surgery is a big one. That's why, at her Latham-based boutique plastic surgery and Medspa practice, the all-female team makes sure clients have all the information they need before going through with a procedure that will change their body and life forever.

"I encourage patients to become informed and learn as much as they can before deciding to have plastic surgery," says Dr. Capek, who has been working in the Capital Region for more than 25 years. "Knowledge is empowering, clarifies realistic expectations, and helps to remove fear and doubt. Our consultations are a deep-dive into your procedure of interest and we take the time to review your health history to ensure a safe and satisfying experience."

While Dr. Capek's practice offers a full range of aesthetic services—from facials to Facelifts, as well as the full spectrum of injectables, lasers and body contouring—she specializes in cosmetic surgery to the face, breast and body. She's well known for natural-looking Facelift, neck lift, Blepharoplasty and Rhinoplasty transformations in addition to 'mommy' and 'menopausal' makeovers. She believes the word "wellness"



Dr. Lucie Capek

encompasses total health, and acknowledges the indelible bond between mind and body.

"As a plastic surgeon, I consider myself a quality-of-life doctor who helps patients feel and look their best," she says. "Their confidence soars as they are able to move past concerns that are corrected or optimized by the procedures we offer. This is beauty *for* wellness—a restored self-perception that aligns with a patient's health and wellness goals. As a surgeon, it's an amazing and privileged experience to be part of this journey."

And to those clients who say they feel guilty, selfish or vain for considering plastic surgery? "I would reply that self-care is none of these things," Dr. Capek says. "Most patients experience a transformation that helps them function as the best version of themselves with renewed confidence and energy. The concern that brought them in is no longer a focus, which frees up emotional resources for more productive pursuits. They move on from their treatment happier and healthier."

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