

January invites reflection, intention, and a more thoughtful approach to self-care.

This month, we are sharing a beautiful facelift before and after by Dr. Capek, along with The Power of Progress, a step-by-step guide to building lasting confidence through consistency rather than drastic change.

We're also highlighting our Lighten & Brighten Treatment Package, designed to reduce the appearance of hyperpigmentation and help reverse sun damage. With less sun exposure and more time for recovery, winter is the ideal season to focus on correcting tone and restoring clarity.

From healthy daily habits and skincare rituals to advanced treatments and surgical refinement, every step plays a meaningful role in your journey.

And as the new year unfolds, we're getting ready to introduce something entirely new at Capek Plastic Surgery & MedSpa, created to elevate how you care for yourself, support consistency, and make achieving confidence easier than ever.



Something new is on the horizon at Capek Plastic Surgery & MedSpa! We've been developing a new addition to our practice that focuses on consistency, long-term care, and supporting your beauty for wellness beyond individual visits.

While we're keeping the details quiet for now, we're looking forward to sharing a new way to make your self-care journey feel more intentional and rewarding very soon. Stay tuned!

FACELIFT

WITH NECK LIFT, FAT TRANSFER,
AND UPPER BLEPHAROPLASTY



There's nothing more rewarding than seeing the confidence and joy in my beautiful patient's eyes after a full facial rejuvenation.

For this lovely patient - who's shown just 3 weeks after her surgery- I combined a facelift, neck lift, upper blepharoplasty, and micro fat grafting to not only refresh her appearance but also to help her feel radiant, confident, and ready to embrace every moment. That's Beauty for Wellness!

Get the SKINNY

Dr. Capek's Steps To Facial Rejuvenation



From foundational routines to advanced procedures, each step matters.

THE POWER OF PROGRESS

A Step-By-Step Guide To Lasting Confidence

A Thoughtful Approach to Lasting Confidence

Lasting confidence is a journey built on consistency, not drastic change. By prioritizing thoughtful rituals along the way, you can feel confident at every stage of life and enjoy meaningful progress along the way.

Leading a Healthy Lifestyle

Healthy habits set the tone for everything that follows. Prioritizing sleep, hydration, movement, and stress management supports your skin, energy, and overall sense of well-being. When you care for yourself consistently, confidence starts to show naturally.

Treat Skincare as a Ritual

A consistent, medical-grade skincare routine is the key to lasting beauty. Monthly treatments like DiamondGlow facials and gradually enhance your skin and extend the results of advanced procedures. Prioritize these rituals to protect your progress and long-lasting, natural results.

Elevate Your Skin With Lasers & RF

Laser and Radio Frequency (RF) treatments are the next step in your radiance journey. These treatments stimulate collagen, improve texture and pigmentation, and tighten skin while complementing your daily skincare rituals. Regular sessions help you maintain progress, enhance results, and build confidence at every stage.

Strategic Refinement with Injectables

Injectables are the next step in your journey. Botox and dermal fillers are most popular amongst our patients. Regular Botox smooths dynamic lines, prevents new ones from forming, and helps your features stay balanced over time. Fillers restore lost volume and enhance your natural contours, giving you subtle, long-lasting results.

Surgical Steps Before a Full Facial Rejuvenation

LaserLift and micro-fat grafting are less invasive surgical steps that refine your features and restore natural volume.

LaserLift contours the jawline and neck with minimal downtime and no visible scars.

Micro-fat grafting uses your own fat to enhance hollow cheeks, under-eyes, and other areas, providing long-lasting results that outlast traditional fillers.

Advanced Surgical Refinement

Facelift, neck lift, brow lift, and blepharoplasty correct sagging skin that non-surgical treatments can't fully address.

Staying consistent with daily rituals helps slow the natural progression and severity of sagging skin.

This means that if surgery becomes necessary, you start from a stronger baseline and can achieve smoother, longer-lasting results while feeling confident at every stage.

LIGHTEN & BRIGHTEN TREATMENT PACKAGE

SAVE OVER
\$550

3 Laser Excel V Treatments
4 DiamondGlow Facials

SkinMedica
Even & Correct Bundle

*The perfect package for sun damage
and hyperpigmentation*

