

This month, we are celebrating some exciting milestones while sharing a few of our favorite summer highlights with you.

First, we are showcasing another incredible result from our newest skin rejuvenation treatment, Contour TRL. This deep resurfacing laser has quickly become one of the treatments I'm most excited about, delivering dramatic improvements in skin tone, texture, and sun damage that simply aren't possible with lighter resurfacing options. If you've been curious about what advanced laser resurfacing can achieve, you won't want to miss this transformation.

We are also kicking off Spritz Season with a summer skincare offer designed to keep your skin protected, hydrated, and glowing. Throughout July, you'll receive a complimentary full-size ZO Skin Health Hydro-Mist with the purchase of any sunscreen from our skincare collection, including favorites from SkinMedica, ZO Skin Health, and Revision Skincare. It's the perfect pairing for long days in the sun.

And finally, we're sharing highlights from BestieFest 2026, where we had the honor of celebrating some exciting recognition for our practice. Capek Plastic Surgery & MedSpa was voted Best MedSpa in the Capital Region for the fourth year in a row, and I was honored to be named Best Medical Specialist for the second consecutive year. These awards are a reflection of our incredible team and the wonderful patients who continue to place their trust in us. We are so grateful for your support and look forward to continuing to care for our community for years to come.



Another beautiful result with our new Contour TRL -a deep, fully ablative resurfacing laser treatment we recently added to take skin rejuvenation to the next level! 🌟

The improvement in this beautiful patient's skin tone and texture is remarkable, especially after just one treatment. Sun damage has been significantly reduced and surface irregularities smoothed in a way that lighter treatments simply can't achieve.

Results like this are exactly why I'm so excited to offer this spectacular treatment to my patients! 🌟👁️



☀️💧 Spritz Season has arrived.

You know the one. Long evenings, warm light, something sparkling in hand. 🍹

But we're giving it a skincare twist. Because real summer glow starts with protection! 🧴

Enjoy a complimentary ZO Skin Health Hydro-Mist with the purchase of any sunscreen from our skincare collection, including favorites from SkinMedica, ZO Skin Health, and Revision Skincare.

This lightweight facial mist helps calm visible redness, replenish hydration, and support the skin's protective barrier, making it the perfect companion for long summer days in the sun. 🌊☀️

Offer ends 7/31, while supplies last.



Best MedSpa four years in a row and Best Medical Specialist two years in a row! 🏆🏆🌟

I had the best night at BestieFest 2026 with Kelly and Amy representing our team. Kelly has been with my practice for almost 20 years and there is something so special about celebrating milestones like this with the people who helped me create such an incredible space for our patients. 💖

But let me be clear, these awards are a team effort. Every single person at Capek Plastic Surgery shows up every day with so much dedication and heart, and that is what makes moments like this possible. 💙

And none of it happens without YOU. Our patients and our community have voted for us year after year and we are so incredibly grateful. Thank you for trusting us with your care. It is the greatest honor. 🙏🌟