

October is a month for embracing change, caring for yourself, and finding new ways to feel comfortable and confident in every stage of life. 🍂

We're kicking off the month with a chance to win a $485 Hydrinity hydration bundle, filled with advanced medical skincare products designed to hydrate, renew, brighten, and support healthy-looking skin. The more Hydrinity products you purchase, the more chances you have to win, making this the perfect time to refresh your skincare routine!

We're also sharing a beautiful breast transformation after pregnancy, nursing, and significant weight loss, where Dr. Capek combined a breast lift with natural breast augmentation using the patient's own fat. The result is a fuller, lifted shape that remains soft, proportional, and uniquely hers.

And with October marking Menopause Awareness Month, we're covering the art of aging well. From hormonal support and medical-grade skincare to facials, injectables, lasers, and facial rejuvenation surgery, caring for yourself can take many forms. Your needs may change as you move through different stages of life, so understanding your options can help you make choices that feel right for you.



💧If you missed our Hydrinity event, you definitely don't want to miss this!

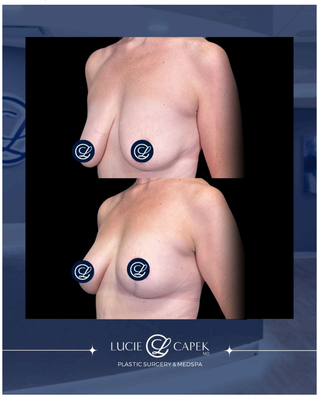
We're giving one lucky winner the chance to take home a $485 Hydrinity hydration bundle featuring:
✨ Renewing HA Serum
✨ Hyacin Active
✨ Eye Renew Complex
✨ Vivid Brightening Serum
✨ BOGG travel pouch

And getting entered is easy: the more Hydrinity products you purchase, the more entries you earn!

Buy 1 Hydrinity product = 1 entry
Buy 2 Hydrinity products = 5 entries
Buy 3+ Hydrinity products = 10 entries

Whether you're restocking your favorites or building a new regimen, your routine refresh could bring you one step closer to taking home the grand prize!💧

Must enter giveaway by October 31, to participate. Purchase-based entries can only be earned on Hydrinity purchases while supplies last. No purchase necessary. Visit our office to enter for free.

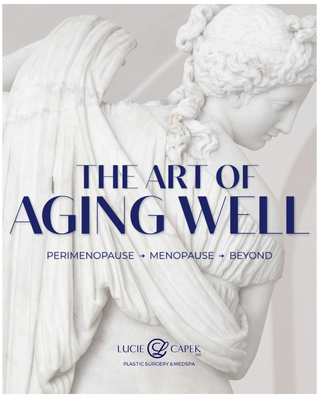


This lovely patient experienced significant changes to her breasts following pregnancy, nursing, and massive weight loss. She wanted to restore lost volume and tighten loose skin for a better shape.

To help her achieve those goals, I performed a breast lift with natural breast augmentation using fat transfer. This combination creates breasts that are volumized and lifted - naturally. It's a wonderful option when the goal is a long lasting, proportioned and low-maintenance result.

Natural breast augmentation is a wonderful option when the goal is a soft, naturally contoured breast shape. Because I'm working with the patient's own tissue, I can tailor the placement of the fat to complement her individual anatomy and proportions.

The result is a lifted, fuller breast contour that feels beautifully balanced with the rest of her body.



Every Woman Experiences This Chapter Differently.
There is no single way to feel, look, or move through perimenopause and menopause.

Every chapter brings something new to learn, navigate, and embrace.

You don't have to navigate it perfectly. You just shouldn't have to navigate it alone.

It's Normal For Your Needs To Change.
What supported you five or ten years ago may not be what your body, skin, or overall well-being needs today.

And that's okay.

This is a chapter for listening, learning, and giving yourself the care you deserve.

You Don't Have To Simply Accept Every Change.
Some changes are a natural part of aging.

But that doesn't mean you have to ignore the concerns that affect how you feel, function, or see yourself.

Understanding your options can be empowering.

Caring For Yourself Can Take Many Forms.
Sometimes it's prioritizing your health.

Sometimes it's finding support for hormonal changes.

Sometimes it's giving your skin a little more attention.

Sometimes it's doing something that simply helps you feel more like yourself.

You Have Options For The Changes You Notice.
As your body changes, so can your approach to caring for it.

Depending on your needs, support may look like:
- BHRT with Pellets
- Medical-Grade Skincare
- Customized Facials
- Botox & Filler
- Laser Treatments
- Facial Rejuvenation Surgery
- Breast & Body Contouring

You Don't Have To Fight Aging To Age Well.
You can embrace the changes.

You can care for yourself through them.

You can make choices that help you feel your best.

There is beauty in all of it.