



The difference dermal fillers and skincare can make



Ever wondered what dermal fillers and great skin care can do?

Take a look at this before-and-after. This patient is a perfect example of how Dr. Lichten can help you reach your goals, too.

"My patient wanted to look natural and like herself but a bit more lifted and youthful. She also wanted a more defined jawline and smoother skin," says Dr. Lichten. "To help her achieve her goals, I used a combination of strategically placed cosmetic injectables and dermal fillers, including Voluma, Vollure, Vobella, and Ultra XC."

Dr. Lichten says this patient also followed a Central Ohio Plastic Surgery-prescribed skincare regimen, which included these SkinBetter products: AlphaRet, Even, ALTO, and Lines.

We invite you to book a consultation with Dr. Lichten to discuss your goals for yourself, your skin, or your body. Dr. Lichten will take the time to answer your questions and talk through all your options, both surgical and nonsurgical.

[Book Your Personal Consultation](#)

3 ways to show your skin some love

It's February and that's means Valentine's Day and lots (and lots!) of talk about love. So, in keeping with the ♥ theme, let's talk about showing *yourself* some love.

Here are 3 tips to help you get smoother, glowier, healthier-looking skin that you can, well, love.



1. Hydrate your skin inside and out.

Drink lots of water, then drink a little more. Water is essential for a healthy body and your skin is your body's largest organ, so it only makes sense to make sure you get enough of it. And, for most of us, that's at least 16 oz. more than we've been drinking.

Don't like water? Add a touch of flavor with chopped fruit like strawberries or oranges. Or spike it with a sprig of fresh mint or basil. Still having trouble? Get yourself a great new water bottle. And, no, it doesn't have to be a [Stanley](#). It just needs to be something you'll take with you and drink from all day long.

Of course, hydrating your actual skin is just as important. So, to seal your skin barrier always apply moisturizer right after cleansing. (You are

cleansing your skin twice a day, aren't you?) Not sure which moisturizer to use? [Ask Krista](#). Bonus: [Watch this video](#) from Dr. Lichten for application tips.

2. Treat your skin to an at-home facial.

Baby your skin *and* pamper yourself with a DIY facial kit. This month, Krista put together a special offer (see below) designed to delight your senses and your skin.

Your [Circadia](#) at-home facial kit will help nourish and hydrate your face with skin-loving ingredients like antioxidants and peptides.

3. Indulge in some expert exfoliation.

After you've given your skin some TLC with hydration and an at-home facial, rejuvenate it even more with a professional exfoliation treatment.

Our true love is the [HydaFacial treatment](#) because it's proven to help skin look and feel healthier immediately.

And, unlike traditional dermabrasion, this state-of-the-art treatment gently and effectively exfoliates dead and damaged skin cells, removes impurities from the pores, and ultra hydrates the skin.

[Book a package now](#) and **save 10%** now through February 29. (See offer details below or call us at [740-653-5064](#).)



Spread the Love

Kissable Lips

1ml Juvederm Vobella or Ultra
Hydrafacial Lip Perk
Circadia Lip Renewing Hydrator

\$599

(SAVE up to \$254)

Self Care Kits

Skinbetter Starter Regimen- \$99

Circadia Strawberry Honey Facial Kit- \$49

OR

FREE with any \$500

injection/skincare purchase

(limit 1 free kit per person)

PLUS

Save an extra 10% on package pricing

2/1/24 thru 2/29/24

Valid on all Laser, Tripollar, Facial,
Hydrafacial & Coolsculpting packages

Cannot be combined with any other coupons, discounts, offers, or promotions. For full terms and conditions please [call us](#). We reserve the right to cancel or modify this offer at any time.



Check out this sneak peek of one of our Valentine's gift sets!...Featuring an exclusive mask, typically not available for retail purchase!...Who doesn't love berries?!

We can't wait for the day after Valentine's Day because chocolate goes on sale and that's the kind of positivity we need.

Find us on social, call us at [740-653-5064](tel:740-653-5064) or email officemanager@ohioplactic.com.



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