

Central Ohio  
*Plastic Surgery*

Reminder  
*Reminder*

Plastic Surgery isn't about vanity.  
It's about you.

THE TRUTH ABOUT PLASTIC SURGERY?  
IT'S RARELY ABOUT VANITY.

For most of our patients, plastic surgery isn't all about looking good on the

outside. It's about something deeper and more personal. It's about restoring what time, illness, or major life events have taken.

It's about feeling like yourself again after raising a family, losing weight, or surviving breast cancer.

Some of our patients come to our practice because they've achieved an incredible health goal and want their body to reflect that success. Others want to erase the physical reminders of a hard season of life. Many simply want the face in the mirror to match the confidence they feel inside.

None of that is shallow. It's human.

At Central Ohio Plastic Surgery, we believe that taking control of how you look isn't about chasing perfection.

*It's about reclaiming your story and yourself.*

Whether that means a tummy tuck, breast reconstruction, BOTOX®, or something else, our goal is the same: to help you feel whole, confident, and unapologetically you.

Whether it's back-to-school for the kids or a fresh start for yourself, if this is your season for change, let's talk.

We listen. We understand.

And we would be honored to walk the journey with you.

[Schedule Your Private Consultation >](#)

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## 20 Looks Good On Us (And It'll Look Even Better on You)

Two decades ago, we started with one mission: to help people feel confident in their own skin. This month, we're celebrating every patient, every story, and every transformation.

To show our gratitude, get 20% off select services during the month of August.

20 years. Thousands of stories. One big "thank you."



# August Specials



August 1-19, 2025  
BOTOX® Special  
**20% OFF**

August 20, 2025  
JUVEDERM Day  
**BOGO Gift Card**

August 1-31, 2025  
Surgical Fees  
**SAVE 20%**

See full details below. Valid thru 8/31/25.



August 1-19, 2025

August 20, 2025

August 1-31, 2025

BOTOX® Special  
**20% OFF**

JUVEDERM DAY  
**BOGO Gift Cards**

Surgical Fees  
**SAVE 20%**

Enjoy 20% off all BOTOX treatments. Treats fine lines, frown lines, crow's feet and more.

Redeem your Juvederm Day gift cards with us Aug. 21-Sept. 30, 2025 and get an additional **\$75 off** each syringe.

Receive 20% off all surgical fees for plastic and cosmetic surgery procedures.



May not be combined with any other COPS discount or promotion, including VIP. May still be combined with Alle rebates and rewards.

No limit on the number of JUVEDERM syringes purchased. VIP discount can be applied.

Discount on Dr Lichten's fees only. Surgery must be booked during August 2025 and completed by December 31, 2025.

## 6 WAYS TO HIT RESET BEFORE FALL



Detox Your Skin  
(Fast)



Swap Your MVPs



Show Hands Some  
Love



Refresh Your Look



Book Big Changes  
Now



Beauty = Balance

Back-to-school isn't just for the kids—it's your chance to hit refresh. August is all about transition: cooler temps, less chaos, and a little more you-time.

Here's our quick 6-step health and beauty guide to rebooting for the season.

### 1. Detox Your Skin (Fast) ▢

Summer has a way of leaving a cocktail of SPF, sweat, and grime on your face and in your pores. A [HydraFacial](#) or light peel will sweep it clean and leave you glowing.

### 2. Swap Your MVPs ▢

Ditch the foaming cleansers and featherweight gels. It's time for creamy cleansers and hydrating serums before fall dryness has a chance to sneak in.

### 3. Show Hands Some Love ▢

Hand sanitizer season is back. Upgrade with a luxe hand cream + SPF. And don't forget your décolletage.

### 4. Refresh Your Look ▢

Virtual meeting fatigue is real. A bit of BOTOX® or [dermal filler](#) can make you look rested, not “done.”

### 5. Book Big Changes Now ▢

Thinking about breast augmentation or body contouring? August is prime time to [book your surgery](#) because you can heal discreetly.

### 6. Beauty = Balance ▢

Because stress looks as bad as it feels, now is a great time to move toward a water, sleep, strength training, and skincare ritual that feels luxurious, not laborious.

Want help? We've gotcha. >

# Hydrafacial™

## ONE MONTH ONLY

### Complimentary Perk Lip -

Book your Hydrafacial treatment today and receive a FREE Perk Lip enhancement.

### The Results:

Visibly smoother and exfoliated,  
Hydrated, and Lightly plumped.

Appointments Available  
August 1-31



## Eye-Opening Beauty Myths ... Busted

### True or False?

You've heard the rules.

Maybe you've even shared them with friends. But are these beauty myths true?

Let's set the record straight.



*Myth 1: "I don't need sunscreen on cloudy days."*

**False.** UV rays don't care about clouds. They'll find you any day, every day. That's why daily SPF is non-negotiable.

*Myth 2: "BOTOX freezes your face."*

**Nope.** When done right, BOTOX relaxes lines while keeping your natural expression. The goal is to look refreshed, not frozen.

*Myth 3: "Chemical peels aren't safe in hot weather."*

**Not true (with the right peel).** Lighter peels like lactic or mandelic acid are hot-weather safe and perfect for post-sun glow.

*Myth 4: "Plastic surgery is all about vanity."*

**Absolutely not.** Most times, it's usually about confidence, comfort, and feeling more like yourself again rather than chasing someone else's idea of beauty.

*We're curious. Is there something else you've heard that you wonder whether*

or not it's true? We love a good myth-busting challenge, so ask us anything.

740-653-5064 >

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Follow us for the latest surgical health and beauty news, tips, and guides.



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