



No-Rush January

Why you don't need a reset or reinvention. (And what can help, instead.)

January has a way of telling us we need to start over. New routines, new rules, a whole new version of ourselves.

But honestly? Most of us don't need a reset. We need a little kindness and, perhaps, a little perspective.

Your body didn't forget how to take care of itself in December. Your skin didn't suddenly fall behind. And meaningful health or aesthetic changes don't come from doing more all at once.



They come from steady care, good information, and knowing when to act (and when to wait).

This is especially true as our bodies, skin, and needs evolve. Paying attention to ourselves, maintaining what's working, and making thoughtful, well-timed tweaks will always serve you better than chasing the next big fix.

So, let January can be a softer, no-rush month. Make it a time to check in, support your health and skin in small ways, and be intentional about what you want for yourself in 2026 without the pressure to reinvent yourself.

[Follow along for real conversations about skin, health, and aging well.](#)



Botox or filler? Knowing the difference matters.



Botox and dermal fillers are not the same thing.

They're often talked about together, but they're designed to do very different things.

One relaxes muscle movement. The other restores volume.

Mixing them up is how people end up disappointed.

Knowing which does what and when makes all the difference — especially if you want to look refreshed not "done."

If you've ever thought, "*Wait... which one do I actually need?*" this article will clear it up.

[Read what Dr. Lichten has to say.](#)



Winter Office Closure Policy

- ✓ If Fairfield or Franklin Counties are under a **Level 2 Snow Emergency at 7:00 am**, we'll close for the day.
- ✓ We'll contact you directly if you have an appointment and help get it rescheduled.
- ✓ Your safety (and ours) comes first — please travel carefully.





Ozempic Reset Consult

Ready for a thoughtful conversation about facial changes and what can help?



Winter Skin, Restored

Need a new, personalized routine for rough, dry, cold-weather skin?

[Click to Book a 1:1 Appointment](#)

JANUARY

SAVINGS



BUY ONE
GET ONE
50% OFF
Juvederm
Collection of Fillers

SAVE 25%
on all Hydrators by
SkinBetter & Circadia

BUY TWO
GET ONE
FREE
30 or 60 minute
Hydrafacial



Terms and conditions apply. May not be combined with any other discounts or promotions. Please inquire for list of eligible products. Hydrafacial discount on prepaid packages Offers expire 1/31/26



It's a New Year:

Proof you can't control
time. But **you can care**
for yourself along the
way.

Cheers to a beautiful
2026.

740-653-5064



Central Ohio Plastic Surgery | 2656 N. Columbus St, Suite A | Lancaster, OH 43130 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!