



How Subtle Changes Make a Big Difference

It's funny how changes show up. A certain light. A photo you weren't expecting. Or a quick glance in the mirror, revealing that something feels a little less light and bright. Not dramatically different. Just a little more tired-looking and a little less like the outside matches how you feel inside.

It happens to almost everyone. Skin may lose some of its glow. The undereye area may begin to look darker or more hollow. Volume shifts create shadow through the cheeks or around the mouth.

The good news is that small changes can work in your favor, too.

Looking more like yourself again doesn't necessarily mean you need a dramatic treatment plan. In many cases, the most natural results come from a few thoughtful improvements.

Here are four smart ways we can help look more rested without looking overdone.

1. **Brighten your skin:** Dull skin can make your whole face seem more fatigued. Improving tone, texture, and radiance with the right [skincare routine](#) can make a noticeable difference without changing your features at all.

2. **Show your eye area some love:** Undereye hollowness, puffiness, or shadowing can have a major effect on how rested you look. Refreshing this area with a [topical treatment](#) or a [volumizing filler](#) can help.

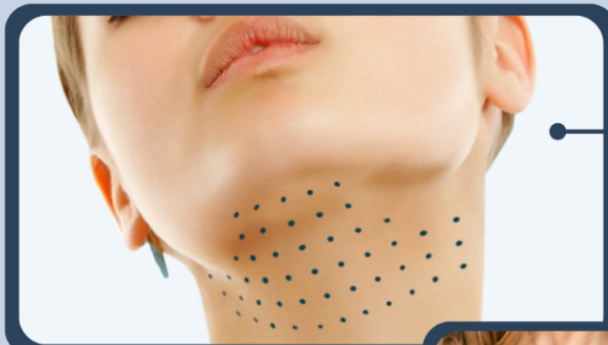
3. **Restore volume selectively:** Even small amounts of volume loss through the cheeks or midface can create shadows that look like fatigue. Subtle restoration in the right place with [the right injector](#) can bring back a more youthful, refreshed look.

4. **Choose the right treatment for you:** The most natural-looking results come from a personalized plan. If your goal is to look like yourself only more rested and vibrant, Dr. Lichten can help you find the right approach that makes the most sense for you.

[Schedule Your 1:1 Consultation >>>](#)



April Savings at Central Ohio Plastic Surgery



KYBELLA

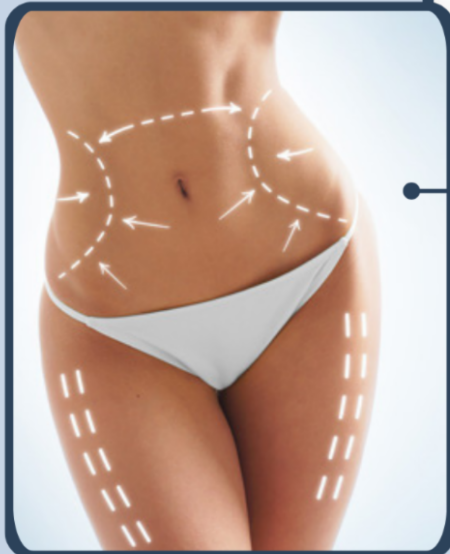
Receive Kybella in April and
get 50% off your next
treatment!

(Second treatment must be performed by 7/31/26)

COOLSCULPTING

Receive \$400 off your
FIRST treatment when you
sign up in Alle!

(Available thru 4/30/26 while supplies last)



LIPOSUCTION

\$500 OFF PER AREA!

When scheduled by 4/30/26 for
surgeries performed by 8/31/26

TERMS & CONDITIONS APPLY. MAY NOT BE COMBINED WITH ANY OTHER OFFERS, DISCOUNTS OR PROMOTIONS

Q&A with Dr. Lichten: The Subtle Refresh Edition

Q: I feel fine, so why do I still look tired?

Dr. Lichten: A tired appearance usually isn't caused by any one thing. It's often the result of several subtle changes happening at once; things like natural volume loss, undereye hollowing, skin texture changes, and mild laxity. Each may seem minor on its own, but together they can change how rested and vibrant you appear.

Q: I don't want to do anything major. I just want to look more rested. Help!

Dr. Lichten: That's one of the most common things I hear. Looking more rested usually doesn't require anything too dramatic. Together, we can figure out what's causing the changes and which concern is having the biggest impact. From there, I can recommend a treatment plan that feels natural, conservative, and just-right for you.

Q: Can small changes really make a big difference? I just want to look like myself again without doing too much.

Dr. Lichten: Yes. Small, well-chosen treatments can make a noticeable difference, especially when your goal is simply to look more rested, refreshed, and like yourself again. The best results usually come from doing the right amount, not doing more.

[Don't see your question? Ask Dr. Lichten.](#)

[See a Real Patient's Before-and-After >>>](#)

What Women Are Asking For Now In Breast Augmentation

Breast augmentation has become a more thoughtful conversation than it used to be.

For many women, the goal is no longer simply to go bigger. It's to choose what feels natural, looks balanced, and makes sense for their body and lifestyle.

Myth: Breast augmentation is mostly about size.

Reality: For many women, the priority is proportion. They want results that feel soft, balanced, and natural-looking, not necessarily larger.

Myth: There's one best implant for everyone.

Reality: The right implant depends on your anatomy and goals. What works beautifully for one person may not be right for another.

Myth: Recovery is something to think about after surgery.

Reality: Recovery is part of the before surgery decision-making process. Patients want to understand how a procedure may fit their routine,



Breast Augmentation: What Women Want

- Natural-looking results
- More personalized options
- A better fit for their body
- A clearer recovery conversation

Are Breast Implants

lifestyle, and comfort level, not just how it will look in the end.

Right for
You? >>>

Myth: A natural-looking result means doing less.

Reality: Natural-looking results come from making the right choices. Implant selection, surgical approach, and overall planning all play a role.

ME IN RESTAURANT LIGHTING:
I've still got it.



ME IN THE CAR MIRROR AT NOON:
We need to talk.



Questions? Concerns? Appointment?
Call Central Ohio Plastic Surgery at 740-653-5064





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