



Self-Care Is a Love Language

Valentine's Day usually comes with a lot of pressure.

Big gestures.
Big plans.
Big expectations.

Here, we do things a little differently. We prefer something quieter — and something that lasts longer than a single day: **taking care of ourselves.**

At Central Ohio Plastic Surgery, **MediSpa** visits aren't about dramatic changes. They're about feeling refreshed, revitalized, and a little more like yourself again.



Dr. Lichten sees it all the time.

"Self-care isn't indulgent," he says. "It's preventive. A little consistency goes a long way."

And that's echoed in what we hear from our patients, too:

- "I don't want anything drastic."
- "I just want my skin to look healthier."
- "I need a skincare routine I can stick with."

That's where MediSpa care comes in. It's not about doing everything. It's about doing what makes sense *for you*.

A little support here.
A little consistency there.

We're all about prevention, balance, and authenticity.

February seems like a good time to check in with ourselves — and check out of restrictive New Year's resolutions. It's also a chance to hit reset and ask a simple question:

What do I want to look and feel like?

Because looking different isn't the goal.
Feeling better in your own skin is. 💕

Ready to show your skin a little love?

[Book a MediSpa Appointment](#)

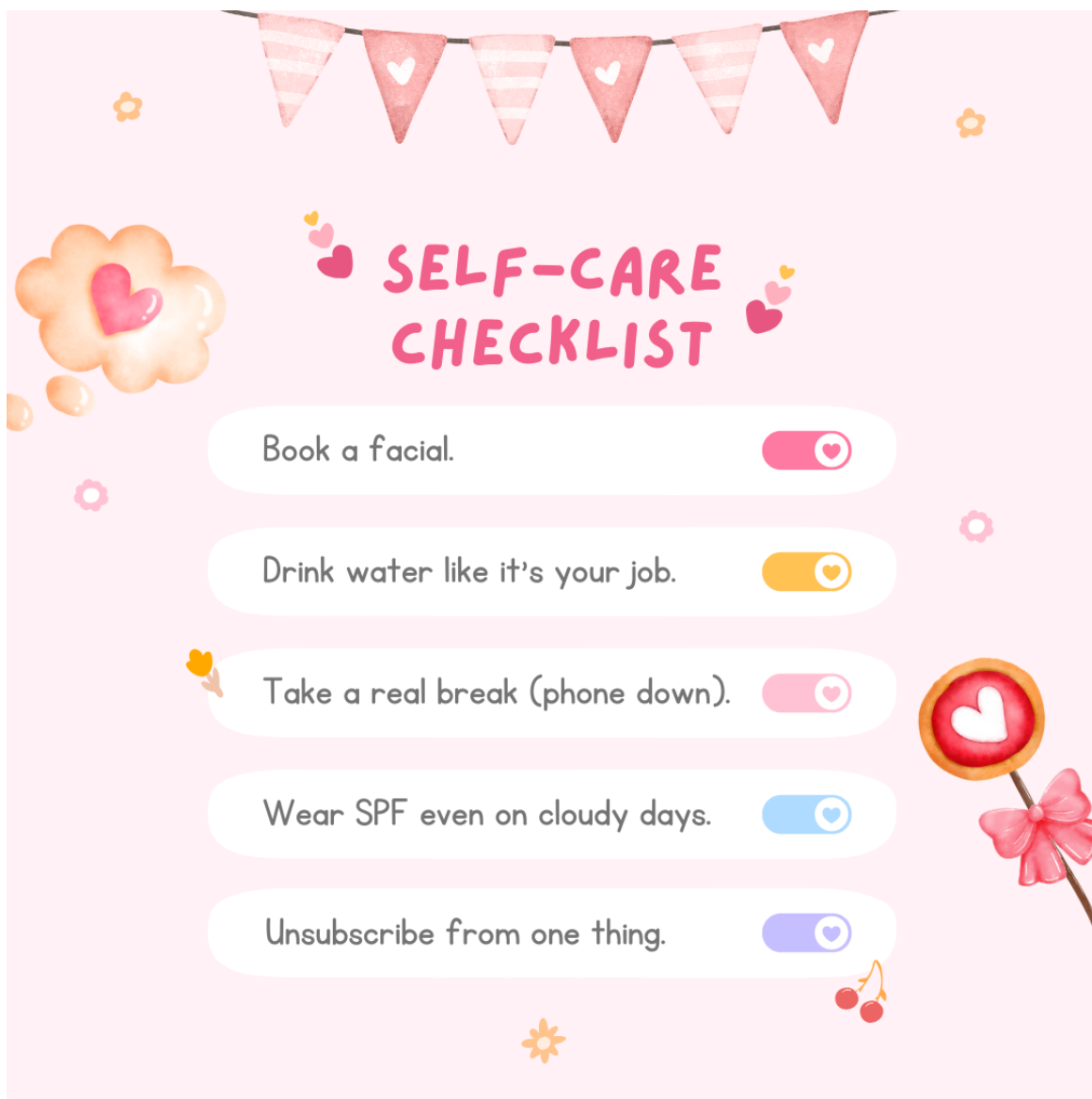


Dr. Lichten Named Top Doc

We're proud to share that Dr. Lichten has been named a **2026 Castle Connolly Top Doctor** — marking 5 years of recognition among the top 7% of board-certified physicians in the United States.

This physician-led honor is based on peer nominations and clinical excellence, reflecting the thoughtful, patient-centered care our community values at Central Ohio Plastic Surgery.

Congratulations, Dr. Lichten!



 Quick Q&A with Dr. Lichten: MediSpa Edition

Now offering

Extended spa hours

Available select evenings
in the Lancaster office.

740.653.5064

- Facial
- Chemical Peel
- Dermaplane
- Hydrafacial, MD
- Lymphatic Massage
- Coolsculpting
- Tripollar



Q: Am I “too young” for MediSpa treatments — or too late?

Dr. Lichten: Neither. There isn’t a right age. Some people focus on prevention early. Others come in when they start noticing changes. Both approaches make sense.

Q: How do I know if I need a facial or something more?

Dr. Lichten: Most people don’t need to decide that upfront. A conversation and a skin check usually make it clear what’s worth doing — and what’s not.

Q: Will people be able to tell I’ve had something done?

Dr. Lichten: That’s one of the most common concerns. The goal with MediSpa care is for people to notice you look rested or refreshed, not

"done."

Q: I've tried a lot of products. Why isn't my skin changing?

Dr. Lichten: Products help, but they can only do so much. Skin changes slowly, and sometimes it needs professional support for more noticeable changes.

Q: What if I start something and can't keep it up?

Dr. Lichten: That's exactly why simplicity matters. The best plan is the one you'll actually follow — not the most complicated one.

Curious what might make sense for you?

[Explore our Medispa →](#)





FEBRUARY SAVINGS

BOTOX

\$9/UNIT VIP
\$10/UNIT NON-VIP
(40 UNIT MINIMUM)

JUVEDERM

FREE HYDRAFACIAL LIP PERK
WITH ANY JUVEDERM LIP FILLER TREATMENT

SKINCARE

BUY ONE GET ONE ½ OFF
ANY RETAIL SKINCARE

TERMS AND CONDITIONS APPLY. MAY NOT BE COMBINED WITH ANY OTHER DISCOUNTS
OR OFFERS WITH THE EXCEPTION OF ALLE REBATES & REWARDS.

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.



We love our patients — and we're grateful for the trust you place in us. 💖

Questions? Concerns? Appointment?
Call Central Ohio Plastic Surgery at 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!