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3 Spring Ideas to Improve Your Life & Looks

It's Spring! (Honest.)

Like you, we seriously doubted it would ever arrive.

Now that it has, it's time to reboot everything from your skin to your home to your thighs. Why, we even did our own little spring refresh with this newsletter. ([Tell us what you think.](#))

Now it's your turn. Here are 3 ideas for creating a better you this spring.

1. Restart healthy habits.

You know what to do: eat right, exercise, get plenty of sleep and drink your water. Following through, however, can be tough during the rough winter months. Thankfully, spring is the perfect time to get back into your health habits. Add fresh, seasonal fruits and vegetables to your table, set a bedtime routine, get outside and start walking or running again, and drink plenty of good-for-you water.

Dr. Lichten says ... "Stay hydrated by drinking lots of water. Carry a water bottle with you and sip all day, every day. Water is great for your skin, keeps you full and helps promote weight loss. And, for runners like me, proper hydration can improve your performance. How do you know if you're drinking enough? It's easy. If you're drinking enough water your urine will be a light, lemonade color. If it's not, grab your water bottle and start sipping."

2. Clean house.

They don't call it "spring cleaning" for nothing. No need to spend days or weeks cleaning though. Deep-clean one room a week. Set a timer and declutter just 15 minutes a day. Or take the [40-bags-in-40-days challenge](#) and [tell us about it on Facebook](#).

In fact, Dr. Lichten and his family have already started the 40-in-40 challenge. It's not so much how you do it, only that you get it done.

Bonus tip ... Give your home instant freshness and a health boost with a whole-house airing out. Just open your windows for 10 to 30 minutes.



Jason B. Lichten, MD, FACS
plastic surgeon, runner,
declutterer

3. Boost your beauty quotient.

Hibernation season is officially over, so naturally, you'll want to look your best.

Fortunately, we can help.

Our licensed aesthetician Natalie can start you on a [just-for-you skin care regimen](#) using the medical-grade skin care products Dr. Lichten recommends. Far superior to department or drug store brands, medical-grade skin care is scientifically formulated to rejuvenate and revitalize skin.

Start on your summer body this spring. [Ask Dr. Lichten about surgical options](#) to give you a more flattering silhouette, a refreshed appearance or to remedy a problem area.

Looking for a non-surgical option? Now you can improve the appearance of cellulite, stretch marks or wrinkles with [TriPollar](#) treatment. Dr. Lichten is the first and only in Ohio to offer this revolutionary skin-tightening, contouring and fat-reduction treatment.

Dr. Lichten says ... "TriPollar is a non-surgical, non-invasive option that lives up to its promise for tightening skin, smoothing fine lines and wrinkles, and reducing inches. The treatment is completely painless and safe, with visible results after the very first treatment and optimal results after just six to eight treatments."

**special savings
offer**

TriPollar Package of 8 Sessions

Dr. Lichten is the only practice in Central

33%

Ohio offering this breakthrough treatment. Shrink fat cells, tighten skin and reduce the appearance of cellulite. Save on an eight-session package. Limited-time offer, just \$1,600.

Limit one area. Not valid with other offers. Valid on packages that are regularly \$2,400. This offer expires April 30, 2014.

Spring-clean your skin

Revive dry, dull winter skin in about 15 minutes.

How? Simple. With a [SkinMedica chemical peel](#).

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"Spring is the best time to resurface your skin and get rid of winter flakiness," says Natalie Milliser, our licensed aesthetician. "A chemical peel can give you fresher, brighter skin with no downtime. We offer the Illuminize, Vitalize and Rejuvenize peels from SkinMedica, each offers a different level of revitalization. The Illuminize Peel is a fantastic first-time peel that improves skin color, clarity and texture."

Dr. Lichten says a chemical peel can enhance and prolong the effects of procedures like [Botox](#), [Restylane](#) and [Juvederm](#) and can even be used in conjunction with surgical options, including [facelift](#) and [browlift](#).



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Introducing new JUVÉDERM VOLUMA™ XC, the first and only FDA-approved filler to correct age-related volume loss in the midface and plump up your cheekbones.

Look more youthful with natural-looking results that last up to 2 years with optimal treatment.

And now, get a free gift of Colorscience® pressed mineral cheek colore when you receive 2 or more syringes. Gift supplies are limited so [book your](#)

[appointment](#) today.

See Dr. Lichten in Columbus Monthly

Find out what Dr. Lichten has to say about cosmetic procedures for face and body.

Read the article on page 79 of the March 2014 issue.

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