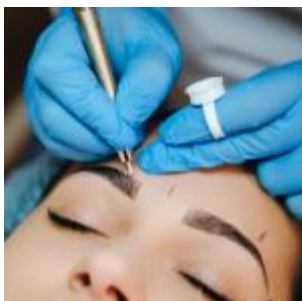


# The Beauty Bulletin



the clinic for  
PLASTIC SURGERY

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## LET'S PLAN OUT SUMMER

Things just keep heating up, and I'm starting to really get excited for summer. Are you? In this edition of the newsletter — our last before the June/July "Summer 2021 Edition" — we go over the last-minute body basics to make sure you're ready for the beach, the pool at the club, or wherever else you find yourself rocking a bikini this year. As you can imagine, slots at our clinic are starting to fill up, and we want to make sure that you get your chance to have your best summer yet! ... [CONTINUE READING](#)



## HOW INTUITIVE EATING CAN HELP YOU QUIT DIET CULTURE

The concept of mindfulness has fully saturated mainstream culture at this point. Though it's more likely to conjure up an image of someone sitting cross-legged with closed eyes than sitting at a table looking wide-eyed at mealtime, it'll serve you just as well on your dinner plate as it will on your yoga mat. ... [CONTINUE READING](#)



## GET IN SHAPE FOR YOUR NEXT BACKPACKING TRIP

Backpacking in the mountains puts a fun twist on the standard campout. By packing all your gear miles from the nearest roads, you can leave the whole world behind and just exist in nature. That said, backpacking can also put a lot of strain on your body — unless you properly prepare for it. ... [CONTINUE READING](#)