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In case you haven't noticed, traveling is expensive. It can feel like you're signing away your soul when you sit down to plan a vacation. But when it comes to flights, there's good news: They're getting cheaper!

According to a 2017 report published by online travel company ODIGEO, long-distance trips across Europe fell 7 percent last year. Luckily, the same trend is reflected in North American airlines as they engage in a price war to woo a growing base of ultrafrugal travelers.

Still, a \$600 summer flight to Honolulu isn't exactly pocket change. What's worse, flight prices are slippery; CheapAir.com's 2017 Annual Airfare Study determined that the fares for any given trip go up or down an average of 71 times, about \$33 each shift. When you purchase your flight is nearly as important as where you're going. But how do you choose a booking window that will maximize your savings?

THE BEST TIME TO BOOK A FLIGHT SAVE BIG ON AIRFARE WITH THIS SIMPLE RULE



According to the CheapAir.com study, in which they evaluated 921 million airfares, the best time to book is 21-105 days in advance of your flight, on average. If you want to get even more specific, try to book 55-75 days out, and book on a Sunday. Many travelers swear by Tuesday and Wednesday bookings, but as Condé Nast Traveler reports, Expedia and the Airlines Reporting Corporation say that Sunday is the way to go, based on data from billions of flights. Tuesday and Wednesday are usually the cheapest days to actually fly, though.

The CheapAir.com study also pinpoints the absolute best windows for specific seasons: 54 days for winter trips, 75 days for spring, 76 days for summer, and 45 days for fall. Of course, these are averages, but if you stick to these rules and check fares regularly on sites like Kayak.com, SkyScanner.com, Momondo.com, and on the handy app Hopper, you can rest easy knowing you're getting close to the best price possible.



The Beauty Bulletin

JUNE 2018



A TRIP TOO GOOD TO PASS UP THE SUKKARS HEAD TO SOUTH AFRICA

I recently finished my MBA after many long nights of studying. Not having to bring a backpack of textbooks to the office anymore will come as a relief — well, not to the ladies on my team who enjoy poking fun at me for it — but I see this as only the beginning of my education. In fact, I'm lucky enough to have the opportunity to travel to South Africa during the first week of June as part of the international business portion of my program. When I heard about this opportunity, I realized it was too good to pass up. Even better, I'll bring my entire family along for the trip.

For the business portion of the trip, I'll be visiting four companies based in Capetown and the surrounding area. Due to the unique nature of the laws and cultures in different countries, every nation handles business a little differently. I'm really looking forward to seeing firsthand how they do things half a world away. There will also be a series of lectures from noteworthy experts in the field. I suppose it's not time to put away the backpack and notebooks just yet.

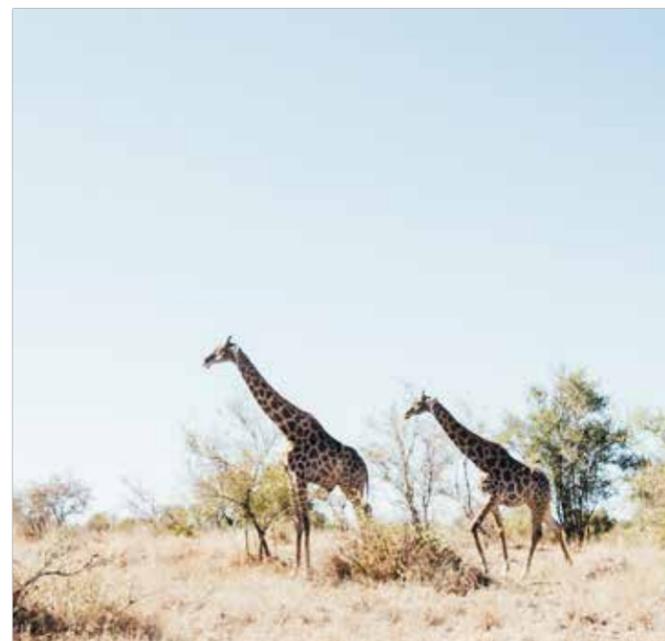
Joseph studied finance and Mandarin at LSU, so I'm hoping that he'll have the chance to join me for some of the events. He's already traveled to China to learn about some of their business practices, so this will give him an even better perspective on international business. My only worry is that he'll end up outshining his dad in the eyes of the lecturers, but that's a good worry to have.

Laura, Hannah, and Allie are more excited for the extracurricular portions of the trip. Allie is a huge animal lover, so she cannot wait to see some African species in their natural habitats. I don't know exactly what else we'll be doing during our downtime in South Africa, but I expect that it will include food, shopping, and a whole lot of fun.

When we get back, Allie has another major event to look forward to: her first Lunar Rendezvous Coronation Ball. The Lunar Rendezvous Festival is a philanthropic organization that provides scholarships, promotes youth development, and funds the arts and historical preservation. To be honest, just writing these words makes me wistful. It feels like it was just the other day that Hannah was attending her first Coronation Ball, and she's now finishing up her first year at college. Events like these are a reminder that time flies by at hyper speed — apologies for the space pun.

Over at the office, things are busier than ever. We're quickly starting to outgrow our space and are in the early stages of finding the next location for our growing practice. It won't be a quick process, as we need to find the perfect place for our team and patients, but it's an exciting one.

I can't wait to see what adventures South Africa has in store for our family. I'm hoping it will be a mix of learning, exploration, and laughter. Sharing special experiences with loved ones means the world to me, and there's nothing more once-in-a-lifetime than this.



-Dr. Sam Sukkar

FOOD SUBSCRIPTION BOXES

Trying New Cuisine Has Never Been Easier



Eating the same foods over and over gets old, but it's often hard to be adventurous when you don't want to waste money on unappetizing food. Enter the food subscription box. When you sign up for a food subscription box, you'll have the opportunity to sample new foods without committing much money — or time at the grocery store — to the cause. Here are two tasty food subscription boxes that'll make your mouth water.

TRY THE WORLD

Try the World believes that the most authentic way to discover a new culture from the comfort of your own home is through food. With two price points to choose from, Try the World sends you artisanal and gourmet foods from different cultures each month. Each box comes with a "culture guide" that includes the story behind each food, recipes that incorporate the products, and tips to

enhance your food-tasting experience. Like most subscription boxes, you can't choose which country's foods you'll sample. However, you can purchase individual items at Try the World's online shop. Customers can pause or cancel their subscription any time, and pricing depends on the length of your subscription.

GRAZE

If you like variety, exciting flavor combinations, and wholesome snacks approved by a nutritionist, you'll love Graze. With this food box subscription, customers create a personalized snacking experience, something that many food subscription services don't offer! Once you set your preferences, Graze handpicks eight snacks for your box. After you've tried your snacks, you can tell Graze how well they know your taste buds.

Unfortunately, Graze is not suitable for people with allergies. Their snacks are packed in a facility that also processes nuts, wheat, milk, soy, and egg, and cross-contamination is a strong possibility.

Graze prices depend on the services and products you select, but a standard subscription starts at \$13.99 per box. Like Try the World, you can purchase snacks separately from their online shop. Customers can pause their subscription for up to 12 weeks or cancel their deliveries at any time.

Trying new food should be a fun, stress-free experience. Food subscription boxes allow you to sample new snacks and create foreign meals cheaply and from the comfort of your own home. Try a box the next time you're feeling adventurous in the kitchen.

WORKOUTS WITH A TWIST

MAKE EXERCISE FUN THIS SUMMER



Summer is a time for fun! The days are longer, so why waste the extra sunlight trapped on a treadmill? There are plenty of great opportunities to exercise without feeling bored out of your mind. Consider one of these fun activities you may have never tried before.

STAND-UP PADDLEBOARDING

Stand-up paddleboarding (SUP) is the fastest growing water sport in the world, and it's pretty simple. You stand on a paddleboard — like a surfboard, but wider and more buoyant — and use a long paddle to glide across the water. It's the simplicity that makes SUP fun. You can battle fierce river rapids and waves on the ocean, or enjoy a more relaxing experience paddling across wide

lakes and lazy rivers. Whatever your skill level, you're building core strength, improving your balance, and getting some fresh air.

RACQUETBALL

In order to play racquetball, you need to have access to a racquetball court. If you can find a court near you, this game is certainly worth trying. It's the intense cousin of tennis. Instead of hitting the ball back and forth over a net, racquetball players take turns hitting the ball against a wall. This creates momentum, and the ball moves much faster, so there's a lot of jumping and lunging across the court as players try to reach the ball before it can bounce twice. Bring a water bottle, because you're sure to sweat during this cardio workout.

INDOOR BOULDERING

Bouldering is a form of rock climbing using a boulder rather than the side of a cliff. You can bring the activity indoors, where artificial climbing walls and safety mats help climbers ease into the sport. This pastime works your arm muscles and core, but it also challenges your mind. There's a lot of problem-solving as you figure out the best way to navigate the wall.

Exercise doesn't have to be a chore. There are plenty of great ways to work up a sweat and still make great memories this summer. You just have to be willing to try something new.

Service of the Month:

THE BRAZILIAN BUTT LIFT

Is a Safe, Effective Method of Augmentation

You've probably heard a horror story or two about black-market butt injections or implants put in by less-than-reputable practitioners. With butt augmentation growing more popular every year, people are trying to enter the market before they should. It's an alarming trend that the Clinic for Plastic Surgery wants no part of. Dr. Sukkar only performs the safest, most effective options when it comes to any type of procedure. That's why we are proud to offer the Brazilian butt lift, rather than any of its dubious knockoffs.

The advantage of the Brazilian butt lift is that it uses unwanted fat from another part of your

body to increase the volume of your buttocks. It's not a one-size-fits-all procedure, and you will consult with Dr. Sukkar on every aspect of the process. You'll discuss the buttock size that makes sense for your body as well as where the fat will be transferred from. Most patients have unwanted fat transferred from their abdomen, but it can be harvested from anywhere.

The Brazilian butt lift is performed under general anesthesia, usually in conjunction with other treatments like liposuction. Unlike other butt augmentation procedures, the Brazilian butt lift is done with an eye toward

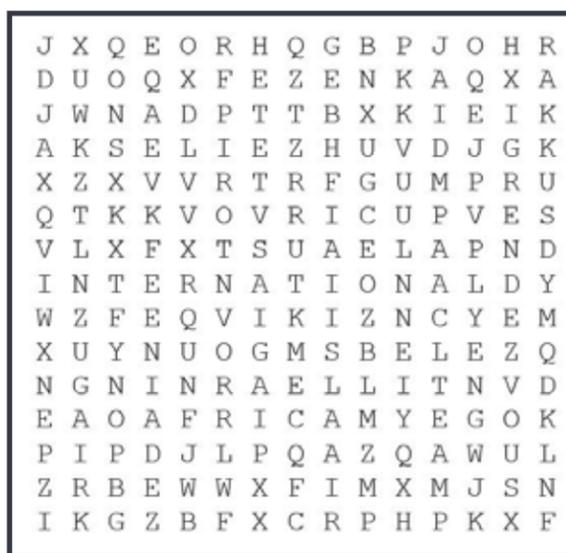
the overall shape of your body and your long-term health. Dr. Sukkar is an expert at conducting this procedure and will make sure you get safe results that last.

After surgery, you can expect to have a recovery period of about 10 days. You may experience some bruising in the immediate aftermath of the surgery, but it will subside over time. During this time, it's important that you are mindful of how you sit so as not to compromise the newly transferred fat. Dr. Sukkar will provide you with instructions on how to ensure that you get maximum results. Many patients experience improvement in the shape, size, and contour of their buttocks long after the procedure is completed.

If you are considering butt augmentation, it's important to choose a surgeon who won't use dangerous, unproven methods. Dr. Sukkar only performs procedures that are medically proven to be safe and effective. You deserve no less.

**Bring in a completed word search and get \$25 off your next Botox treatment!*

DR. SUKKAR'S Word Search



- AFRICA
- EDUCATION
- EXPERIENCE
- FAMILY
- FUN
- INTERNATIONAL
- JUNE
- LAUGHTER
- LEARNING
- RENDEZVOUS
- SUKKAR
- TEAM

Sukkar VIP Program

In appreciation for recommending us, we want to reward you!

Surgery — Receive a \$250 Phoenician Medical Spa gift card for referring a friend who has surgery with us!

Spa — Receive a \$50 Phoenician Medical Spa gift card for referring a friend to the spa!

Can you reach VIP status?

Three patient referrals will gain you a one-year membership to the Sukkar VIP Program!

VIPs enjoy ...

- ◆ 15 percent off all services (excludes injectables and products) including your next procedures.
- ◆ An invite to all EXCLUSIVE VIP events.
- ◆ Automatic entry into ALL quarterly contests and drawings.

Don't keep us a secret! Refer a friend today!