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The Beauty Bulletin

APRIL/MAY 2024



Spring Into Action

NEW SEASON,
NEW ADVENTURE

Spring is here, raising our spirits along with the temperature. If you are an outdoorsman like me, you likely welcome the change and prefer hiking outdoors over long, monotonous walks on the treadmill at home. I find it difficult to stay motivated to exercise when it's cold out. According to a study published in the International Journal of Environmental Research and Public Health, I'm not alone. Research shows that the amount of exercise we get on average is at its lowest during winter. Seasons have a real effect on our desire and ability to get the exercise we need to stay healthy. If, like me, you have fallen off the exercise wagon this past winter, these tips can help you reprioritize your fitness this season.

Don't Overdo It

If you start focusing on your fitness again, you may be tempted to exercise heavily to compensate for lost time. However, it is important not to overdo it, or you may end up hurting yourself. As we age, time takes its toll on our joints and muscles, making them more prone to injury. I learned a lot about pacing from my wife, who is a marathon runner. Endurance runners are masters of knowing their limits and pushing them gradually. They begin their training with a light walk to warm up their muscles. Once they feel ready, they pick up speed and run harder.

When training for a marathon, endurance runners don't start by running 26 miles each day. Instead, they begin by running fewer miles, which they increase weekly. Slowly but surely, they build up to their target goal. That way, when they finally run a marathon, they are prepared and don't feel like they're overdoing it!

Build a Rhythm

Exercise gets easier once it becomes part of your routine. By exercising daily — or on set days every week — we can build a steady rhythm to help ensure

we get the physical activity needed to stay fit and healthy. Having an exercise partner helps you stay honest and committed to your fitness journey.

Make Exercise an Adventure

I find working out while on vacation to be immensely satisfying. Taking family trips to places we haven't been adds excitement and a sense of adventure. Our travels have taken us to cities like Chicago and Manhattan, where we enjoyed walks through Central and Millenium Parks. Our trip to Lake Louise in Alberta, Canada, was wildly different than our city vacations, but we greatly enjoyed skiing on the beautiful mountains there. We even galavanted to the deserts of Sedona, Arizona, where we hiked on the red cliffs, and sought out the wondrous trails at the Grand Canyon, which was just a couple hours away by car. New locales have us yearning for adventure, whether for their awe-inspiring nature or the grandiosity of their cityscapes.



Now that most of my kids are older and have left the house, the family doesn't get together for grand adventures as much as we used to. Some of my fondest memories are ski trips together in Park City or spending time as a family at scenic Lake Tahoe. These days, it's usually a party of two — my wife and I — seeking new experiences together. It is persistently rewarding to seek out new locales for every new episode of our lives; we continue to discover new places that capture our imagination, inspire creativity, and make working out thrilling. I encourage you to seize the new season and endeavor on your physical fitness journey, with all the excitement and possibilities that entails.

— Dr. Sam Sukkar

**"SEASONS HAVE A REAL EFFECT ON
OUR DESIRE AND ABILITY TO GET THE
EXERCISE WE NEED TO STAY HEALTHY."**

5 Tips for Sustaining Your Exercise Routine

Beginning a journey toward a healthier, more active lifestyle is commendable; one key to success is a consistent commitment to exercise. Here are five tips to ensure you're consistent in your journey.

1. Set Realistic Goals

Establishing realistic goals is the foundation of a consistent exercise routine. Instead of aiming for dramatic changes overnight, focus on incremental milestones. Celebrate these little wins to foster a sense of achievement that will fuel your motivation to continue.

2. Create a Schedule

Just as you schedule appointments and meetings, prioritize scheduling your workout sessions. Designate specific days and times for exercise, treating them with the same importance as any other commitment. This structured schedule helps integrate exercise into your routine seamlessly.

3. Find Exercises You Enjoy

Exercise shouldn't be a monotonous chore. Exploring various activities to find those you genuinely enjoy will help you remain consistent. Whether it's rock climbing, hiking, cycling, Zumba, or aerobics, you need to find engaging activities that you love. This will increase the likelihood of long-term commitment as the exercise is something you *want* to do.



4. Enlist a Workout Buddy

Journeys are more enjoyable when shared. Find a workout buddy who shares similar fitness goals and schedules. Exercising with a friend will establish accountability and bring a fun social element that encourages staying on track.

5. Be Kind to Yourself

Understand that setbacks are natural. If you miss a workout or face setbacks in your fitness journey, that's okay! Be kind to yourself and avoid self-criticism to just focus on recommitting to your routine. Consistency is built over time, and resilience is crucial in maintaining it. You can't be resilient without assuring yourself that you can do it despite the challenges.

Become Confident in Your Body

Achieve Stunning Results Through Liposuction Contouring

As cold winds subside and the weather brightens, many are eager to enjoy the merits of spring. We feel our best when we look our best, and whether it's an excursion to the beach or a trip out on the water, there are few feelings more liberating and satisfying than exhibiting our bodies with confidence. However, if you are struggling with lingering problem areas despite attempts at proper diet and exercise, you may feel more like bundling up than showing off. This is especially prevalent in women who have given birth, as they may harbor stubborn accumulations of fat that are difficult or impossible to mitigate even with a healthy lifestyle.

If you want to unveil the summer body you have always dreamed of but are struggling to address obstinate fat, you may benefit from liposuction surgery. Procedures commonly known as tummy tucks, arm lifts, and thigh lifts can help enhance your image and achieve the body shape you strive for.

What Is Liposuction?

Liposuction involves your plastic surgeon making a small incision in the skin and then inserting a thin surgical device that essentially vacuums the fat out of your body. Careful steps are taken to reduce bleeding and pain, as well as to make the fat more malleable during the operation.

Why Choose Us?

A master of his craft, Dr. Sukkar's secret to achieving the best possible results from these surgeries is to focus heavily on body contouring with liposuction. With minimal incision, he can remove excess skin and fat, which allows your body to take on a more flattering shape. If you've been putting off planning your procedure, there is no better time than now to prioritize yourself and achieve the results you have always dreamed of.

If you take the time this Mother's Day to focus on your aesthetic goals, you can expect to recover



in 3–4 weeks — meaning you can get out to show off your newfound beach bod in time for the summer season! Once you achieve your post-op goals, don't keep us a secret: please spread the word to your friends and family that Dr. Sukkar has been helping patients achieve their aesthetic goals for over 20 years!

Effortless Eating

UPGRADE YOUR CULINARY SKILLS WITH 3 KITCHEN HACKS

Navigating the kitchen can often feel like a juggling act, but with a few clever hacks, you can transform mundane tasks into efficient and enjoyable activities. Here are three game-changing tips that will make your time in the kitchen a breeze.



No. 1 Easy Shredding

Shredding meats for soups, lunches, or snacks can be a time-consuming affair, but a simple hack can turn it into a hassle-free endeavor. Using a stand or hand mixer will get this job done quickly as it shreds meat for you, saving you time and effort. This hack is particularly handy for recipes that call for pulled pork, chicken, or beef, allowing you to enjoy deliciously shredded proteins without manual labor.

No. 2 Deli Container Storage

Say goodbye to mismatched Tupperware containers or losing the lid that goes with them. Say hello to an organized and cost-effective solution. Buying deli containers in bulk saves you money and time. The lids are interchangeable, making a harmonious storage system that's easy to organize. You'll be able to find and fit them easily, cutting out a chunk of time in your kitchen.

No. 3 Parchment Paper Cleaning

Cooking can be a joy, but nobody enjoys cleaning up. Before starting a messy task, lay down a sheet of parchment paper on your cutting board or countertop. This simple trick protects your surfaces and streamlines the post-cooking cleanup process. Any spills, shreds, or crumbs can be easily gathered and discarded in the paper, leaving your kitchen looking as good as new as soon as it's thrown away. It's a small adjustment that can make a significant difference in your overall experience.

By implementing these simple hacks, you're not just streamlining your tasks; you're elevating the joy of cooking. Armed with these new tricks, step into your kitchen with new confidence and mastery to turn everyday cooking into an efficient yet imaginative experience.

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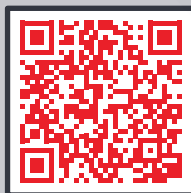
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Master a Makeup Move to Light Up Your Eyes



Our eyes are enchanting, so why not show them off? Here is a makeup technique that can draw attention to your eyes' naturally radiant shade. The goal here is to contrast your eye color with a complementary color. It pairs well with understated or natural makeup and doesn't take much time, experience, or supplies — just a bit of finesse. Not only that, but it's subtle enough to match any outfit. Here's what you do.

First, find a color wheel with a large variety of shades. Then, locate the color of your eye on said wheel. You'll want to find the exact shade if possible. For example, don't use lime if your eyes are darker green. Then, look across the wheel and find the complementary hue. For instance, red is your complementary color if your eyes are green. If your eyes are hazel, pair it with purple. What makes them complementary is that they clash the most, allowing both colors to stand out more.

Now, it's time to bring out the eyeshadow palette. So long as it has your complementary color, you're good to go. Take a small brush and apply the color to the inner corner of your eye. Unless you're going for something dramatic, just use a little. Apply more on the water line or the inner rim of the eye area between your eyes and the lash line. Like before, just use a little. You can also create a wing. Doing so adds a sliver of drama to the look, making the contrast more apparent. Blend it if you'd like.

That's it! Take a moment to appreciate how great it looks. You've created a vibrant but understated look, emphasizing your eyes' striking hue. Test it on an errand run, a night on the town, or a walk around the neighborhood. It's versatile enough to use for any occasion. Wherever you go, you'll show up with bright, beautiful eyes.