

The Art of MFE

A Monthly Edit by Dr. Miotto & the ME Plastic Surgery Team

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W E L C O M E

Welcome to the January edition of **The Art of ME**, our monthly newsletter from Dr. Miotto and ME Plastic Surgery. The start of a new year is an ideal time to reflect, reset, and plan with intention – whether you’re considering a future procedure, refining your skincare routine, or simply prioritizing your overall wellbeing.

This month, we’re highlighting Dr. Miotto’s deep plane face and neck lift, exploring the benefits of neuromodulators for maintaining surgical results, and sharing our top product picks for 2026. As always, our focus remains on natural results, personalized care, and supporting you at every stage of your aesthetic journey.

Surgical Spotlight

THE DEEP PLANE FACE & NECK LIFT

Dr. Miotto is known for her refined, natural approach to facial rejuvenation and the deep plane face and neck lift is a cornerstone of that philosophy.

What is a Deep Plane Face & Neck Lift?

Unlike traditional facelift techniques that primarily address the skin, a deep plane lift repositions the deeper facial structures by lifting the underlying musculature that sags as we age. This technique restores facial contours in a more natural, long-lasting way.

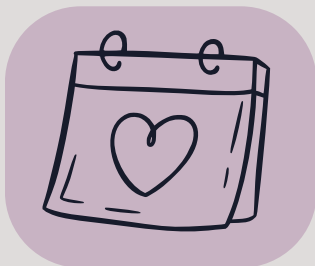
Why pair the Face and Neck Lift together?

When the Face and Neck Lift are done in combination, the entire jawline is refined, the neck is smoothed, and mid-face support is restored, creating a seamless transition from face to neck without tension or an unnatural appearance.

The Result:

- Smooth, elegant jawline and neck definition
- Restoration of mid-face volume and contour
- Harmonized results that age gracefully over time

This procedure is often combined with eyelid surgery, fat grafting, an endoscopic brow lift, and skin resurfacing to create a cohesive, balanced result tailored to each patient.



Planning Ahead

To schedule a consultation, please submit your consultation request form [here](#). If you've already met with Dr. Miotto, we invite you to connect with our team to review the next steps. We are always here to support you and help answer any additional questions you may have.

Thoughtful planning ensures your timeline aligns seamlessly with your goals.



Skin Health Spotlight

BOTOX AND DYSPORT

Neuromodulators like Botox and Dysport do more than soften expression lines, they play an important role in overall skin health and maintaining surgical results over time.

By gently relaxing targeted facial muscles, they help reduce repetitive movement that contributes to fine lines and deeper wrinkles while maintaining natural expression.

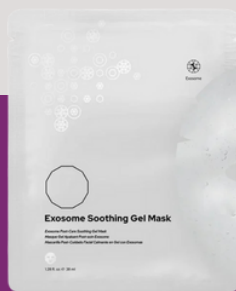
For patients who have already undergone surgical procedures, neurotoxins are an effective way to protect their investment by supporting smoother skin and relaxed muscles.



Product Spotlight

FAVORITES FOR 2026

This month, we're highlighting a curated selection of our most-loved products TO HELP YOU GLOW IN 2026. From some tried and true favorites to a few new goodies, the products below will support long-term skin health, enhance surgical results, and integrate seamlessly into your daily routine.



Wellness Focus

STRONG AND HEALTHY

Wellness isn't just about rest, it's also about resilience. Strength training plays a vital role in women's health, supporting bone density, muscle mass, metabolic health, and overall longevity.

Equally important is ensuring adequate protein intake to support muscle repair, hormone balance, and energy levels, especially as we age. Even small, consistent changes can have a meaningful impact on strength, confidence, and vitality.

This season, consider building strength as an act of self-care to support both your aesthetics and overall wellbeing.