

# The Art of MFE

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

Volume No. 2 | November | 2025



# W E L C O M E

Welcome to the second edition of **The Art of ME**, our monthly newsletter from Dr. Miotto and ME Plastic Surgery. If you're new here, we're so glad you've joined us. Each month, we share trusted insights on facial rejuvenation, skin health, and overall wellness to help you look and feel your best.

This November, we're highlighting fat grafting, a transformative way to restore natural facial volume. You'll also learn why microneedling with exosomes is a favorite for radiant skin, and ways to prioritize wellness during the busy season. Plus, keep an eye out for our exclusive Black Friday specials, thoughtfully curated to refresh and enhance your natural beauty.



## Skin Health Spotlight

### MICRONEEDLING WITH EXOSOMES

Combining the collagen-stimulating benefits of microneedling with the regenerative power of exosomes, this treatment offers next-level skin renewal. Exosomes—tiny, cell-derived messengers rich in growth factors—help accelerate healing, reduce inflammation, and enhance overall results.

The treatment smooths texture, refines pores, softens fine lines, and promotes a radiant, even complexion with minimal downtime. It's the perfect refresh as we move into cooler months, when skin naturally craves renewal.



## The Wellness Moment

### SEASONAL RENEWAL

The holiday season brings joy—but also busyness. Prioritize a few moments of calm by stepping outdoors, soaking in fresh air, and grounding yourself in nature. A short walk or quiet pause can help reset both mind and body.

One of Dr. Miotto's current favorite supplements is creatine. She uses it to enhance muscle strength, energy production (ATP recycling), and to improve exercise performance, particularly during high-intensity activities. It helps preserve muscle mass, which is a key component of longevity and preventing frailty in older age.



## Black Friday Preview

CAREFULLY  
CURATED  
SPECIALS

Keep an eye on our social media platforms in the coming weeks for announcements and details on these **limited-time** opportunities.

# Surgical Spotlight

## THE POWER OF FAT GRAFTING

Dr. Miotto emphasizes natural, elegant, and individualized facial rejuvenation. One of her key techniques? Fat grafting.

### What is Fat Grafting?

Fat grafting involves gently harvesting fat from areas like the abdomen, hips, or thighs, and then strategically injecting it into areas that have lost volume— such as the temples, under-eyes, cheeks, or jawline.

The result:

- Soft, natural-looking volume that improves contour, smooths hollows, and enhances facial harmony.
- Enhances the results of facelifts, neck lifts, or eyelid procedures
- Provides longer-lasting volume than fillers for a refined, youthful look

Fat grafting integrates beautifully with other procedures and offers long-lasting, subtle rejuvenation. Many patients appreciate how it refreshes their appearance while maintaining a natural look.



## This Month's Featured Product

### EXOSOME SOOTHING GEL MASK

Powered by Benev's next-generation exosome technology, this hydrating gel mask delivers targeted cellular communication to calm, soothe, and rejuvenate the skin. Exosomes carry growth factors and peptides that promote repair and balance, helping restore a more youthful, radiant complexion. The mask's cooling formula instantly hydrates and comforts dry or irritated skin while reinforcing the moisture barrier for lasting smoothness and glow.