

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

We're thrilled to introduce **The Art of ME**, our brand-new monthly newsletter from Dr. Miotto and ME Plastic Surgery. Each month, we'll share expert insights on facial rejuvenation, skin health, and overall wellness—thoughtfully curated to help you feel refreshed, confident, and beautifully yourself.





Surgical Spotlight

IS IT THE RIGHT TIME FOR A CONSULTATION?

Many patients wonder: When should I start considering a facelift, eye rejuvenation, or fat grafting?

Here are a few signs it might be time:

- You notice persistent sagging in the lower face or neck that skincare no longer improves.
- Your eyes look tired even after a good night's sleep.
- You're seeking natural restoration—not change, but a refreshed version of yourself.

Scheduling a consultation in the fall allows time for healing before the busy holiday season and ensures you step into the new year with renewed confidence.



The Wellness Moment

SEASONAL RENEWAL

Rejuvenation is more than skin deep. As we move into cooler months, take time to reset your wellness:

- Collagen peptides and Omega-3s help support skin elasticity and hydration.
- Swap iced drinks for green tea or warm lemon water to nourish from within.
- Mindful Practice: Take five minutes outdoors daily—breathe in the crisp air, and let the season remind you of the beauty in change.



Visit our new space!

WE ARE IN LOVE.
COME BY AND SAY HI.

We recently had a face lift of our own! Schedule an appointment for one of our services and come see our brand new office.

Skin Health Spotlight

REFRESH YOUR SKIN WITH LASER TREATMENTS

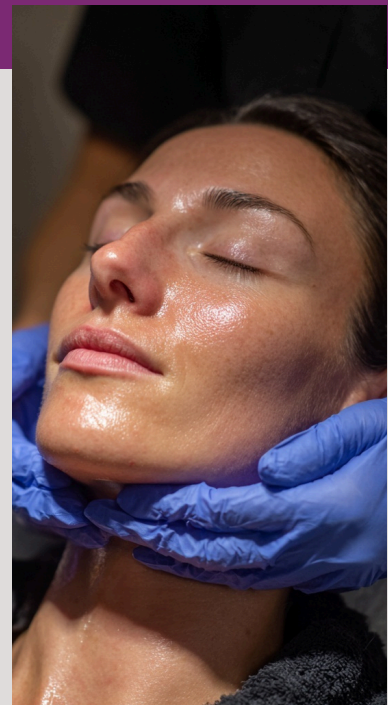
Fall is a time for renewal, and your skin can benefit from a seasonal refresh. Moxi and BBL laser treatments are perfect for restoring a healthy, radiant glow as we move into fall.

Some of our favorites this season:

- **BBL** (BroadBand Light) laser targets sun damage, pigmentation, and redness, revealing a more even, luminous complexion.
- **Moxi** laser gently resurfaces the skin, improving texture, fine lines, and tone with minimal downtime.

Why is fall the perfect time for a skin treatment? Cooler weather reduces sun exposure during healing, ensuring optimal results. Starting treatments now helps prepare your skin for that holiday radiance.

Pro Tip from Our Team: Pair your laser session with our Plated Exosome serum to enhance results and maintain a glowing, healthy complexion throughout the season.



This Month's Featured Product

PLATED

This potent blend contains renewing exosomes, fortified with antioxidants and phosphoproteins, clinically proven to significantly minimize the appearance of wrinkles, redness, and brown spots. Offering additional hydration, it is expertly crafted for everyday use and perfect after any laser treatment.