

Central Ohio  
Plastic Surgery



---

# cold weather Skincare

(Tip #4 is a favorite!)

Unpredictable Ohio weather is here. Frankly, we don't mind the fickle weather because we love our changing seasons in the Buckeye State.

Seasonal changes do, however, call for seasonal changes in our skincare routines. Here's what Dr. Lichten and our aesthetician Krista recommend to get your glow on this holiday season (and keep it all winter long).

## Tip #1

Hydrate inside and out. In addition to drinking lots of H<sub>2</sub>O, consider adding a tabletop humidifier in your bedroom while you sleep.

"Dry air combined with indoor heat really sucks the moisture out of skin," says Krista. "A humidifier puts moisture in the air, helping your skin hang onto the moisture it needs. The best part is that it works for both facial and body skin."

## Tip #2

Add a more intense moisturizer to your nighttime regimen, such as [Interfuse Treatment Cream](#).

"Interfuse is rich with hyaluronic acid, peptides, and Vitamin C. It works by softening the skin and improving the appearance of fine lines around the eyes, mouth, nose and face," says Dr. Lichten.

Dr. Lichten recommends Interfuse as a complement to [Juvéderm](#) and [Botox](#) for a rejuvenating look.

### Tip #3

Gently exfoliate the skin.

"Mild scrubs, textured washcloths, or even baking soda mixed with water can help clear away flaky spots," says Krista. "Don't try doing a deeper exfoliation at home or else you might scratch or even scar your skin. I recommend having an in-office [chemical peel](#). You'll get better, longer lasting results without roughing up your skin."

### Tip #4

Everyone here loves this one. Why? Because it make skin baby-soft and smooth in under 30 minutes and involves zero downtime.

[Click here to find out what it is >>](#)

TREAT YOURSELF TO A SKINCARE CONSULTATION

## VIP News Alert!

We couldn't let 2024 go by without thanking our loyal patients with a very special offer.

**Lock in VIP status for all of 2025 just by spending \$500 in December.**

This spend includes any combination of injectables, and spa or cosmetic services, including surgery.

That's 50% less than the \$1,000 usually need to earn VIP status.

[The Easy Way to Become a VIP \(Click to Learn More\) >>](#)



### Perks of Becoming a VIP

Get exclusive deals, discounts, and offers as a Central Ohio Plastic Surgery VIP.

Save 20% on [injectables](#), [skincare](#), [spa services](#), and select treatments. And, enjoy freebies, special invites, and more all year long.

BUY TWO

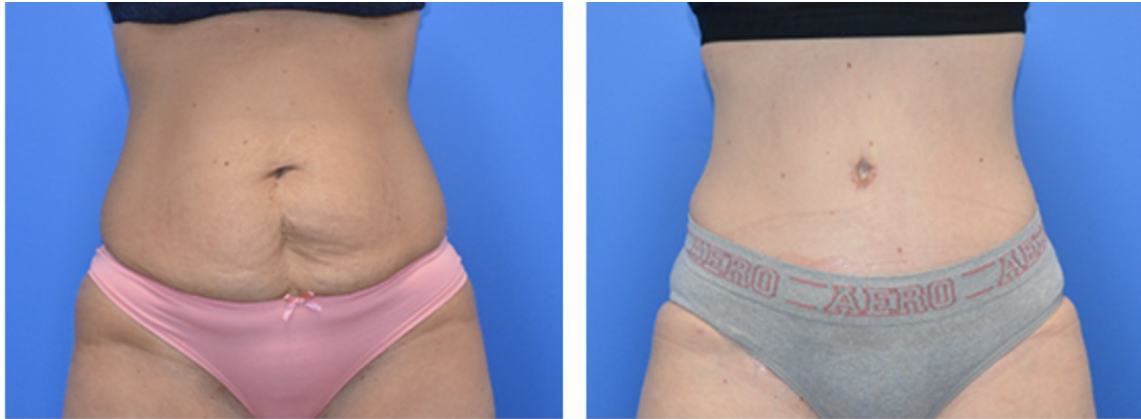
GET ONE  
*Skincare sale*



DEC 1-31

Valid on all Skinbetter, Circadia and Colorescience products.  
Discount taken off lowest priced item. May not be combined with  
any other discounts including VIP.

All i want for the  
holidays is a tummy tuck



[CLICK TO SEE MORE BEFORE-AND-AFTER PHOTOS](#)

>>

WHAT'S ON  
YOUR 2025  
BEAUTY  
BUCKET

# LIST?

If you're like us, you're not a fan of New Year's Resolutions. Still, we like the idea of having things to look forward to in a shiny New Year.

So, instead of getting rid of bad habits and such, we're focusing on **ADDING** things into our lives. (Run a 5K, anyone?)

We invite you to join us in making 2025 the year to **DO** something you've been wanting to but haven't. (Tummy tuck, anyone?)

[Hit us up on Facebook](#) and tell us what's on your New Year's Bucket List.

Need some ideas? We've got you covered.

# 2025 Bucket List

---

Start a memory journal



Learn to bake

Book a consultation with Dr. Lichten



Make a facial appointment with Krista

Try CoolSculpting



TAKE THE FIRST STEP >>



WE WILL BE  
**CLOSED**  
*For family time!*

CLOSING EARLY

24 DEC

CLOSED

25 DEC, 26 DEC, 1 JAN

CENTRAL OHIO PLASTIC SURGERY

[BOOK YOUR NEXT APPOINTMENT NOW >>](#)



Central Ohio Plastic Surgery | 2656 N. Columbus St, Suite A | Lancaster, OH 43130 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!