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BAL HARBOUR PLASTIC SURGERY

Internationally recognized as one of the premiere cosmetic surgery practices in the country, Bal Harbour Plastic Surgery Associates sets the standard not only for appearance enhancement, but also for the superior level of patient care they provide every day. Located in beautiful Miami Beach, Bal Harbour Plastic Surgery Associates operates from their private, state-of-the-art surgical facility designed to maximize patient comfort and safety. Taking a cue from the surrounding neighborhood, Bal Harbour Plastic Surgery Associates models itself after a five-star resort where patients are personalized from start to finish. Our exceptional staff provides the perfect "beauty touch" to help achieve the ultimate in patient satisfaction with sensitive and aesthetic results. Bal Harbour Plastic Surgery Associates welcomes local patients throughout South Florida across the country and from around the world.

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Bal Harbour Plastic Surgery Associates
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Bay Harbor Islands, FL 33154

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Spring is almost here and for many of us that means spring cleaning. Freshening up your wardrobe and home is a given, but what about preparing for the warm months ahead by freshening up your look and body before beach season arrives.

Spring into action now and follow these 5 simple steps for your new beach body:

Step #1: Drink Up! - You've heard it before: we should all be drinking at least 8-10 cups a day. But are you doing it? Water will keep you filled up, energized and running efficiently. Lack of water can slow the metabolism and make you confuse thirst for hunger. If there's one step that's easy to make on the road to weight loss, it's to drink more water.

Step #2: More, More, Move! - We all know we should probably log more minutes on the treadmill or elliptical machine. But what about building more exercise into your daily life? What about taking the stairs at work or at the mall? Or taking five minutes to dance to your favorite song? Every little bit helps with weight loss and great mood and mood!

Step #3: Eat Dessert! - We love dessert. In fact, dessert is usually your favorite part of the meal. It's logical and natural to want something sweet to balance off that extra cheese lasagna or that chicken and broccoli casserole. But what about having a bowl of sweet red strawberries instead of those brownies? What about a small apple with cinnamon instead of chocolate chip cookies? Look for ways to build in fruit for dessert instead of sugary snacks and you'll avoid a load of calories without feeling deprived of that sweet taste.

Step #4: Cut Down Where You Can! - Oh, so you don't want to deny yourself the cheese cake or your favorite burger. You have to eat that birthday cake or sample your Aunt's famous chicken potpie. But you don't need toppings! Start cutting back on portion sizes now, not denying yourself but doing what you can - and you'll find that's a big difference taken-wise in the long run.

Step #5: Challenge Yourself! - There are some days where the universe is with you. You can go without that chocolate bar, you can drink lots of water and you actually want that salad for lunch. Recognize those days for what they are - a chance to leap ahead in your weight loss goals and make up for the times you feel you're blown it. Run with it for as long as you can. Challenge yourself to make the healthiest choices possible and soon you'll be feeling so good about those choices, you'll want to make more.

So there they are, 5 Steps towards your new beach body. While you may not lose ten pounds in one week following these steps, they'll definitely get you started on the road to weight loss, a better body and feeling good about yourself!

There's nothing like the feeling you get when you look in the mirror and love what you see. We hope you found these tips helpful. If there is anything about your appearance that you think we can help with, call us and schedule a complimentary consultation. Experience what thousands of our patients are experiencing everyday when they look in the mirror... happiness!



Michael Salzman, M.D., FACS
Diplomate
American Board of Plastic Surgery



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BRIDAL PLASTY: "I DO" WANT TO LOOK MY BEST ON MY WEDDING DAY!



There are several pivotal days in every woman's life that will live forever in her memory, one of these is her wedding day. This milestone event for many young women means the end of their single days and the start of their most important partnership. For other women, perhaps on a second marriage, a wedding can symbolize a new beginning and the renewal of hopes and dreams.

Every woman wants to look her best for her wedding, and there is a long tradition of elaborate bridal preparations that can sometimes take up to a year or more. Exercise and weight loss regimens are begun well in advance of the scheduled date, long before fittings for the wedding gown, venue bookings, or choice of menus.

A new trend emerging in the US is "bridalplasty," a term that's been coined to refer to plastic surgery procedures carried out by a bride-to-be during the months leading up to her wedding day. This wedding makeover trend is not limited to brides, as many grooms are also opting for body improvement plastic surgery before embarking on matrimony.

It's not clear whether this trend spawned the American reality show, "Bridalplasty" or whether the show has influenced the increased number of wedding makeovers. In either case, the TV show showcases specific plastic surgery, i.e., bridalplasty, procedures as contestants compete in wedding-themed challenges for prizes that include free plastic surgery procedures taken from the competing brides' wish lists.

Wedding makeovers, including pre-wedding plastic surgeries, are of course not new, but reality shows such as "Bridalplasty" serve to do: explicitly cosmetic plastic surgery procedures and inform women of both the benefits and precautions to take before embarking on surgery.

The most popular bridalplasty procedures to appear on brides' wish lists are:

Nose Job - Rhinoplasty: Often only a slight modification of the nose can bring balance and harmony to a bride's features, and the results will be immortalized in the inevitable wedding photographs.

Breast Augmentation: A longstanding desire for more voluptuous breasts can be realized and will no doubt influence the bride's choice of a wedding gown style.

Liposuction: Modifications made on various parts of the body such as stomach, waist, and thighs will create a more shapely appearance in the all-important wedding dress...and later for the honeymoon. (This is the procedure most likely to be found on a groom's wedding makeover wish list, too.)

"Brides to be are ideal candidates for plastic surgery," says Miami plastic surgeon, Dr. Michael Salzhauer. "They are most likely to be young, healthy and highly motivated."

"But," he warns, "it is vital to plan procedures so that there is ample healing and recovery time – at least three months – before the wedding date."

Consult with Board-Certified Plastic Surgeon, Dr. Salzhauer to discuss recovery times for specific procedures to make sure you will be healed in time. Healing times can vary from person to person, but we will guide and give you valuable advice regarding diet and exercise that can speed your healing and assure the best possible results.

Come in for a Complimentary Consultation! Call 305-861-8266



GET MORE FROM YOUR TAX REFUND



One of the few rewards of doing your taxes is anticipating a little cash back. A majority of tax returns will receive a refund check this year. If you're one of them, be sure to make the most of it. A retail trade industry survey finds more Americans plan to put the "fun" in "tax refund" this year.

With W-2s already arriving in the mail, you may have started to think about how you are going to use your refund money. The way people spend their refund this year is predicted to take a big change.



INVEST SMART!



The retail industry trade group is out with a survey that says more Americans are planning to splurge a little if they receive a tax refund this year. So what do you do when part of you says, "Go ahead, spend it on yourself. You deserve it." And another part of you says, "Be smart. Invest your money. Use it on something that will benefit you now and for years to come."

Plastic Surgery may be your perfect solution - Both a smart investment and a beautiful reward!

Call 305-861-8266 to schedule a complimentary consultation or inquire about our special Tax Refund Incentive

TESTIMONIAL "MICHAEL ANGELO OF RHINOPLASTY"



If you are considering Rhinoplasty I suggest you take the time to read my review. I am a patient of Dr. Salzhauer and I am originally Palm Beach FL. Most of my family members came from Spain and Portugal so I always had that European nose with the bump and droopy tip! I had been seeing doctors for a very long time, being that my fiance is a well respected doctor himself in Palm Beach County we had very high standards/expectations and were willing to flight anywhere in the US to get the best result (we are both OCD yep). We found great things about Michael so I set up a consultation with him. He knew exactly what I was talking about, he listened to all my concerns, did a computer image of what it could look like, I was super happy, right there as I then I paid for my Surgery and set the surgery date (Only one week away - I needed very finance to watch my surgery (MD's hours)) that was his week of vacation. It everything you set up, my fiance brought his car and him and Michael took me into the operating room.

Needless to say a surgery that should take 1 hour turned into 1-45 minutes. My fiance says that Michael was by far the best Surgeon for the procedure...that he had never seen anyone as detail oriented and OCD like us...a total perfectionist. His description for Michael was... "He is definitely the Michael Angelo of Rhinoplasty" "A Real Artist". When I woke up I had no pain but, He like I had a sniffler nose (normal) I felt no pain whatsoever but 2 days later I felt it was gone!! (One Sunday) so Michael met us AFTER hours at his clinic to make sure I was okay. We were drained!! J. The way I look my spirit off and I Love LOVE my results. I can't leave alone because, just the results actually look better. What the images he had shown me before. My fiance loved his result so much he is wanting to get his nose done also with Dr. Salzhauer. We Love Dr. Salzhauer! Thank you!

Read hundreds of actual patient testimonials:
www.bulharhoursurgery.com

