

Beauty Buzz

From our blog at RiverRegionFacialPlastics.com

Super at 70



If you are in your 70s – let me state you are lucky to be here! In your lifetime some wonderful things have occurred and you took part in them, whether they were good or bad.

The most important things in life are now quite obvious to you and with this direction in mind, let me share with you what some of our over-65 clients say about creating a beautiful life.

Don't sit still! Keep moving because if you don't use it, you'll lose it. It doesn't have to be hard core exercise – a simple walk every day is good for the body, mind, and spirit. If you can do more than that, please do. Our bodies are meant to keep moving, to exert themselves every now and again. Strength training is an excellent way to

assure bone health, balance, coordination, and all around well-being. It is a great way to reverse the aging process! If you can be part of an exercise or walking group, join it! The fellowship alone is well worth it.

Don't let your mind sit still either! Find activities that keep your mind active. Learning something new is a real age-reverser, and what a great booster for your ego! There are classes around here for most everything you wish to do, so take advantage of them! You'll learn something new and meet new like-minded people! Perfect for staying young.

A GREAT plastic surgeon makes you look and feel younger! No kidding! There's a lot to be said about the outer you reflecting the inner you, and it is so. You don't have to have surgery!

We have great treatments and procedures to make your skin healthier, your wrinkles less noticeable, and make your face look uplifted and refreshed. And when you take advantage of all the information that we offer, you can make up your mind about just how aggressive you want to be. We actually offer FREE consultations – so call us, one of our excellent doctors will have a session with you to

answer any questions you may have about what we do here, plus our medical aesthetician will show you how you can

have fresh-looking great skin!

This is just the beginning! Please call us at 334.270.2003 or email us at RiverRegionFacialPlastics@gmail.com with YOUR tips and tricks for being fabulous over 65. Looking forward to hearing from you!

Wallene Prudames,
Patient Care Coordinator

It's our
3rd Anniversary
Celebrate with us and check out our
FaBOOlous Specials
for Halloween!

Please contact us via email at Doctors@RiverRegionFacialPlastics.com with your questions or comments!