

# A Transformative Time

Staying out of the spotlight can lead to primetime readiness



**F**OR MANY, THE LAST SIX MONTHS have been an opportunity to work on areas in our lives that have been long neglected. Whether it's fitness, self-care, or character betterment we seek, this moment in time enables us to work toward becoming our best self. This includes our exterior confidence, too. Now just might be the perfect time to book that long-awaited procedure motivated by contemplation in quarantine.

"People really missed our services while shelter in place was in effect," says Melanie Palm, MD, MBA, founder of **Art of Skin MD** in Solana Beach. "Now that we are starting to see aesthetic patients again, lip enhancement — particularly with the new filler Restylane Kysse — is quite popular." Palm says many patients are interested in doing an overhaul, along with plans they delayed for facial balancing such as a liquid facelift. "People are also focused on the eyes and neck, as we can see these still while

wearing a mask," says Palm. "I'm doing quite a bit in terms of skin tightening and injectable treatments in these areas. Lastly, PRP with microneedling is popular as there is minimal downtime and no risk while sun exposure months are at a peak." 858.792.7546, [artofskinmd.com](http://artofskinmd.com)

"We've seen a demand for Kysse filler for the lips," agrees Tracy Younger, CEO of **Alcheme Health**, with locations in One Paseo and Little Italy. "Combine that with a little neuromodulator above the lip, 'the lip flip,' and the combo is beautiful, sexy, kissable lips!" Younger is also seeing a surge in Emsculpt procedures because clients can't hit the gym. "We combine that with CoolSculpting to transform the body, plus it saves you about 530 hours of gym time!" she exclaims. Younger's newest favorite is Radiesse in the neck. "It instantly rejuvenates and builds your own collagen." Alcheme Health also

offers vitamin injections. "We all can use some Bs, Cs, and glutathione to boost our immune system, give us energy, and make our skin glow," she says. 858.299.4990, [alchemehhealth.com](http://alchemehhealth.com)

**SKY Facial Plastic Surgery** in 4S Ranch is staying as busy as ever. "Facial plastic surgery really stands the test of time," says Amber Yoo, the company's vice president. "There are no shortcuts and no gimmicks." Yoo says they've done a major overhaul in terms of how they do business in these current times. "We've always done virtual consultations for out-of-town patients, but now we are doing them for in-town patients, too. We've gone virtual in every way we can." This includes using DocuSign to get signatures, having the staff take Skype meetings, and spending more time on the phone when possible instead of bringing clients in. "We're hearing that patients want to have surgery before they have to go back to work, or they want to take advantage of working remotely to hide looking bruised and swollen post-surgery from colleagues." 858.381.4801, [skyfacialplasticsurgery.com](http://skyfacialplasticsurgery.com) MIA S. PARK