

# Mommy Gets Her Groove Back

**Bearing children is one of life's greatest blessings, but pregnancy takes a toll on the body. With the mommy makeover, mommy can shine again.**

**"M**any people think postpartum cosmetic surgery is a vanity issue, but it's deeper," observes Dr. Mark Chin, Director of the Valley Institute of Plastic Surgery (VIPS). "The mommy makeover restores beauty, but also improves self-esteem and intimate relationships that may be suffering."

Comprised of one or more surgical or nonsurgical procedures, the mommy makeover is designed to revive the regions most affected by pregnancy. Popular selections include breast lifts and augmentations, tummy tucks, thigh lifts, and skin-tightening. During a thorough consultation with Dr. Chin, patients learn about the risks and benefits of their options; then, Dr. Chin designs a customized plan tailored to their unique needs and desires.

"In many cases we can offer a combination of procedures during one surgical session, which avoids multiple downtimes," Dr. Chin points out. "Our on-site surgical suite provides a discreet, convenient setting."

With 18 years of experience in specialized cosmetic surgery, Dr. Chin makes it a priority to stay on the leading edge of cosmetic technologies. He is the only cosmetic surgeon in the Fresno area to offer Smartlipo MPX™, an advanced, laser-assisted body contouring system that melts fat and tightens tissues.

"We take a comprehensive team approach to rejuvenating



Mark A. Chin, MD, MPH, is board certified by the American Board of Plastic Surgery and was voted "Best Cosmetic Surgeon" by *Fresno Magazine* three years in a row.

"My body just felt *blah*," confesses Natasha, an aesthetician at the VIPS Aspire MediSpa and mother of three adorable daughters. "I had all the confidence in the world in Dr. Chin's expertise," she says. "Now, I have a new outlook on life. I feel amazing."



Photo by Eddie Melikjan

mommy's head to toe," Dr. Chin says. In the adjoining Aspire MediSpa, an aesthetic registered nurse and a licensed aesthetician provide skilled skin care to revive the glow of a youthful complexion.

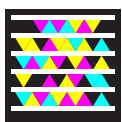
"Postpartum women often come to me feeling desperate, hopeless, and trapped inside their bodies," says Dr. Chin. "Our team of quality, compassionate staff helps them reach their full potential. When they walk away happy, I'm happy."

#### Aspire MediSpa services include:

- ▶ BOTOX®
- ▶ Restylane®
- ▶ JUVÉDERM®
- ▶ Hair removal
- ▶ HydraFacial™
- ▶ Microdermabrasion
- ▶ VelaShape II™
- ▶ ReFirme™

To schedule a mommy makeover consultation with Dr. Chin, call **559-435-9646**.

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