

## Rejuvenate Your Life With A Mommy Makeover

For years, women have been postponing when they have children. Instead of starting a family right out of college, women are choosing to further their careers. And when they do decide to start a family, they often continue on with their career, and still put a high value on their appearances.

A mommy makeover is more than sculpting a woman's body and helping her improve her looks. It's also about restoring her youthful personality, and giving her the energy and desire to become more active. Your looks and your self esteem go hand in hand. The younger you look, the better you feel, the more active you become.

When women finally do decide to have a family, their priorities often shift. Not only do they have the hectic lifestyle associated with working a 40-hour a week job, but also they add in family priorities. The results can often leave a women overwhelmed, with little time to devote to herself.

After months, or even years of devoting time to everything but herself, she finally looks in the mirror and realizes she's let herself go. That's when cosmetic surgery can have a huge impact on her life, and restore her youthful glow.

Motherhood is a very rewarding and fulfilling experience. But childbearing can take its toll on a women's body.

Throughout the childbearing process of childbirth, breastfeeding and childrearing, a woman's body goes through many changes. A mommy makeover is designed to help restore what nature took away. Yet it's more than turning back the hands of time; it's about enhancing what you have today, and making you look and feel your best. At any age.

A mommy makeover isn't one prescribed procedure. Instead, it's customized to give you your desired results. It may include:

=> A Botox treatment to soften the tiny lines and wrinkles around your eyes or on your forehead.

=> Eyelid surgery to permanently remove the sagging that occurs around your eyes.

=> A facelift to reduce the aging process caused by stress.

=> Breast enlargement, breast reduction, or breast lift to give your figure a new look.

=> A tummy tuck to reduce the excess fat that just doesn't seem to go away with exercise.

Mommy makeovers are aimed primarily at women between the ages of 38 and 50 who have had all of their children. A mommy makeover usually combines several procedures at one time to create a dramatic and much improved appearance.

If a mommy makeover may be in your future, start by visiting with a cosmetic surgeon, and finding out about the many options available to you. Because technology is changing every day, the variety of services available to you varies greatly.

Motherhood should be a time you enjoy with your kids. But that doesn't mean you can't look great too. Give yourself a gift this year, and look great for years to come.

## About the Author

Dr Jeremy Williams is a Denver board certified plastic and reconstructive surgeon. Dr. Williams is a Colorado native who has returned home after completing extensive training in plastic surgery at The Johns Hopkins Hospital in Baltimore, MD. He believes that whether you are seeking aesthetic rejuvenation or reconstructive restoration, that enhancement of your image should be natural and above all, safe. Visit his practice at

[ParkMeadowsCosmeticSurgery.com](http://ParkMeadowsCosmeticSurgery.com)