

**NEW SPA HOURS!**  
The Phoenician Medical Spa is now open  
M-Th 8am-5pm, F 9am-3pm, Sat 9am-2pm

# Inside

- PAGE 1 A PLEASANTLY JAM-PACKED CALENDAR
- PAGE 2 IS IT TIME TO DETOXIFY YOUR MAKEUP?
- PAGE 2 A SAFE, PROVEN HAIR RESTORATION METHOD
- PAGE 3 SLEEP BETTER AND FEEL GREAT
- PAGE 3 SUKKAR VIP PROGRAM
- PAGE 4 MUST-SEE SWIMMING HOLES OF THE WORLD



Summertime is for swimming, but why settle for a community pool when you can have access to the most beautiful swimming locales in the world? These three exclusive, little-known spots are sure to take your breath away.

### HALI'I FALLS, HAWAII

With its spiral staircase of waterfalls, this remote jungle location offers up more than one unique spot to take a plunge. Visitors never fail to be awestruck by the deep blue-green hue of each pool created by the four cascading waterfalls. Hali'i means "to spread out," which is precisely what each waterfall does, showcasing a serene experience unlike any other. But the beauty of this one-of-a-kind experience is only outdone by its exclusivity. To reach these pools, you'll have to hike through dense forest, deep marshes, and wide-open pastures of sugar cane.

## SECRET SWIMMING HOLES OF THE WORLD

EXCLUSIVE SPOTS YOU MUST SEE TO BELIEVE



### DOS OJOS, MEXICO

The Spanish translation of the name for this magical system of caves is "two eyes," and you'll want to have yours checked after you see this swimming hole. When limestone bedrock collapses, a sinkhole called a "cenote" is formed. The unearthed water from the natural aquifer balances a color palette of earth tones with the most majestic shades of blue you'll ever behold. The calling cards for these bodies of water are the Blue Eye and the Black Eye. Both offer unforgettable experiences, but the price of entry is a hefty sense of adventure. You'll need a full set of scuba gear to get to either hole.

### THE BATHS, VIRGIN GORDA

A day in the Caribbean is like living every moment inside a beautiful pastel painting. The elegance of this location in the British Virgin Islands will make you feel like you've been transported into a cathedral. The large boulders and natural rock formations create shallow caves that will captivate your eyes as you wade through the water in wonder. When you exit, you'll witness the sight that gives this beautiful spot its name. A handful of 40-foot granite boulders form private pools as if that was what they were made for.



## SCHOOL BUSES, WEDDING BELLS, AND NEW ARRIVALS

### MILESTONES AT WORK AND HOME

It's hard to believe that it's almost time to send the kids back to school. It seems like the summers grow shorter every year, but the calendar tells me they're just as long as they've always been. It's been wonderful to spend a few months with the entire family, but now it's time for everyone to begin their next adventure.



For Joseph and Hannah, that entails heading back to Baton Rouge. Hannah will be starting her sophomore year at LSU. Joseph was recently admitted to the MBA program there, so he'll be on campus as well. Given the differing nature of their programs and schedules, Joseph and Hannah don't get to see each other all that often, but they try to hang out when they have the chance. I certainly appreciate knowing that they have each other nearby just in case they need some sibling bonding time.

Allie will be starting third grade this year, so she won't be packing up and leaving home just yet. Here's



hoping that she doesn't hop in a time machine and emerge with her high school diploma. Laura and I don't have any plans to be in a classroom this fall, but you never know. I love to learn, and when the right opportunity presents itself, I'm always happy to strap on that trusty Tulane backpack — the one my staff loves to make fun of me for — and become a student once again.

The milestones aren't just limited to my family members. Ruby, one of the medical assistants and massage therapists on staff here, recently got engaged. If she ties the knot this year, she'll be joining three other newlywed members of the Clinic for Plastic Surgery Team. Sarah, one of our aestheticians; Andrea, our LVN; and Nancy, a medical assistant, celebrated their weddings in the winter, and Nancy is expecting a baby boy in October. I've been not-so-subtly encouraging her to consider Sam as a name. I mean, it's a great name, right? Don't worry, Nancy, I'm sure whatever name you and your husband decide on will be perfect — especially if you decide on Sam.

Speaking of new arrivals, we recently brought on Jennifer to lead our Phoenician Medical Spa team. Jennifer has 17 years of experience in aesthetics, and we are so excited for her to join us. A Deer Park native, Jennifer's last job was in Austin, but she's a "salt-water soul" who's looking forward to spending time in Kemah and Galveston. In a funny bit of serendipity, Jennifer actually attended school with our very own Jana. Jana had no idea Jennifer was applying, but she's excited to be colleagues with her old friend once again.

One last bit of news before we go. As you're reading this, we may be in the Bahamas for a little fun and celebration. The team has spent the last 12 months working hard, so now it's time to play hard. I'm so proud of everything we've achieved as a team and have no doubt that we'll continue to grow. Thank you to the team, our patients, and our families. Have a wonderful back-to-school season.



*-Dr. Sam Sukkar*

# DON'T PUT UP WITH A TOXIC RELATIONSHIP

## 3 Ways to Break Up With Harmful Beauty Products

Beauty products can make us feel just that — beautiful. A swipe of mascara, a touch of blush, and a dab of lipstick are all you need to accentuate your favorite features. But if you're not looking carefully at what's in those products, you may want to look again.

Your skin is your biggest organ — it's vulnerable to whatever you put on it, but many people don't pay enough attention to what they expose their skin to. In a recent interview, the "Today" show unveiled that beauty and skin care products do not have to be approved by the FDA. In fact, only 11 ingredients are banned from cosmetics in the U.S. Across the ocean, the list grows exponentially — Europe has 1,328 ingredients banned from theirs.

In this Wild West state of beauty products, the responsibility for finding out what's in your makeup is up to one person: you. Before you trash your makeup bag or move to Great Britain, check out the following list

to learn what ingredients to look out for and how to avoid them.

**KNOW WHICH INGREDIENTS ARE CAUSE FOR ALARM.** While the health effects of many ingredients remain mysterious, a few commonly used ones have shown links to serious diseases. Parabens and phthalates, for example, are found in a wide array of products, from foundation to hair spray, but are now considered "endocrine disrupting chemicals" by researchers and show links to diabetes and hormone-related cancers. While the FDA hasn't taken action because of a lack of information, doctors and researchers are concerned, which is reason enough to avoid products containing these chemicals.

**LOOK TO TRANSPARENT RESEARCH ORGANIZATIONS FOR GUIDANCE.** When you're trying to educate yourself about clean beauty products, don't trust everything you read on the internet. Instead, look to reputable organizations that prioritize research-based

information. For example, the nonprofit, nonpartisan group called the Environmental Working Group (EWG) is a great resource for cosmetic product knowledge. The EWG even has a subsite called the Skin Deep Cosmetics Database dedicated to providing research and data on almost any beauty product you can buy. Type in your brand of hand lotion, for example, and you'll get an overall hazard score with a breakdown of each ingredient's potential health risks.

**BEWARE OF BUZZWORDS.** A shampoo might claim to be "all-natural" with botanical ingredients, and the bottle's green, leaf-wrapped design seems to agree. But buzzwords like "natural" and "plant-based" can be misleading. Poison ivy is natural, but you don't want it in a shampoo. Don't fall for these gimmicks. The next time you go to the store to choose a "cleaner" shampoo, come equipped with a list of ingredients that you want to avoid. Your health and your hair will thank you for it.

# Service of the Month:

## MINIMALLY INVASIVE HAIR RESTORATION

### With NeoGraft FUE Treatment

Hair loss isn't simply a cosmetic change. It can decrease self-esteem and lower your quality of life. Luckily, the treatment options available to men and women suffering from hair loss have advanced significantly over the years — we're long past the days of wigs and toupees being the only safe option. In recent years, follicular unit extraction (FUE) treatments have emerged as a great option for many patients.

FUE treatment for hair restoration involves harvesting donor follicles (grafts) from your scalp or other parts of your body. These healthy follicles are then analyzed under a microscope to ensure that the hair is in optimal

condition. After they are assessed, the grafts are transplanted to follicles on the portions of your scalp that are thinning. Once the FUE hair restoration procedure is complete, you can expect your new hair to begin to grow within approximately three months. Within six months, you'll notice a visible improvement in your volume and density, and your hair will continue to grow in naturally until you see a full head of hair when you look in the mirror.

At The Clinic for Plastic Surgery, Dr. Sam Sukkar uses the NeoGraft system to perform FUE restorations with natural results, minimal recovery time, and none of the linear scarring

associated with older methods. The NeoGraft device uses suction (pneumatic pressure) to gently remove donor hair follicles. The pneumatic process reduces the possibility that the donor follicle will be damaged. It can also be adjusted to work for any skin type and is available to both men and women.

FUE procedures can be combined with platelet-rich plasma (PRP) treatments to stimulate faster, thicker results. Much like how FUE uses your own hair, PRP treatments use your own plasma to stimulate cell regeneration. PRP hair treatments can also be performed as stand-alone procedures.

If you are unhappy about losing your hair, you don't have to suffer in silence. Dr. Sukkar and our team can provide you with a consultation and let you know the most effective treatment options for you. Call us today to find out about all the ways we treat and reverse hair loss.

# HOW TO ACHIEVE A MORE RESTFUL NIGHT'S SLEEP

A good night's sleep is one of the most important things you can do for your mind and body. One study published in the Journal of Psychosomatic Research found that the quality of your sleep is much more important than the quantity — that is, if you want to feel rested. And we all want to feel rested. So, what can you do to improve the quality of your sleep and get the rest you need?

**Listen to your body.** This, above all else, is crucial to a good night's sleep. Your body knows when it's time for bed. Generally, you want to go to bed when you feel tired, whether that's at 8 p.m. or 1 a.m. Whenever your body tells you it needs rest, you should make a habit

of going to bed then. The more consistent you are, the better your sleep will be.

**Wake up naturally.** Jolting yourself awake with an alarm or radio isn't doing your brain and body any favors (it can be stressful on the body and even elevate blood pressure, which is not good first thing in the morning). If you do need an alarm, consider a wake-up light. Wake-up lights mimic the sunrise, slowly brightening the room, waking your body in a natural, gentle way.

**Kick the screen habit.** You've heard it before, and you'll hear it again: Looking at an electronic screen — a TV, computer, tablet,

or smartphone — before bed is detrimental to sleep quality. Light from these devices is disruptive to your brain's suprachiasmatic nucleus (SCN), which helps regulate your circadian rhythm, and screen time before bed can throw off normal SCN function.

Put your excuses for staying up too late to bed. Say no to "one more episode." And all those emails? They can wait until tomorrow. Not getting enough quality sleep is harmful to your mental and physical health. When you get into the habit of following these three tips, you'll find yourself feeling rested and refreshed in no time.

*\*Bring in a completed word search and get \$25 off your next Botox treatment!*

## DR. SUKKAR'S Word Search



ADVENTURE  
CELEBRATION  
FAMILY  
MILESTONES

OPPORTUNITY  
SCHOOL  
SERENDIPITY

# Sukkar VIP Program

*In appreciation for recommending us, we want to reward you!*

**Surgery** — Receive a \$250 Phoenician Medical Spa gift card for referring a friend who has surgery with us!

**Spa** — Receive a \$50 Phoenician Medical Spa gift card for referring a friend to the spa!

**Can you reach VIP status?** Three patient referrals will gain you a one-year membership to the Sukkar VIP Program!

**VIPs enjoy ...**

- ◆ 15 percent off all services (excludes injectables and products) including your next procedures.
- ◆ An invite to all EXCLUSIVE VIP events.
- ◆ Automatic entry into ALL quarterly contests and drawings.

Don't keep us a secret! Refer a friend today!