

Dr. Tamy M. Faierman Opens Weston's First Holistic Spa and Wellness Center

Tamy M. Faierman, M.D., is committed to helping patients feel beautiful and look their best through her expertise in Plastic and Reconstructive surgery, and now, with her new Holistic Spa and Wellness Center.

As Weston's only female plastic surgeon, Dr. Faierman continues her mission to encourage individuals to seek the best version of themselves and support their inner and outer journey towards wellness. She has designed the Holistic Spa and Wellness Center to nurture the mind, body and soul of people who balance a busy life of work, family, and friends, as well as to counteract the modern-day stresses of our hyper-stimulated world.

Dr. Faierman shares more about her practice and the Holistic Spa and Wellness Center.

Please describe your practice.

As a certified plastic surgeon, I work cohesively with my staff to empower patients to improve their health and life aesthetically, medically, and holistically. I support my patients in improving their lives by taking care of them in a universal manner and addressing many of their needs and personal health goals. We teach our patients to nurture themselves, mind, body and soul.

What is your background and where did you train? I have a multi-cultural background. I was born in Israel and at the age of eight I moved to New York City, where I was raised. With both my parents originating from South America, I grew up speaking Spanish at home. By the age of nine, I was fluent in Hebrew, Spanish, and English. Because of my love for languages, I later studied French and am fluent in it as well. Having insight into various cultures has been a huge asset in helping me communicate on a deeper level with patients of different origins and ethnicities.

I graduated from The Mount Sinai School of Medicine in New York City and proceeded with my surgical training at Montefiore/Albert Einstein Medical Center. I trained in General Surgery, Plastic and Reconstructive Surgery, and Microsurgery. I have been working in private practice in South Florida for the past 16 years.

What surgical services do you perform in your practice? Although I trained in many areas of plastic surgery, my expertise is in cosmetic surgery and body contouring procedures. Body contouring surgery can be performed for many different types of patients: for example, it can be for a woman ready to regain her pre-pregnancy body or a man who underwent bariatric weight loss surgery and has large areas of overhanging skin.

The most common surgeries I perform are abdominoplasty, breast lift, breast augmentation, breast reduction, gynecomastia procedures, brachioplasty, thigh

lift, liposuction and blepharoplasty. One of the most popular operations is the "Mommy Makeover" to address the areas (breasts, abdomen, and thighs) that women cannot improve solely with diet, lifestyle changes, and exercise.

In addition to performing body-contouring surgeries, I complement these procedures with minimally invasive facial rejuvenation such as injectables, fillers and laser treatments that help stimulate collagen and tighten the skin.

With your Plastic Surgery practice keeping you so busy, why did you decide to open the new Tamy M. Faierman Holistic Spa and Wellness Center at this time? I have wanted to do this for a few years now. It was just a natural extension of my belief about health and healing. With the increasingly present research and scientific data supporting the tremendous value of integrative/holistic medicine, I decided that now was the right time.

Please describe some of the services of the new Holistic Spa and Wellness Center.

The Center is a place that fosters personal transformation and incorporates 21st century wellness while offering traditional healing practices. Holistic treatments such as lymphatic drainage, acupuncture, facials, ultrasonic facials, and microcurrent are all carefully designed to inspire self-discovery and well-being. Patients will also enjoy the state-of-the-art meditation room, which delivers an immersive, relaxing and inspiring experience. Our holistic facial is rooted in the ancient traditions of holistic Ayurvedic medicine and there is really nothing else like it around here. It provides profound healing and blissful rejuvenation so you'll leave feeling both radiant and rebalanced. In one sentence, our Holistic Spa and Wellness Center is the perfect go-to spot to rejuvenate, rebalance, relax, heal and awaken inner and outer beauty.

What differentiates you? As a female plastic surgeon, I believe I have additional sensitivity to support many of my patients' health needs. Having experienced five pregnancies and raising five children myself, I can personally relate to my patients' challenges. In addition, I work to take care of the individual in a comprehensive fashion, meaning that they have the opportunity to see multiple professionals in my office, as their needs dictate. I work closely with an acupuncturist, a holistic aesthetician, a nutritionist, health coach, life coach, functional medicine doctor and obstetrician/gynecologist in order to support many of my patients' concerns.

Dr. Tamy M. Faierman is a Board Certified Plastic Surgeon and founder of the new Tamy M. Faierman Holistic Spa and Wellness Center. Her office is located at 17130 Royal Palm Boulevard, Suite 1, in the Windmill Professional Campus. For more information, please call her office at 954-322-2742 or visit www.reshapeyourimage.com.



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