

# Plastic Surgeon Takes on Beauty and Wellness

## Creating a Paradigm Shift in Today's World of Cosmetic Surgery

“This is a mind, body and soul approach to wellness,” explains Dr. Tamy Faierman, whose unique take on inside-and-out health and wellness has made her a rarity in her chosen field of cosmetic and reconstructive surgery. She is helping define an entirely new category in the space: the holistic plastic surgeon.

As women and men alike look for new ways to approach the perennial dilemma of aging, and more and more brands scramble to grab market share in the exploding wellness market, an opportunity has emerged for medical practitioners who can both understand and treat the expanding needs of their patients.

A beauty and wellness expert, Board-Certified Plastic Surgeon, and founder of the Tamy M. Faierman Holistic Spa and Wellness Center, Dr. Faierman has created her own methodology for self-care in the modern age. Combining the most cutting-edge procedures from Western medicine with time-honored traditional practices from around the world, she offers patients an integrative approach that addresses the totality of their health and wellness needs.

Dr. Faierman believes she's found a better, more effective way to support her patients through the many different stages of their lives. “We should not treat everything with just medicine or medical procedures when we can incorporate complementary, holistic and integrative approaches at the same time,” she explains.

Treatments at her popular Holistic Spa and Wellness Center in Weston can include everything from acupuncture to pre- and postoperative massage therapies to nutritional support.

### A Natural Extension of a Global Mindset

In many ways, integrating traditional healing techniques from around the world with her extensive medical training and expertise seems a natural extension of a global mindset. Born in Israel to parents from South America, raised in New York City, and fluent in English, Spanish, Hebrew and French, Dr. Faierman credits her multicultural journey as a crucial shaper of both her practice and her wellness philosophy.

Her medical training in the United States focused on both general and reconstructive surgery. She received her Bachelor of Science magna cum laude from the State University of New York at Albany and went on to earn a medical degree from The Mount Sinai School of Medicine in New York, NY. While completing her training in General Surgery, she received a fellowship in Microsurgery and a residency in Plastic and Reconstructive Surgery at New York's prestigious Montefiore Medical Center, University Hospital for the Albert Einstein College of Medicine.

### A Center for Total Body Well-Being

The Tamy M. Faierman Holistic Spa and Wellness Center fosters personal transformation — combining



As a Board-Certified Plastic Surgeon, Dr. Tamy Faierman is redefining what self-care means in today's modern beauty climate.

the best of Eastern and Western medicine to advance self-discovery and total body well-being. The spa features a state of the art meditation room, holistic facials, herbal teas and tinctures, clean beauty products, and integrates ancient healing practices like acupuncture, lymphatic drainage and Reiki. Dr. Faierman also works closely with trusted practitioners to address the full spectrum of her patients' needs — from aestheticians to nutritionists to medical doctors.

### The “Holistic” Plastic Surgeon

With over 20 years of experience, Dr. Faierman continues to build her thriving practice by performing traditional cosmetic procedures, from breast lifts and minor facial surgeries, to body procedures like the “mommy makeover,” which is one of her trademark specialties. Dr. Faierman also is an expert injector and uses non-surgical, non-invasive procedures, like dermal fillers, injectables, and laser treatments. But what truly sets her practice apart from other traditional plastic surgeons is her “whole body beauty and wellness” approach.

### Nutrition, Exercise and Lifestyle Matter

Dr. Faierman stresses the importance of nutrition and exercise both before and after surgery, and as a non-negotiable part of a healthy lifestyle. Her clients will often work with an integrative nutritionist to help speed recovery after a surgical procedure; the right dietary modifications can be beneficial in the post-operative period, helping patients metabolize medications and heal more effectively. Regular exer-

cise is also key — not only to help maintain the results of the procedure, but as a centerpiece of one's overall health and wellness journey.

She explains, “Nutrition and exercise are imperative to sustaining excellent long-term surgical results and to your overall longevity. These go hand-in-hand. My recommendation is to begin to undergo a change into a healthier lifestyle as soon as one has the intention, preferably pre-operatively.”

### Skincare & Beauty

Dr. Faierman's holistic facial, which has become a flagship treatment offered at the Spa & Wellness Center, is customized down to the last detail, beginning with a cup of organic herbal tea infused with an anti-stress tincture and ending with a guided meditation. The 90-minute session also includes LED facial rejuvenation and a revitalizing hand or foot massage. Dr. Faierman uses only clean, chemical-free skincare products and works exclusively with aestheticians that are holistically trained.

### Combining the Best of Eastern and Western Medicine

Herbs, natural medications, and homeopathy are also incorporated into Dr. Faierman's treatment plans, especially to help speed the post-op healing process and to reduce any ill-effects from anesthesia, but also pre-operatively to lessen the anxiety surrounding surgery. Dr. Faierman also integrates ancient healing practices like acupuncture, lymphatic drainage and Reiki to maximize healing, ease pain and discomfort, and to provide relaxation and stress relief.

### Looking Inward

In conversation, Dr. Faierman often emphasizes the importance of the inner journey of her patients. “It is important to remember that body, emotion and mind are all connected,” she explains. “Aligning our outer body often helps reconnect us to ourselves.”

She is a firm believer in the restorative powers of meditation and sees it as a foundational building block on the path to total wellness. To help encourage her patients to explore this practice, she has created an immersive meditation room at her Spa & Wellness Center, which offers both guided and unguided meditation experiences.

### Reshaping Your Image

Ultimately, Dr. Faierman's commitment to treat her patients using a holistic approach that incorporates traditional healing practices with the very best of 21st century medicine is all about empowering the individual to take control of their bodies through acts of self-care. As she explains succinctly, “I live by the motto: reclaim your body and yourself!”

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