

Why Now Is the Best Time To Look at Beauty & Health as One

As a Board-Certified Plastic Surgeon, Dr. Tamy Faierman continues to redefine what beauty, health and self-care means in today’s modern beauty climate.

Five years ago, Dr. Tamy Faierman set out to create a paradigm shift in today’s world of beauty. “This is a mind, body and soul approach to beauty and wellness,” explains Dr. Faierman, whose unique take on inside - out health and wellness has made her a rarity in her chosen field of aesthetic, cosmetic and reconstructive plastic surgery. She has been in pursuit of defining an entirely new category in the space: Beauty Wellness. “My philosophy is that beauty and wellness are deeply intertwined.” I want to offer my patients life-changing services. Surgical procedures are of course a part of that, but I wanted to go beyond the scalpel. I really want my patients to consider a whole body approach to their beauty, one that includes their health and well-being, especially given our current times in a post-Covid world. It is not about superficiality; we’re bonding beauty, health, and even physical and mental wellness. When we feel good, we look good—reaching beyond the aesthetics.”

As women and men alike look for new ways to approach the perennial challenge 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 beauty, health and wellness needs. She often refers to this as “conscious aging.” Dr. Faierman recommends patients consider replacing words like anti-aging with conscious aging to change their perceptions of the aging process and to help create a new starting point for care with my patients.

Treatments at her popular Holistic Spa and Wellness Center in Weston, Florida may include everything from acupuncture

and postoperative massage therapies such as Lymphatic Drainage, nutritional support, IV therapy, meditation and aromatherapy, to non-invasive skincare and health services that provide rejuvenation. The addition of her Holistic Spa and Wellness Center to her medical practice three years ago has created a physical space where her patients can experience and learn about wellness simultaneously.

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, 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 U.S. 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. After completing her thriving practice by 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 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, a private IV therapy room, serene and peaceful rooms for holistic facials and non-invasive skin care techniques, herbal consultations, acupuncture, lymphatic drainage and reiki. Dr. Faierman also works closely with trusted and like-minded practitioners to address the full spectrum of her patients’ needs—from holistic aestheticians to nutritionists to functional medicine doctors.

The “Holistic” Plastic Surgeon

With over 24 years of experience, Dr. Faierman continues to build her 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 is also 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, health and wellness” approach.



Nutrition, Exercise and Lifestyle Matter

Dr. Faierman stresses the importance of nutrition and exercise both before and after surgery as a non-negotiable part of a healthy lifestyle. Her patients 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 exercise 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.

“This is a mind, body and soul approach to beauty and wellness.”

—Dr. Tamy Faierman

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 companies that provide a commitment to purity and process, as well as aestheticians that are holistically trained.

Looking Inward

In conversation, Dr. Faierman 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 power of

feeling beautiful and healthy at every stage and every age of a person’s life. “This is about feeling great, happy and healthy in your own skin. Science and medicine have come so far in recent years and people are living longer, healthier lives. My belief and approach is that we can live our lives to the fullest by being healthy and finding our peace and beauty from the inside out, as well as from the outside in.”

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 reclaim yourself!”

► Dr. Faierman’s office is located at 17130 Royal Palm Blvd., Suite 1, in the Windmill Professional Campus. For more information about Dr. Faierman, please call at 954-322-2742 or visit her site at: www.reshapeyourimage.com

