

Happy August

August 2025 Newsletter



A NOTE FROM OUR OFFICE:

Welcome to this month's edition of our Beauty and Wellness Newsletter, where we discuss the latest trends in surgical and non-surgical procedures. This month, we spotlight two popular treatments: upper lid eyelid surgery and ThermiVa.

You will also find glowing patient reviews, and the latest updates about our "work family."

Stay tuned for our next issue, where we'll explore more cutting-edge procedures shaping the world of cosmetic enhancement. Whether you're considering a new treatment or simply staying informed, we're here to guide you through the ever-evolving landscape of beauty and wellness.

This Newsletter
Includes:

Procedure Highlight:
Upper Eyelid Surgery

SPA Highlight:
ThermiVa

Featured Blogs

Latest
Google Reviews

Staff Updates



LEARN ABOUT EYELID SURGERY



Overview: Upper lid eyelid surgery, also known as blepharoplasty, continues to gain traction among individuals seeking a refreshed and youthful appearance. This surgical procedure is designed to remove excess skin, fat, and muscle from the upper eyelids, addressing concerns such as droopy lids and puffiness that can contribute to a tired or aged look. Patient results are both subtle and natural-looking.

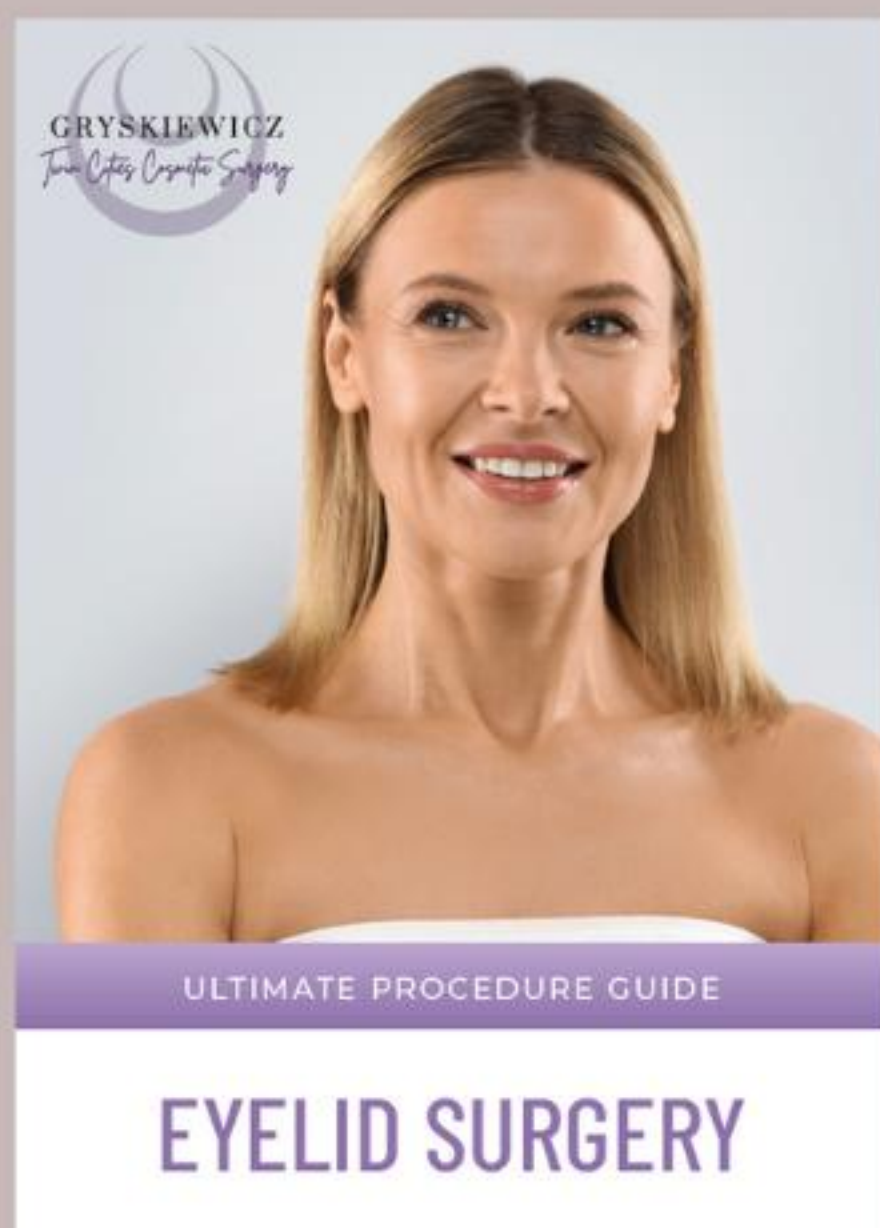
Who is a candidate for Eyelid Surgery?

In general, you may consider an eyelid surgery procedure if you want to improve:

- Loose, sagging upper eyelid skin that causes “hooding” or creates wrinkles and folds
- Fine lines surrounding the eyes, often known as “crow’s feet”

How is Eyelid Surgery Performed?

The procedure utilizes an incision made in the natural contour of the eyes. During upper lid blepharoplasty, your surgeon removes any fatty tissue and tightens loose skin and musculature. The surgery generally takes about one hour and is performed at our Burnsville office!



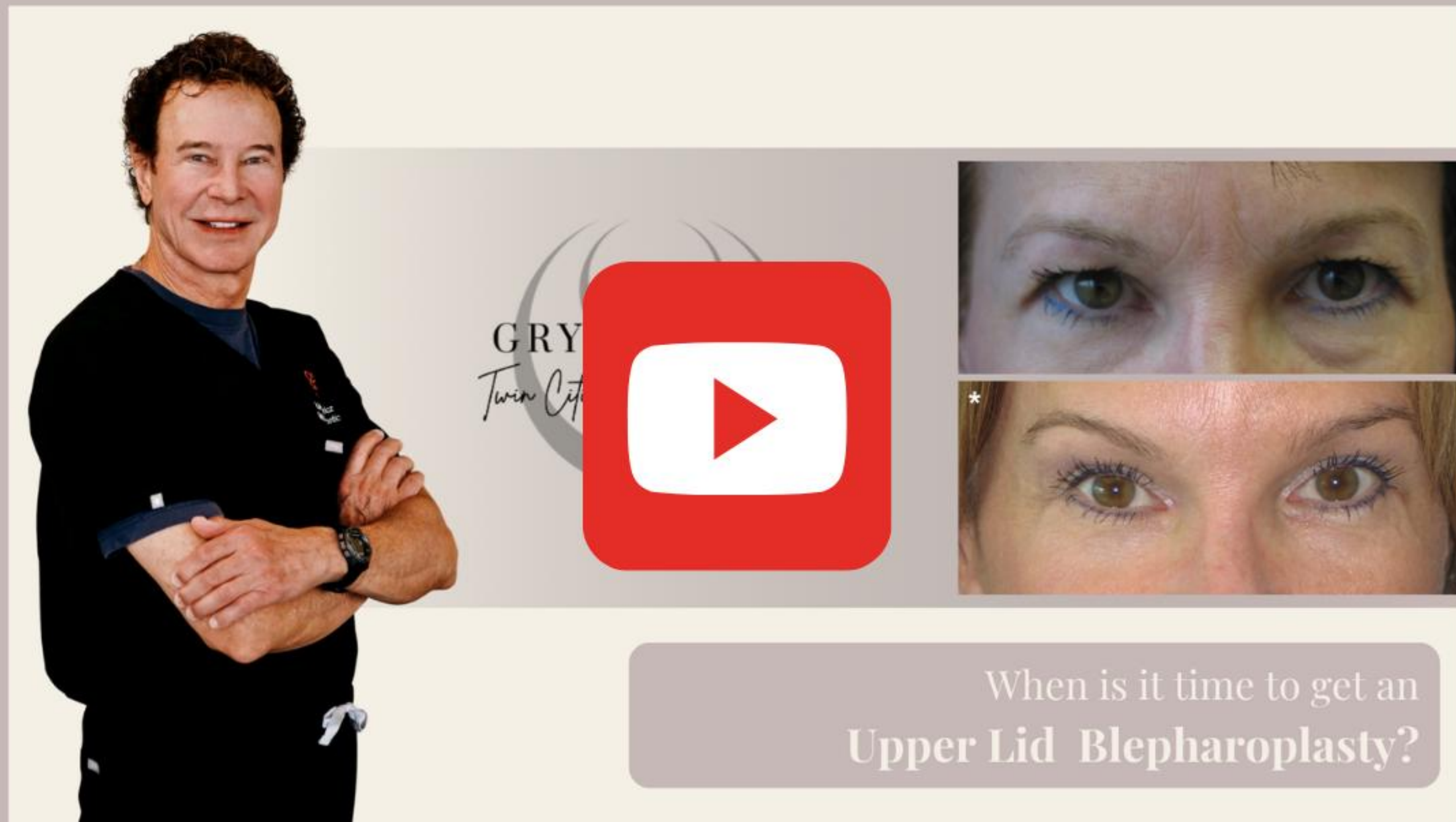
Download Our Eyelid Surgery Guide

This complete guide to Blepharoplasty Surgery covers everything you need to know about this procedure, including:

- Your surgery explained
- How to assess if you are a good candidate
- Planning for your surgery
- Answers frequently asked questions
- View before and after photos
- Learn more about blepharoplasty

[Click here to download](#)

Click the video to learn more



LEARN ABOUT THERMiVa®



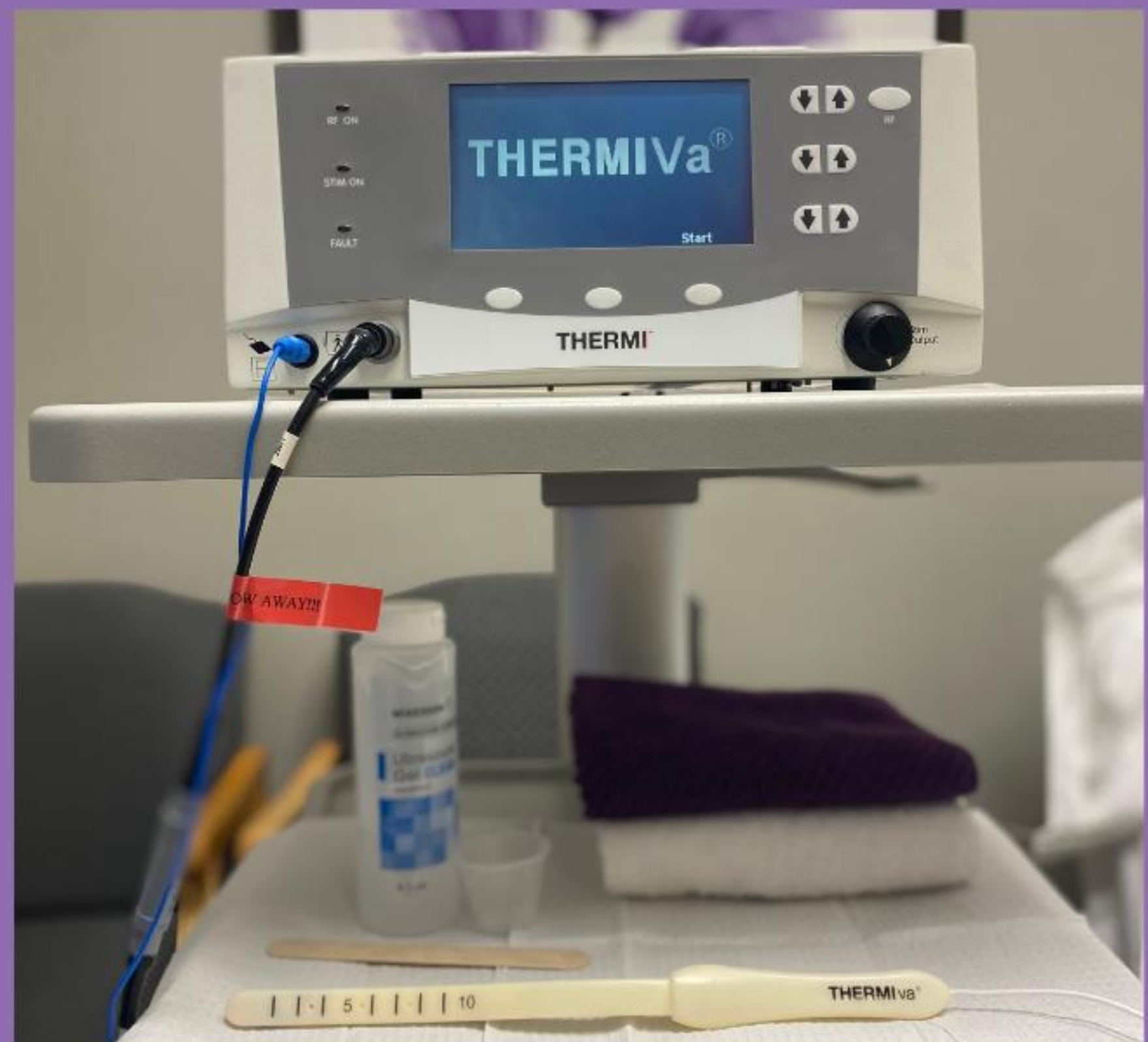
How long is recovery?

This non-invasive procedure is praised for its comfort and quick recovery time.

What are the benefits?

Offers benefits like increased sexual satisfaction and relief from mild urinary incontinence.

On the non-surgical front, ThermiVa is making waves as a revolutionary treatment for vaginal rejuvenation. Utilizing radiofrequency energy, ThermiVa gently heats the tissue to stimulate collagen production, resulting in tightened and rejuvenated vaginal tissues.



THERMIVA® is a non-invasive application that uses controlled radiofrequency energy to gently heat the vulvovaginal area.



Who is a candidate?

Treatment can generally benefit women who experience:

- Mild to moderate laxity in the labia minora or labia majora
- Pain or irritation during sexual intercourse due to mucosal dryness
- Mild to moderate cases of urinary stress incontinence

FEATURED BLOGS

What Are Hooded Eyelids? Causes and Solutions

Hooded eyelids are a distinctive eyelid shape where an extra layer of skin droops over the crease, causing the lid to appear smaller. This feature is especially noticeable when the eyes are open. Unlike other eyelid shapes, such as the monolid (where no crease is visible) or the double eyelid (which features a prominent crease), hooded eyelids can create a shadowed or 'hooded' appearance.

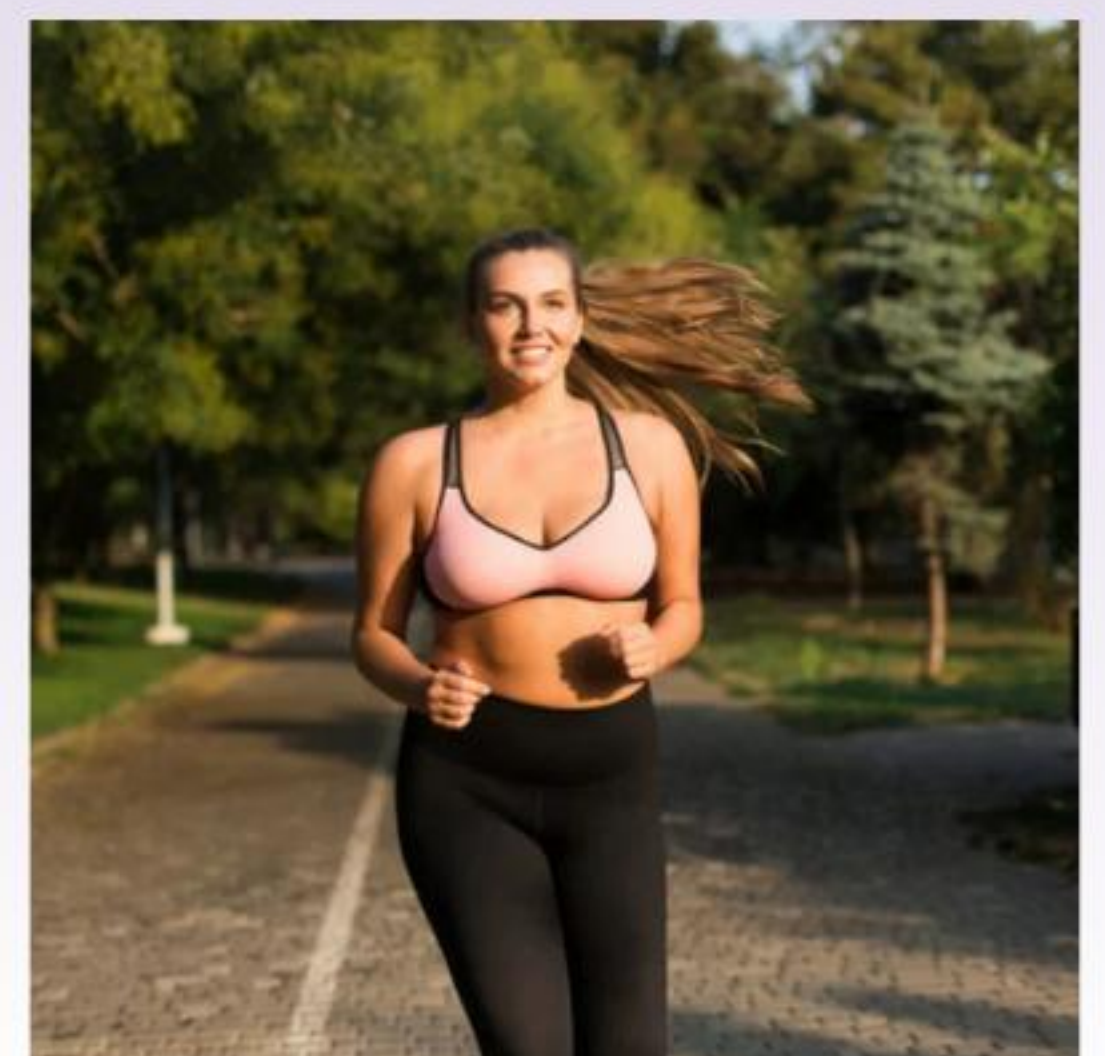


How Can Fat Be Removed By Freezing It?

CoolSculpting® is a non-invasive fat reduction treatment that harnesses the power of controlled cooling to eliminate stubborn fat cells without surgery or downtime. For individuals in Edina and Burnsville, MN, who struggle with localized fat deposits resistant to diet and exercise, CoolSculpting® offers a scientifically proven method to sculpt and refine the body.

Can Diet and Exercise Reduce Your Breast Size?

Dr. Joe & Dr. Luck have helped countless patients find solutions for overly large breasts. While natural methods like diet and exercise can be beneficial, they have limitations. In this article, we'll explore what influences breast size, how weight loss can affect it, and when breast reduction surgery may be the best solution.



GOOGLE REVIEWS



After years of sun exposure and smoking, I was looking for something, anything, that could help improve the appearance of my facial wrinkles. The CO2 laser procedure was recommended to me, and I was fortunate enough to have Dr. Luck perform it.

I've started calling Dr. Luck my "cosmetic procedure lucky charm," because that's exactly how I feel. I couldn't be happier with the experience and the outcome.



Every aspect of my experience was met higher than my expectations. My procedure went smooth, the staff is so friendly and knowledgeable and made every visit so comfortable and Dr. Gryskiewicz's work is literally amazing. I am more than pleased with my results.



All I can say is great things I mean what an amazing experience working with Dr. Joe and his team! Everyone was so amazing and welcoming, all of the staff members we worked with were incredibly knowledgeable and just so nice it really made the whole experience better than I could have ever imagined! I'm so incredibly happy with my results ... I cannot recommend him enough! Thank you again Dr. Joe and his team!



OFFICE UPDATES

FREE Peel Event- SAVE THE DATE

Friday, September 12th

8:30 AM - 5:00 PM

📍 Burnsville Office

Free facial peel on event day, for first time peel patients!

Come and experience a facial peel for FREE!

This is the perfect "lunch time" peel for all skin types.

This peel is designed to reduce fine lines, wrinkles, pigment & improve skin tone.

There is no downtime with this gentle peel.

Stay tuned for more information!

