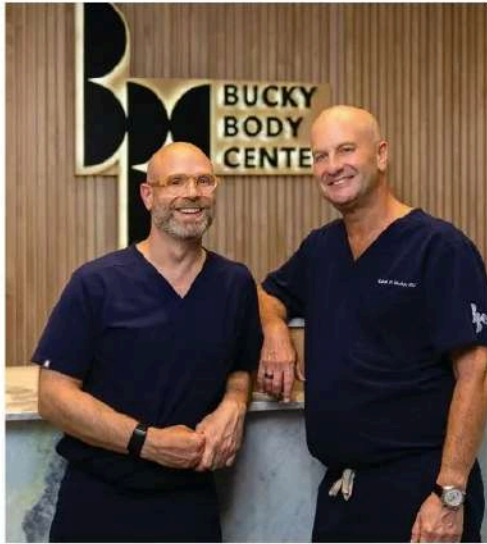


## TOP MEDICAL PROFESSIONALS



Dr. James Smartt, Jr., Chief Medical Officer & Attending Surgeon and Dr. Louis P. Bucky, Founder & Chief Plastic Surgeon; Photo Credit: Eddie Tully

Pregnancy is four trimesters. You heard it (acknowledged) here first. To the rescue, Louis P. Bucky, MD, FACS, of Bucky Plastic Surgery and the recently opened Bucky Body Center, with his nonsurgical Modern Mommy Makeover—the never-available-before no-downtime, no-pain, safe and effective early abdominal and wellness treatments for new moms.

Most typically, moms can't hit the gym till about six to eight weeks postpartum—and certainly can't undergo more invasive procedures that early on. This new type of Mommy Makeover is specifically designed for the modern, busy mom to target swelling reduction, muscle strengthening and skin-tightening in the fourth trimester so new moms can feel and look better faster, which ultimately means getting back to the family better and faster too.

"At the Bucky Body Center, we house the best-of-the-best nonsurgical technologies from around the world and are able to layer them in unique programs to achieve results that can't be done by just one technology alone," says Dr. Bucky. "Many new moms don't have the time—or necessarily the need—to experience more invasive procedures or spend hours at the gym because the priority is being with family."

Thus, Dr. Bucky's Modern Mommy Makeover is not only ideal, safe and effective for all new

moms of all ages ("pending no complications from pregnancy or previous injury"), but a true luxury to be able to begin this type of wellness and body work in such a comfortable setting to achieve real results. Here's the 411:

**WHAT IT IS:** The ultimate self-care package, the Modern Mommy Makeover postpartum recovery program provides a well-outlined series of medically proven nonsurgical treatments to regain core strength, improve abdominal tone, tighten stretched skin and reduce postpartum swelling as early as six weeks postpartum.

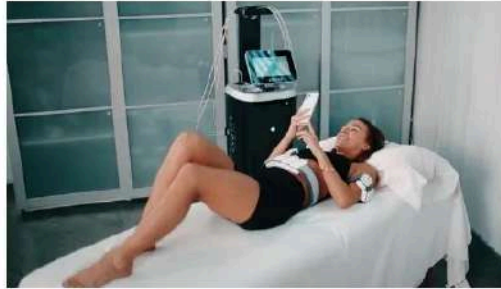
**HOW IT WORKS:** This eight week plan will not only boost your body's natural recovery process to help you get your body stronger and slimmer faster postpartum, but also likely prevents and delays the need for more invasive "mommy makeover" surgical treatments (like a tummy tuck) in the future.

**THE REGIMEN:** Eight weekly Evolve hands-free muscle toning stimulating treatments; three monthly radio-frequency Morpheus8 skin-tightening treatments; and two manual lymphatic drainage massages (received as desired) utilizing light pressure help repair, shape and boost whole-body function while specifically helping to rid the body of excess fluid and boost overall health through detoxification.

## Modern Mommy Makeover

### BUCKY BODY CENTER

Industry-leading Louis P. Bucky speeds up the "fourth trimester" (aka the first three months postpartum) with his custom nonsurgical Modern Mommy Makeover at Bucky Body Center, Philly's first wellness and aesthetics facility.



Evolve Tone by inMode Treatment; Photo Credit: inMode

**IDEAL CANDIDATE:** Great for first-time moms who plan on having more children or want to bounce back faster; or for the busy mom who just doesn't want to experience the downtime of more invasive procedures, but still wants to see real results in improved strength, tone and tightening in their stomach.

**COST:** Valued at \$9.5K parsed out, Dr. Bucky's program costs almost half: \$5,500, with financing on offer as desired.

**WHY BUCKY BODY CENTER:** It's the only destination in Philadelphia with all three included services under one roof.

**THE BUCKY BODY CENTER APPROACH:** Bucky Body Center offers an individualized approach that combines beauty and wellness—with an equal focus on improving the way the body feels, as much as improving its appearance. Founded by Dr. Bucky, the Bucky Body Center features his specifically curated menu of medically proven technologies from around the world that deliver real results without invasive procedures or extensive downtime. Thus, the menu of services offers a holistic approach to achieving your body goals which can't be achieved anywhere else.

Dr. Louis Bucky shares his wellness secrets and what's new at Bucky Body Center.

Dr. Louis P. Bucky has brought countless new treatments and technologies to Philadelphia over the past 25 years as the city's most in-demand cosmetic surgeon. But a muscle-sculpting device that mimics doing thousands of crunches in minutes? Even Bucky, who's seen just about everything, was intrigued.

"Euclet Time is one of my favorite technologies right now," says Bucky. "It's a hands-free device that strengthens core muscles so that you achieve definition faster and more effectively than just hitting the gym and diet. I think it gives tremendous results in a very comfortable way and resonates with anyone from the fitness professional who needs to mix up how they activate their muscles to the new mom who needs to reclaim her abdominal tone postpartum."

The ab-sculpting treatment is housed within Bucky Body Center (buckysbodycenter.com), the state-of-the-art facility he opened last November. It's his fourth-area location but with decidedly more focused services, offering a mix of noninvasive restorative health treatments, non-surgical appearance-enhancing technologies and minimally-invasive body contouring.

"What makes the Bucky Body Center so special is that we're the only place that houses all of these technologies under one roof so you can layer these treatments to optimize results," he says, noting other services like manual lymphatic drainage massage, compression therapy and cryotherapy.

Bucky refers to the center as Philly's first wellness and aesthetics clubhouse. It's an entirely new concept but one that he knows Philadelphia will gravitate toward. "It's a misnomer that the early adopters are only in Los Angeles and New York. I've seen firsthand the desire to not only better oneself but to maintain those results, and with the onset of COVID, wellness has become equally important."



From top: Dr. Louis Bucky does weekly strength training at X-Force; frequents The Randa Malibu as a social and wears an Oura ring in track kit sleep.

PHOTO: JEFFREY M. HARRIS FOR THE BUCKY BODY CENTER

