



YOUR MONTHLY UPDATE:

BEAUTY, INSIGHTS, AND CELEBRATIONS

Welcome to this month's newsletter from Dr. Joe and the entire Gryskiewicz Twin Cities Cosmetic Surgery team! We're excited to share the latest highlights, from transformative procedures like tummy tuck surgery to rejuvenating facial peels that leave your skin glowing. You'll also find expert tips, glowing patient reviews, and updates about our amazing team. Whether you're enhancing your silhouette or refreshing your complexion, we're here to help you achieve your aesthetic goals with care and expertise.

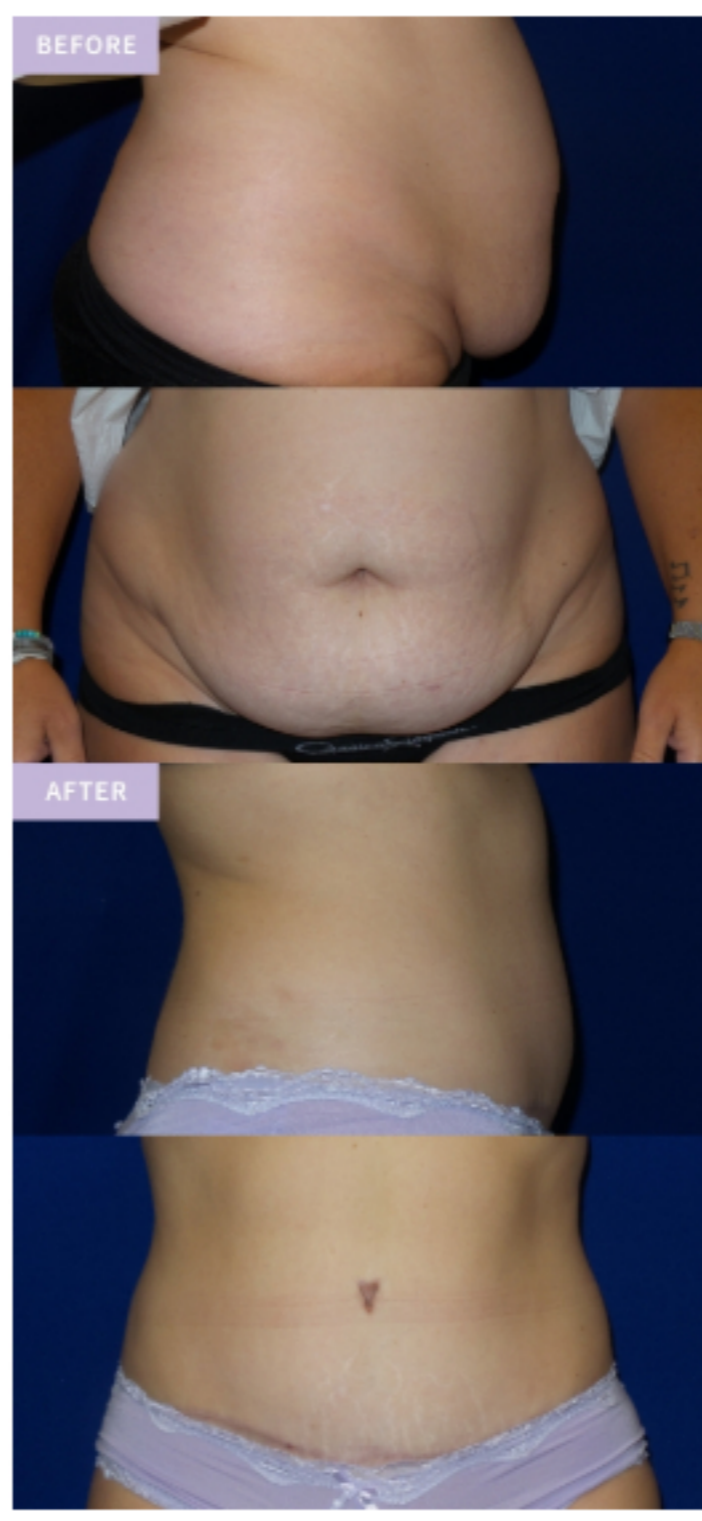
What's Inside:

- Procedure spotlight: Tummy tuck for a sleeker, stronger core
- All about facial peels—your go-to glow solution
- Team updates: Celebrating milestones and achievements
- Real reviews from patients like you

Let's make your beauty goals happen...together.

Procedure Highlight: Tummy Tuck

Struggling to flatten a bulging belly? Often caused by stretched out abdominal muscles, an abdomen that hangs or protrudes outward can be difficult (or even impossible) to reduce with dieting and exercise alone. Whether you contend with a bulging midsection due to previous pregnancies, weight gain, or the natural aging process, a [tummy tuck](#) from talented board-certified [aesthetic plastic surgeon](#) Dr. Joe can reshape the abdomen to better complement your silhouette. Also called "abdominoplasty," a tummy tuck eliminates excess skin, reduces stubborn fat, and repairs separated internal muscles to create a leaner, sleeker, and smoother look. Tummy tuck surgery not only slims the waistline, but the procedure can also strengthen your core and create a more attractive abdominal profile.



SPA Highlight: Face Peels



Facials and peels offer non-invasive and non-surgical solutions to gain a more radiant complexion. Enjoy a natural, healthy glow and get rid of common skin imperfections like roughness, large pores, acne scars, and hyperpigmentation during a convenient, in-office treatment!

About Face Peels

Our facial and peel options are customized according to your skin type (oily or dry) and the depth of your concerns. Face peels work by removing the superficial layer of skin during a quick, in-office treatment session. This removes dead skin cells and impurities while facilitating a softer, healthier glow. Depending on your goals, our face peels can brighten skin, get rid of sun damage, reduce wrinkles, and renew your complexion.


Benefits of Facial Peels

- Softens wrinkles and fine lines
- Exfoliates the skin to remove dead or damaged cells, leaving the face smoother, softer, and brighter
- Evens out the tone and texture of the skin
- Erases acne scars and hyperpigmentation

Is There Recovery After Face Peels?

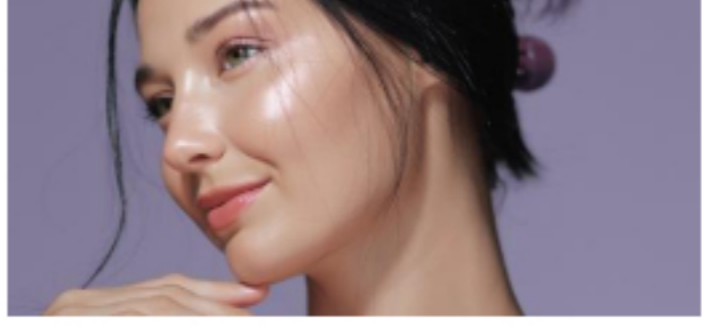
While some redness, peeling, and irritation may occur after treatment (particularly with strong chemical peels), there is no recovery time associated with facials and peels. You can typically resume your normal routine immediately, although sun exposure should be temporarily avoided.

Upcoming Events



CoolSculpting Facebook Live Event
Friday 1/31 at 3:30 pm


[Learn More](#)




Peel Event
Friday 2/21 8:30 am to 4:30 pm

FREE skin peel offered to first time peel patients

News & Blog



[Different Tummy Tucks: The Umbilical Float](#)



[What Causes Stretched Earlobes?](#)

Google Reviews

★★★★★

Dr. Joe and staff are amazing! Love the results of my breast augmentation. Will recommend everyone to Dr. Joe!

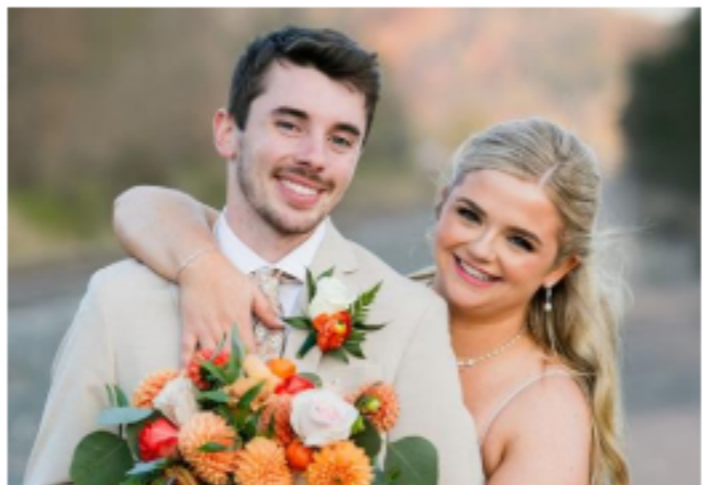
★★★★★

Dr. Joe and the whole staff are amazing and made the whole experience better than I could have imagined! Extremely happy with everything and would highly recommend!


★★★★★

Beyond impressed and pleased with Dr. Joe and his staff! Everyone was so friendly and helpful, facility always was very clean and easy to find. I researched many places and decided on Dr. Joe only seconds into meeting him. Seriously couldn't be happier with my results. Thank you Dr. Joe and staff for everything!

Staff Announcements



Congratulations to Hailey who got married in October!



We celebrated Tina (12/6) and Michelle's (12/29) Birthdays

Locations

<p>Edina 7373 France Avenue South #408 Minneapolis, MN 55435 952-842-1000</p> <p>Office Hours Monday: 1:00pm - 5:00pm</p>	<p>Burnsville 303 E Nicollet Boulevard #330 Burnsville, MN 55337 952-435-0177</p> <p>Office Hours Monday - Friday: 8:30pm - 5:00pm</p>
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