

“Mommy Makeovers” for Mothers, Every Day!

Nearly every culture in the world designates a special day to celebrate and honor mothers, grandmothers and all the wonderful women who provide care and nurturing. Perhaps not coincidentally, most of these occur in springtime, the season of birth and renewal. Armenia, for example, dedicates a Maternity and Beauty Day on April 7, followed by the “Month of Praise of Women” for the entirety of May! The gift of beauty is the perfect way to express love and gratitude to the mother (or mother-figure) in your life — flowers, jewelry, makeup, perfume, spa facials and aesthetic treatments are among the most popular gifts. And if you’re a mother yourself, consider treating yourself to a “mommy makeover” that can restore you to feeling like your pre-baby self.

Motherhood can indeed be hard on your appearance. Pregnancy and nursing both contribute to the loss of firmness and elasticity in the breast tissues, causing them to sag. Weight gain and quick loss can cause loose, sagging skin and stretch marks. The abdomen, of course, seldom naturally returns to its pre-pregnancy size, shape or tone. Even a healthy diet and exercise do not always address this, or other issues that might be causing you concern. Fortunately, plastic surgery offers effective and affordable solutions. A [breast lift](#) (mastopexy) can easily correct sagging caused by maternity, weight loss or most other conditions. Not to be confused with [breast augmentation](#), a breast lift simply removes excess skin and tightens surrounding tissue to give the breasts a higher, firmer appearance. Similarly, a [tummy tuck](#) (abdominoplasty) reduces excess skin from the abdominal area, and may also tighten the muscles of the abdominal wall. Any and all of these are sometimes combined with [liposuction](#).

Of course, the physical stress of childbearing may be small compared to the years of child-raising; perhaps motherhood has given your face some fine lines, wrinkles, bags or other signs of aging. Spa facials and other non-surgical aesthetic procedures may be able to provide the results you want up to a point, but more and more women are turning to plastic surgery for more dramatic, longer-lasting solutions. “Tired” or drooping eyelids are tucked and smoothed with [eyelid surgery](#) (blepharoplasty), and a [facelift](#) subtly tightens the skin of the lower face to create a natural, younger-looking appearance.

Medical-quality skincare is also essential for any woman who wants to keep looking her best. Many plastic surgery practices even allow you to purchase gift certificates that the recipient can redeem for services such as [chemical peels](#) or facials. A monthly peel will exfoliate dead skin cells and encourage the growth of smoother, younger-looking skin. Microdermabrasion and dermaplaning can achieve similar results with a hand-held abrasion or microneedling device, often without anesthetic or recovery downtime. [Laser skin rejuvenation](#) and resurfacing can also treat wrinkles, scars and discoloration while stimulating the production of new collagen in the skin. Even injectables like [dermal fillers](#) and [botulinum toxin](#) can sometimes be purchased as gifts.

Regardless of the time of year, your nationality or the gift you choose to celebrate motherhood, everyone agrees that mothers deserve to be appreciated every day. Make your appreciation stand out by giving the gift of beauty to the woman who has always been beautiful in your eyes.