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Now that you have opened, how was your business affected and what if anything positive have you adapted in light of Covid 19?

Well we initially closed for the few months and surgeries were postponed but my main concern was how people were taking care of themselves. As a plastic surgeon and founder of a holistic spa and wellness center, I know that stress can negatively impact one's overall health. In addition, a larger percentage of my patients are women and women bear much of the responsibilities in the home- leaving them both physically and emotionally stressed. The positive outcome is people had long enough of a period to think, dig deep and reprioritize their own health and wellness and that of their families. This experience with COVID-19 has definitely helped individuals truly understand that mind and body are one. I saw many people on social media making positive changes in their daily routines during this stressful time. This is a good thing.

There are a lot of health and wellness professionals in South Florida. What separates you and your practice from others in your field?

Many doctors are beginning to value and discuss the advantages of combining the best of Western Medicine with time-

honored Eastern Medicine techniques to advance self-discovery, healing and total body well-being. In 2005 I moved into my current office space and in 2016 I was able to build a beautiful wellness center including meditation and holistic spa treatments. This addition helped me take care of my patients, surgical and non-surgical, in a holistic manner and in a space that supported my philosophy of whole body beauty.

This is something I am very proud of.

What was the most rewarding experience in your profession?

I met a woman from Ghana Africa on Facebook. She was suffering from tremendous back and neck pain and trying to raise money for a breast reduction surgery which was not offered in her country. I reached out to her and offered her the surgery pro bono. Within a year she was in the US visiting family and I operated on her. This was a hugely rewarding moment in my career, to altruistically help another human being.

What is the one fun fact you would like our readers to know about you?

I have been writing poetry since I was a young girl. A few of my favorite poems are framed in my office.