



Lexington Plastic Surgeons

Lipo for Life Plan

LIVE WELL

LOOK WELL

BE WELL

Pre-treatment

Post-treatment

**Step 1
Evaluation**

- Exam with Board Certified cosmetic surgeon
- Nutritional evaluation with holistic health expert
- Physical fitness assessment with personal trainer

**Step 2
Treatment Plan**

- Liposuction treatment
- Personalized diet plan
- Personal fitness plan with specialized in-house exercise classes including:
 - ⇒ Personal training
 - ⇒ Yoga
 - ⇒ E-sensual dance (pole, chair & floor dance)

**Step 3
Monitoring & Modifying**

- Liposuction post-treatment follow-up exams
- Meal plan review and adjustment with nutrition expert
- Physical fitness plan review and adjustment with personal trainer

Michael E. Jones, M.D.

Cosmetic & Reconstructive Surgeon

Dr. Michael E. Jones is a cosmetic and reconstructive surgeon Board Certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology-Head and Neck Surgery. Dr. Jones is also the Founder and Director of Lexington Plastic Surgeons with a flagship office located at the unique House of Beauty in New York City, as well as additional offices in Hackensack, New Jersey; metropolitan Washington, DC; and Los Angeles, California.

A renowned specialist in facial plastic and reconstructive surgery, Dr. Jones innovated several plastic surgery procedures, most notably, a scar-free rhinoplasty surgery for people of color. He was also instrumental in developing a procedure that eliminates the need for foreign implants. He is a lead author of "Aesthetics and Cosmetic Surgery for Darker Skin Types," the first textbook dedicated to cosmetic surgery for darker skinned ethnic groups and now instructs other plastic surgeons on his unique rhinoplasty techniques.

A native of Washington, DC, Dr. Jones graduated with a Bachelor of Arts from Columbia College in New York City. Subsequently, he received his medical degree from the Columbia College of Physicians and Surgeons, graduating with honors in the top 5% of his class. He was also recognized with acceptance into the Alpha Omega Alpha medical honor society, and was the recipient of numerous scholarships for outstanding academic performance. After completing his surgical internship at Mount Sinai Medical Center in New York City, Dr. Jones continued his studies there, specializing in Head and Neck Surgery, and completed his fellowship training in Facial Plastic and Reconstructive Surgery. Jones is currently a Fellow of the American Academy of Cosmetic Surgery.

In addition to his academic and professional accomplishments, Dr. Jones has numerous articles published in peer reviewed journals, including the American Medical Association's journal *Archives of Facial Plastic Surgery*. He also has published book chapters in various plastic surgery texts and has lectured at both national and international surgical meetings. Dr. Jones has appeared on national television and radio programs, including BET Nightly News, the "Ed Gordon Show" and with radio and TV personality Wendy Williams, as well as served as an expert on local NYC networks including, FOX5 and My9. He also has been featured in several national magazine articles, including *Black Enterprise* and *Glamour*.



For interviews please contact
Shareese Thompson
212-491-1099
sthompson@catscapeproductions.com

Founder & Director
Lexington Plastic Surgeons

The "Lipo for Life" Team

- **Edwin Genece** – Ed is a certified holistic health coach trained at the Institute for Integrative Nutrition, which is the only nutrition school integrating all the different dietary theories—combining the knowledge of traditional philosophies with modern concepts like the USDA food pyramid, the glycemic index, the Zone and raw foods. He helps clients better maintain their health through one-on-one counseling and exciting workshops like, “Deconstructing Sugar Cravings,” “Eating For Energy,” and “How to Weigh Less and Live More”. Ed is also a licensed, 16-year veteran massage therapist who graduated from the Swedish Institute in New York. In addition to nutritional training, Ed helps hundreds of clients manage stress, recover from injury, and maintain their general wellness. All of his services are available at the House of Beauty.
- **Sokhna Heathyre Mabin** – Sokhna is a mother, doula, herbalist and a yoga teacher who has been practicing for 17 years. With classes offered at the House of Beauty, she teaches the ancient science and art of yoga to systemically unite the physical body, emotions and mind so participants may live constructively and peacefully. In addition to teaching Hatha, Kundalini and prenatal yoga, Sokhna also leads prenatal yoga teacher trainings.
- **Rosemarie Mitchell** - Rosemarie is a Certified Life Coach, Certified Nutritional Consultant and Personal Trainer. She is the Artistic Director of E-Sensual Dance classes, which are offered on-site along with Lexington Plastic Surgeons at the House of Beauty. Classes provide an opportunity for women to find joy in exploring their sensual essence while getting strong and keeping fit. Rosemarie uses her dance and theater training to create exciting pole dance and chair dance choreography with themes and costumes. Rosemarie is a Certified Life Coach, Certified Nutritional Consultant and Personal Trainer. She has an extensive background working with women to help them achieve healthy lifestyle transformation in the areas of nutrition, weight management, and fitness.
- **Stephanie White** – Stephanie is a Certified Personal, Fitness, and Pilates instructor with 15 years of teaching and dance training. Stephanie teaches dance and fitness workshops now offered at the House of Beauty as part of the Lipo for Life campaign. Stephanie is passionate about bringing quality fitness information and instruction to clients that allow them to take ultimate control of their physical health.
- **Leah Woock** – Leah is a licensed dietician certified by the American Dietetic Association as well as the New York State Dietetic Association, and has 7 years of professional/clinical experience resolving a variety of nutritional cases. As part of the Lipo for Life team, Leah uses easy to understand educational materials to develop individual nutritional plans and promote lifestyle changes for clients.