

Influential *PHILADELPHIANS* in Medicine

Ran Stark, M.D., FACS is double board-certified by the American Board of Plastic Surgery and the American Board of Surgery. Since graduating at the top of his classes in both undergraduate and medical school, he has pursued the very best plastic surgery training possible in order to become an expert in his field.

What is Lipo 360°? Liposuction with subsequent body sculpting or contouring, 360° around the midsection. It's a combination of fat removal from the abdomen, waist, "love handles," or mid and lower back with strategic placement of that fat into other areas to create shadows and a muscular, ripped look and/or a curvier, hourglass figure.

How is Lipo 360° different from liposuction? Liposuction removes fat in a 2-dimensional manner. This technique revolutionizes it into a 3-dimensional outcome, focusing on overall shape. Lipo 360° requires understanding of surgical anatomy and body's curves, allowing you to sculpt and create balance so



that body parts are in harmony with one another. It becomes surgical art.

Who is a candidate for Lipo 360°?

Patients who are near their ideal body weight but have stubborn, excess fat that's resistant to dieting and exercise efforts. Lipo 360° is not a miracle procedure or a weight loss tool. I emphasize to patients that they have to maintain their healthy lifestyle of eating healthy and working out. Fifty-percent is me, 50% is you.

What results can I expect? Lipo 360° is customized to your goals and unique

body anatomy. Some patients opt for the athletic, ripped look. This involves strategically removing fat from stubborn areas and depositing it on their muscles and playing on shadows. Others want a curvier, hourglass look and/or smoothing out of dimpled areas.

What is the downtime? Generally,

patients need 7-10 days off from work. In the first week, you can expect soreness that I describe as "the hardest workout you've ever done." To facilitate healing, we recommend patients receive multiple sessions of lymphatic massage.

STARKMD | PLASTIC SURGERY & AESTHETIC CENTER

135 S. BRYN MAWR AVE.
STE. 220
BRYN MAWR PA 19010
484.482.8809

STARKMDPLASTICSURGERY.COM
@DRSTARKPLASTICSURGERY



Experience the Stark Difference!

BODY | LIPOSUCTION

VASER | RENUVION | BODYTITE | FATGRAFTING

BREAST | FACE

SURGICAL. NON-SURGICAL. INJECTABLES. LASERS. SKINCARE.

MODERN LUXURY SPOTLIGHT

INNOVATORS *in* AESTHETICS & BEAUTY

RAN STARK, MD, FACS

STARKMD PLASTIC SURGERY
AND AESTHETIC CENTER
OWNER

"I always knew I wanted to be a surgeon," says Dr. Ran Stark. "My father was an orthopedic surgeon and was a huge influence in my life in many ways." It wasn't until his general surgery residency, however, that Stark's true path was carved. "My mentors picked up on my attention to detail as well as aesthetics, and helped guide me down the right path to become a plastic surgeon," he explains. After an intense 11 years of training, he came back home and started his own business in 2018—one that has become a go-to for the Main Line.

When it comes to plastic surgery, Stark has seen a huge change in the way procedures are perceived by society. What once was considered a stigma is now looked at as self-care, so clients tend to be more open. He credits this to the advancement in science and technology but says that even so, every procedure is taken seriously in his practice. "Comfort and privacy is of the utmost importance," Stark adds. Describing the industry as the "wild west," Stark is sure to keep his hands in every aspect and is sure to educate everyone at his office on the machines and products used. "StarkMD Plastic Surgery and Aesthetic Center staff are held to the absolute highest professional standards," he concludes. "There is a lot of information coming at consumers these days and a lot of treatment options in the beauty industry. It's so important for patients to find physicians that they trust who are properly trained and board certified by the American Board of Plastic Surgeons.



135 S. Bryn Mawr Ave., Ste. 220, Bryn Mawr, PA 19010
484.416.8228 | Starkmdplasticsurgery.com | [@drstarkplasticsurgery](https://www.instagram.com/drstarkplasticsurgery)

PHOTOGRAPHY BY PHIL KRAMER

MODERN LUXURY SPOTLIGHT

INNOVATORS
in
AESTHETICS & BEAUTY

RAN Y. STARK
MD, FACS

STARKMD PLASTIC SURGERY
AND AESTHETIC CENTER
PHYSICIAN

Ran Stark M.D., FACS is a double board-certified plastic surgeon running StarkMD Plastic Surgery and Aesthetic Center in Bryn Mawr, PA. Dr. Stark has trained extensively in plastic surgery and aesthetics, completing a general surgery residency as well as a plastic surgery residency at the top program in the country. "I am fiercely dedicated to being the best that I can be so I am constantly reading and attending conferences to keep up to date on all current trends and cutting-edge techniques."

As a plastic surgeon, Dr. Stark is an innovator by nature, constantly thinking of ways to better his patients' results. He puts an emphasis on really listening to his patients and what their goals and dislikes are. With so many companies trying to market their products, Dr. Stark believes it's imperative that patients understand that every body type and every skin type are different. "The most important thing is to find someone you trust. Once you find them, make sure to convey your concerns and everything that you have researched, but be open to his/her treatment plan."

Dr. Stark and his team at StarkMD Plastic Surgery and Aesthetic Center are excited to see the industry continue to improve and grow with new devices coming out every year. "There are some great devices coming down the pipeline that may really revolutionize non-surgical approaches to facial rejuvenation. Currently their most popular treatments include mommy makeovers, which can be any combination of abdominal surgery such as a tummy tuck or liposuction and breast surgery such as an augmentation or reduction with or without a lift. On the non-surgical side, they perform a lot of injections and lasers including MOXI® and HALO®. "Our practice is continuously growing. We are excited to be able to offer the Philadelphia region the very best plastic surgery with the best cutting-edge technology."



135 S. Bryn Mawr Avenue, Suite 220 Bryn Mawr, PA 19010
484.482.8809 | starkmdplasticsurgery.com | @drstarkplasticsurgery

PHOTOGRAPHY BY PHIL KRAMER



MODERN LUXURY SPOTLIGHT



DR. RAN STARK, MD, FACS

One of Philadelphia's most highly regarded plastic surgeons, Dr. Ran Stark talks clients, communication and his commitment to a concierge experience.

What are your specialties in your industry?

RS: After completing my general surgery and plastic surgery residency, I am trained in all aspects of plastic surgery. That said, most of my work is breast, body, face, eyes and neck.

What is your favorite part of your job?

RS: Patient satisfaction—nothing is better than seeing happy patients in my follow-ups. There is a lot of pressure

to look good, but the most important thing is that patients feel good in their skin.

What does it mean to be powerful in your area of expertise?

RS: Staying on top of beauty trends is so important. With all the information coming at us daily via social media, knowing what's legitimate and what's not is vital. At StarkMD, we vet everything and only offer the best for our patients.

Is there a mentor who has influenced your career?

RS: I was incredibly fortunate to do my residency in a program where the training surgeons were the best in the world. I had the opportunity to work with many different personalities and see many different approaches to surgery and business. I was honored to graduate at the top of my class and have learned so much from those who have guided me along the way.

What are positive ways you use your power in your community?

RS: My surgical patients are my patients for life. Once you come to StarkMD, you sign up for a concierge experience. I help my patients with skincare, aging, weight or beauty issues and guide them to someone who can help with a problem if it's something I can't take care of myself.

What is the most valuable life lesson you have learned throughout your career?

RS: I consider myself an artist—I take my job very seriously and take great care and pride in every procedure I

do. From pre- to post-surgery, I prioritize communication to ensure my clients get the best treatment possible.

Outside of work, what do you love about living in Philadelphia?

RS: We are so fortunate to live on the Main Line. We have so many resources at our fingertips and have a wonderful community here. I love giving back to the array of small businesses run by members of the community.

StarkMD Plastic Surgery and Aesthetic Center

Board Certified in Plastic and General Surgery

**starkmdplasticsurgery.com
484.725.6959**

**Instagram: @drstarkplasticsurgery
Facebook: starkplasticsurgery**

PHOTOGRAPHY BY: PHIL KRAMER



**FACIAL PLASTIC SURGERY
ORAL SURGERY**

Drs. Spalla and Nguyen are proud to offer a concierge-level new surgical practice in Northern Liberties offering comprehensive oral and facial plastic surgery. Dr. Spalla performs facial plastic surgery and oversees the medspa which compliments Dr. Nguyen and her bustling oral surgery practice allowing her to specialize in dental implants.

For more information: visit phillyfacialsurgery.com or 215.273.3223



**ETERNITY, DIAMOND
WEDDING BANDS**

Diamond, eternity wedding bands in a variety of shapes and sizes are always classic. Extremely versatile to wear alone, as a stackable, or next to an engagement ring! Variety of price points and designs.

For more information:
visit goldennuggetjewelry.com
or call 215.925.2777



**HIGHLIGHT YOUR
NATURAL BEAUTY
THIS SPRING**

Whether you're looking to reduce lines and wrinkles, or trim unwanted fat, KP Aesthetics has all the solutions so you can look and feel your best. As the #1 CoolSculpting provider in PA and Top 250 Galderma (Restylane and Dysport) in the nation, KP is the premiere med spa on the mainline. Dermal Fillers | Cool Sculpting | Botox | Cool Tone | Laser Treatments

For more information:
visit kpaesthetics.com



**COOLING +
REFRESHING FACIAL**

Experience the new limited edition Water Source Facial, available this summer only at the Richel D'Ambra Spa + Salon located at the Ritz-Carlton Hotel, Philadelphia. This treatment is a unique combination of a lactic peel, hyaluronic acid hydra-mask, and cooling + refreshing ice rollers. For instant hydration, increased radiance, and a healthy glowy look.

For more information
visit richeldambra.com
or 215.523.8035



**EXPERIENCE THE
STARK DIFFERENCE**

Ran Stark M.D, FACS is board-certified by the American Board of Plastic Surgery and the American Board of Surgery. Dr. Stark's keen attention to detail, artistic eye, and practiced hands help give his patients consistently exemplary results. Dr. Stark makes your goals his own!

For more information
visit starkmdplasticsurgery.com
or 484.482.8809
Instagram: @drstarkplasticsurgery



THE COLORFUL SIDE OF LUXURY

A place for locals, weekenders, and visitors to meet, greet, eat, and drink. Located in the heart of New Hope, Logan Inn is an event space, boutique hotel, restaurant, and bar. A community living room for all, the Logan Inn is the perfect place to create life's most memorable moments.

For more information: visit loganinn.com or 215.862.2300

BEST OF STYLE



YOU'RE INVITED TO THE INAUGURAL GALA

We are delighted to invite you to the inaugural gala of Empowerment Beyond Scars, a non-profit dedicated to providing medical aesthetic procedures for domestic violence survivors who have experienced physical manifestations from abuse. Join us on September 13 at the Hotel Du Pont to help survivors heal not just emotionally but physically, restoring their confidence and dignity.

For more information visit empowermentbeyondscars.org/gala



GO FOR THE OCEAN VIEWS

From lounging poolside in a private cabana, to seeing your favorites in entertainment like the Black Eyed Peas, Iliza Shlesinger, Andrew Schulz & more, to the Schulson Collective opening two dining experiences: Pearl & Mary and Samuel's, Ocean Casino Resort is the place to be this summer. Book your summer escape now!

For more information visit THEOCEANAC.COM or 609.783.8000



PARX CASINO®

Parx Casino®, the #1 casino destination in Pennsylvania, offers over 3,000 hot slots, 141 live table games, a private poker room, award-winning dining and bars, the beautiful Beer Garden, state-of-the-art sportbook, live entertainment at the Xcite Center and exciting events! Parx Casino® is a 100% smoke free facility.

For more information: visit parxcasino.com



EXPERIENCE THE STARK DIFFERENCE

Ran Stark, M.D., FACS, is certified by the American Board of Plastic Surgery and the American Board of Surgery. His meticulous attention to detail, artistic sensibility, and expert hands ensure his patients receive exceptional results. Dr. Stark is committed to making your aspirations his top priority.

For more information visit starkandplasticsurgery.com or 484.416.8228



THE MAIN LINE'S FAVORITE MEDSPA

Meet the face of KP Aesthetics, Kimberly Costalas, RN, who offers Botox, Dysport, Lip Filler, Sculptra, Facial Balancing with Dermal Filler, PDO Threads, and Weight Loss Support - to name a few. With over 12 years of experience and continuing education, Kimberly's passion breeds results that can not be found at just any med spa. She has been named a top Galderma Injector and takes her skills to the next level by offering private training.

For more information visit kpaesthetics.com or 484.420.4094



WEAVER COMPANIES

Our team consists of two divisions, Weaver Commercial and Weaver Luxury Living. As we help clients build, renovate, and maintain everything from complex commercial facilities to elegant penthouses and rural estates, we remain rooted in one shared philosophy: people first, buildings second.

For more information visit WeaverCo.com, 717.351.5358

MODERN LUXURY SPOTLIGHT

INNOVATORS *in* AESTHETICS & BEAUTY

RAN Y. STARK, MD, FACS

STARKMD PLASTIC SURGERY
AND AESTHETIC CENTER
PHYSICIAN

Dr. Ran Stark always knew he wanted to be a surgeon. “I love the idea of knowing the anatomy of the body and being able to go inside it and fix a problem.” During his training as a general surgeon, his attendings complimented his surgical skills and gentle nature while operating even on a large area. This, along with his attention to detail and interest in art and aesthetics, gave Dr. Stark the idea to pursue training in plastic and reconstructive surgery after his general surgery residency.

Following his residency in plastic surgery and then a fellowship in cosmetics, Dr. Stark opened the StarkMD Plastic Surgery and Aesthetic Center, an esteemed plastic surgery center known for their patient-centered care. “My surgical patients are my patients for life. I care so much about their wellbeing and their outcomes, and revel in their satisfaction. To me, plastic surgery isn’t a ‘one and done’ approach with a surgery to one part of the body. Our patient relationships allow us to maintain outcomes for years. The practice offers a focused approach addressing all angles to looking and feeling your best.” StarkMD is always on-trend with the latest lasers, injectables, and skincare products and now they have a new exciting relationship with Remix Fitness offering their patients a 360-degree approach.

StarkMD Plastic Surgery and Aesthetic Center is now offering personalized, tailored weight-management programs as well. These plans include any combination of medications such as semaglutides and tirzepatides, as well as nutritional counseling, fitness classes and training, accountability, and food delivery services. “We want to make sure you look and feel your best before and after surgery for years to come.”



135 S. Bryn Mawr Avenue, Suite 220, Bryn Mawr, PA 19010
484.482.8809 | starkmdplasticsurgery.com | @drstarkplasticsurgery

PHOTOGRAPHY BY PIHL KRAMER

MODERN LUXURY SPOTLIGHT

RAN Y. STARK, MD, FACS

STARKMD PLASTIC SURGERY
AND AESTHETIC CENTER
CEO & OWNER

Dr. Ran Y. Stark approaches his work with the precision of a surgeon and the soul of an artist. As the founder and principal of Stark MD Plastic Surgery and Aesthetic Center, his journey began with a love for surgery and a fascination for transforming lives. "I love opening the body and fixing people," Stark says, but it's more than just mending — it's about creating something new, something better. The fine-tuned artistry of plastic surgery captivated him during his residency, where he discovered the meticulous nature that has since defined his practice.

His success is built on a foundation of perseverance, hard work and an unshakable belief in surrounding himself with those who push him to be better. "Getting out of my comfort zone and pushing myself has been crucial," Stark shares, highlighting the mindset that's driven him to the top of his field.

However, what inspires Dr. Stark most is seeing the spark in his patients' eyes when they see the reflection of their own confidence. "There's nothing more gratifying than helping someone feel better about themselves," he notes, adding that many patients' lives are changed in ways that go beyond the physical.

With a commitment to community, Stark's influence extends well beyond his practice, as he fosters a culture that empowers his staff and their families. As for the future? "I'm always learning," he says, nodding toward the exciting innovations that are always just over the horizon. "Stay tuned."

484.725.6959
STARKMDPLASTICSURGERY.COM
INSTAGRAM: @DRSTARKPLASTICSURGERY
FACEBOOK: STARKPLASTICSURGERY

PHOTOGRAPHY BY PHIL KRAMER



MODERN LUXURY SPOTLIGHT

INNOVATORS *in* AESTHETICS & BEAUTY

STARKMD PLASTIC SURGERY & AESTHETIC CENTER

RAN STARK, MD, FACS
CEO & OWNER

WHAT NICHE DOES YOUR BUSINESS FILL IN THE HEALTH, BEAUTY OR WELLNESS SPACE THAT OTHERS DO NOT? We provide the most comprehensive care for all of our patients. Because we have a highly trained plastic surgeon as well as aestheticians and nurses, we are able to marry surgical and non-surgical aspects of aesthetics for the absolute best results.

WHAT INSPIRES YOU TO PROVIDE YOUR SPECIFIC SERVICE TO CLIENTS? I am truly and deeply passionate about what I do. I love taking care of my patients and witnessing first-hand their happiness and newfound confidence when they are able to enjoy their results.

WHAT IS SPECIAL ABOUT YOUR PRACTICE THAT SETS YOU APART FROM THE OTHERS? Our staff goes above and beyond for our patients. We are able to meet our patients where they are in terms of their goals by listening and ensuring the patient feels heard. I love to get creative, using surgical and non-surgical techniques in the operating room to get the best results I can.

HOW DO YOU ENCOURAGE CLIENTS TO LOOK & FEEL BETTER? My mantra is "50/50". I do the work but so do you! I can help fix things, I can do surgery, I can laser scars or spots away, but you need to take care of you for the best, longest-lasting results.

WHAT DO YOU ANTICIPATE YOUR MUST HAVE PROCEDURES WILL BE FOR THE HOLIDAY SEASON? Halo, Moxi+BBL Heroic, clearsilk. Products to keep glowing such as Alastin's Ultra Nourishing Moisturizer, HA Immerse and Restorative Skin Complex.

WHAT ARE THE BEST BEAUTY REGIMENS FOR THE WINTER/HOLIDAY SEASON? During the winter, recover and prepare yourself for being out and about again with consistent chemical peels and laser treatments. Be sure to hydrate, moisturize and exfoliate at home with SkinBetter Peel Pads and AlphaRet.

135 S. Bryn Mawr Avenue, Suite 220
Bryn Mawr, PA 19010
484.416.8228 | starkmdplasticsurgery.com
@drstarkplasticsurgery

PHOTOGRAPHY BY PHIL KRAMER



