inner circle

A Lifestyle Magazine by TOPS

2nd Edition - August 2026

TOPS
TULSA OKLAHOMA PLASTIC SURGERY
AND MEDICAL SPA

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A Look Back

BEST IN THE WORLD

In July, we were honored to be named finalists in the 2026 Tulsa World's "Best in the World" in multiple categories. Thank you to everyone who voted for us. We're eagerly awaiting the announcement of the winners next month.

CONGRATS TO RUTH & ALLAN

In July, our nurse Ruth married her best friend, Allan, in a beautiful celebration surrounded by family and friends. The newlyweds then spent two unforgettable weeks traveling through Italy and Greece. We couldn't be happier for them and wish them a lifetime of love, joy, and adventure together.

A Look Ahead

AUGUST BIRTHDAYS

Hannah

Lea Ann

TOPS is growing!

The Lord is at work at TOPS, and we couldn't be more grateful. As He continues to bless our practice, we're excited to introduce three incredible women who have recently joined our team. Each brings unique talents, compassionate hearts, and a shared commitment to providing the very best care for our patients.

Hannah

Our newest surgical nurse, Hannah brings skill, kindness, and a calming presence to the operating room. We're so thankful to have her caring for our surgical patients every step of the way.

Regan

Regan is a licensed medical aesthetician who is passionate about helping patients feel confident in their skin. She specializes in SkinPen microneedling, DiamondGlow, VI Peels, laser hair removal, brow lamination and tinting, lash lifts, and more.

Lily

Lily is our Spanish-speaking Patient Care Coordinator who is dedicated to making every patient feel welcome and cared for. Working alongside Sam, she's helping us provide shorter wait times and an even better patient experience, and we're so thankful she's part of the TOPS family.

August Specials

Skin Pen Microneedling

We now proudly offer SkinPen® microneedling—a collagen-boosting treatment that helps improve fine lines, acne scars, pores, skin texture, and overall radiance. Best of all, your skin continues to improve for weeks as new collagen develops!

August Special: Purchase a package of 3 SkinPen facial treatments this month and receive 3 neck treatments FREE—a $400 savings!

Alea's Product Picks

All month long, enjoy **10% OFF** these SkinMedica favorites, hand picked by Alea!

✨ HA^5 Hydra Collagen Hydrator – Deep hydration for smoother, firmer, glowing skin.

✨ Even & Correct Brightening Treatment Pads – Brighten skin and improve the look of dark spots and uneven tone.

✨ Instant Bright Eye Cream – Brightens, hydrates, and smooths the delicate eye area.

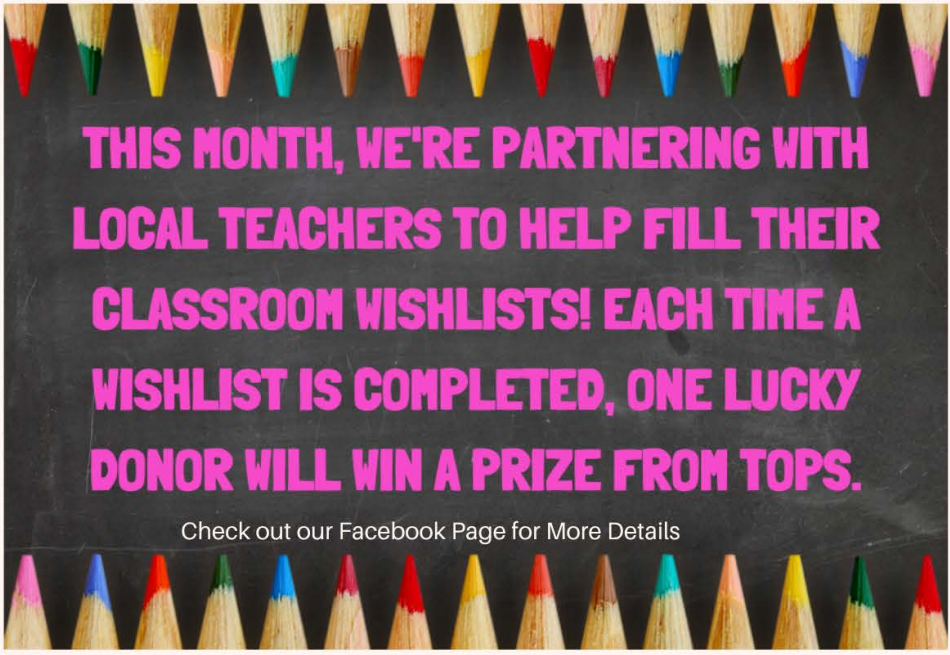
Community Corner

Giving Back Together

At TOPS, giving back to our community is one of our core values. That's why 15% of all profits are donated to organizations making a difference both locally and around the world. Every surgery, treatment, and product purchase helps support ministries, schools, families, and programs that bring hope, healing, and opportunity. Thank you for being part of something bigger.

Organizations we've been honored to support in 2026:

- Foundations Church
- World Vision
- Bixby Public Schools
- Family & Children's Services
- Project Woman
- Little Light House
- Building All Children
- Bixby Outreach Center



Tulsa Treasures

I didn't grow up in Tulsa, but over the years, I've fallen in love with this city. There are so many wonderful places to eat, shop, and explore, and I love sharing the ones that have become my favorites.
In each edition, I'll highlight a few local treasures I think are worth visiting. These aren't sponsored recommendations, just places I genuinely enjoy and hope you'll enjoy, too.

Date Night
Barons on 1st
From its warm, inviting atmosphere to its thoughtfully crafted menu, Barons on 1st is a place you'll want to visit again and again.

For the Family
Oklahoma Aquarium
This local attraction brings the wonders of the ocean to Oklahoma with interactive exhibits and incredible marine life around every corner. It's the perfect place to spend a day exploring, learning, and making memories together.

For the Girls
Glo Head Spa
Nothing says girls' day quite like a little pampering, and Glo Head Spa delivers the perfect mix of relaxation and luxury.

Strawberry Caprese Pasta Salad

Fresh and colorful, this dish is perfect for cookouts, lunches, or a light dinner. It looks impressive but can be thrown together in 15 minutes!

Ingredients

- 8 oz bowtie or cavatappi pasta, cooked and cooled
- 1 cup strawberries, sliced
- 1 cup cherry tomatoes, halved
- 8 oz fresh mozzarella pearls
- ¼ cup fresh basil, chopped
- 2 tbsp balsamic glaze
- 2 tbsp olive oil
- Salt and pepper to taste

Directions

1. Combine the pasta, strawberries, tomatoes, mozzarella, and basil in a large bowl.
2. Drizzle with olive oil and toss gently.
3. Finish with balsamic glaze, salt, and pepper.
4. Chill for 15–30 minutes before serving.

Optional additions:

- Grilled chicken for a complete meal
- Avocado
- Toasted pine nuts
- A drizzle of hot honey for a sweet-and-spicy twist