

SAN FRANCISCO | SILICON VALLEY | MARIN | NAPA | NORTHERN CALIFORNIA

# HAUTE LIVING

JANUARY/FEBRUARY 2023

LUXURY LIFESTYLE WITH PURPOSE



## HOME & DESIGN

2023 COLOR AND DECOR TRENDS

Dr. Karen Horton is an internationally Board-Certified Plastic Surgeon in San Francisco, a fitness enthusiast, proud Mom to fraternal twin girls, and devoted wife of over 26 years. Hailing from Toronto, Canada, "Dr. Karen" relocated to San Francisco in 2005 for her final year of surgical specialty training. A surgeon's daughter, she is proud to have built a successful women-focused boutique private practice in Pacific Heights. Featuring a brand new Quad A-certified fully equipped operating room, Dr. Horton offers her patients the highest level of aesthetic care, both surgical and non-surgical, in a modern, bright and discrete setting. She considers it an honor and a privilege to care for her patients! To learn more about Dr. Horton, visit [www.drkarenhorton.com](http://www.drkarenhorton.com) and follow her on social at [@drkarenhorton](https://twitter.com/drkarenhorton).

Keeping the core strong and body fit is vital, in Dr. Horton's opinion, for overall health.



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( /30.6%" 2.

Sharing my daily practices for a healthy mind and body in 2023 and beyond.

BY KAREN M. HORTON, MD, FACS

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6789; <'=>'?6<9<'@<AB'B<=<9B?<6<'D7=<AE',F<6A7; =<CG'A9=69'<=?B'; <H'  
G<=6'1G'=AA<AA; D'B7H',%<=9'J G'AK; ;L'HB=9',F89'; ;J G'17>Q'='>'B7H'  
,8A<'J G'17>Q'(' ;>'9B<; L',<M=J ;;<'HB=9'A769'7@J ;;<:J =<'?B=; D<A',?<; '  
J =K<'97'A8FF769'1 <99<6'6'B<=<9BE',<; ?786=D<'J G'F=9<; 9A'97'=AA<AA'9B<:6'  
7H; '1<B=N:76A'; '9B<'; 9<6<A9'7@=?B<:N; ;D'7F9:J =<'6<A8C9AL'; >','>'7'J G'  
I <A9'97'B<CF'9B<J '=?B<:N<'9B<:6'AK; ;'=>'B<=<9B'D7=CA'9B678DB'9B<'N=6<:>  
A<6N:?'A',F67N:><'H:9B; 'J G'F6=?9:<'E',; AF:6; D'79B<6A':A'7; <'7@9B<'<  
most rewarding and fulfilling parts of my job. '  
' ( 'D6<=9'A9=69; D'F7; ;9@76'F<6A7; =<'<N=C8=9:7; ':A':>:9E',9GF:?=<CG'<=9'  
H<@>86; D'9B<'H<<KL'I 89'>7; 09'=<H=GA'B=N<'9:J <'97'F6<F=6<'J G'7H; '  
J <=CAE'\$B=; K@800Q'F6<5F6<F=6<=>'B<=<9BG'J <=CA'H:9B'79A'7@F679<; L'  
N<DD:<AL'; >'B<=<9BG'@=9A'@67J (' ;>G0A'+7?<'E') =6K<'9'; ;%=: 'O=@<@<'<  
'3B7C<'P77>AL'76'- ;:9<=>) =6K<'9'K<<F'J <'; 786:AB<=>'; >'@800'7@<; <6DG'  
'@76'J G'QR5'97'QS5B786'7C; ;?<'>=GAE'#; 'H<<K<; >AL',C7N<'97'?B7F'  
N<D<9=1<C'AL'; >','<=9'9B<6=; ;17H'=A'J 8?B'=A',?<; E'; '9B<'A8J J <@<'  
J =K<'=J J <; 'D=TF=?B7E'; ;?7C<<6'J 7; 9BAL,UJ 'K; 7H; '@76'J G'AF=DB<99:'<  
A=8?<'AF:?'G'?B:C'L'; >'D786J <9'A=<=>AE

**MOVE YOUR BODY**

P76<M<6?A<L',J 7N<'J G'17>G'<N<6G'A; DC<'>=G'97'J =; ;9=; 'FBGA:?'<'<  
B<=<9BE',UJ 'F678>'97'B=N<'A86F=AA<>'QURR!' 86<' =66<'?C=AA<A'C=A9'G<=6V  
J G'; 7; 5; <D79:=1<C'> 7; >=G5975P6:>=G'U'=EJ E'WJ <'9:J <EX'Y<<F'; D'  
A967; D'; >'J =; ;9=; ;D'FBGA:?'<'<; >86=; ?<'<; =1<C<'J <'97'H76K'  
C7; D'>=GA'; '9B<'7F<6=9; D'677J 'H:9B789'I <; D'=9'6:AK'@76'FBGA:?'<'<  
injury. Surgery is a physically demanding profession; many surgeons  
suffer cervical spine degeneration or joint injuries in their middle-aged  
G<=6AE'. G'K<<F; ;D'J G'776<'A967; D'; >'J 8A?<A'97; <>L'; ;<N<6'J =M'789=9'  
work. Exercise also helps me to reflect, to focus, and to regroup or work  
9B678DB'?B<@<; D<AE',UJ 'D6=9<@8C'9B=9'J G'H<@<5<M<6?A<>'17>G'=CC7HA'J <  
97'1<'=A86D<7; E'

Dr. Horton loves to help her twins with their homework when she gets home from performing surgery.



PHOTOS: AMELIA PLUMB PHOTOGRAPHY



Self-care includes maintaining healthy skin! Dr. Horton practices what she preaches and protects her skin from future sun damage, while restoring healthy skin with medical grade skin care products from her office.

## FAMILY TIME

Finally, while I give my patients 100 percent of my time, energy, and attention at work, my family keeps me grounded and helps me to recharge. My husband is my biggest champion, enabling me to work hard and focus on my patients and my business while he handles most things at home. Each night, I'm honored to help my twin daughters with their homework, and I love making school lunches for my girls. It's a small way I can ensure they are also staying healthy and eating nutritious food to nurture their developing tween brains.

For 2023, I hope that you, dear reader, learn to honor your body and all it does for you and to respect and nurture your health. By reflecting upon what brings YOU joy and helps you to recharge, health becomes an achievable goal.

## GET GLOWING SKIN

We all know that beauty is more than skin deep, yet, our image is certainly elevated when skin is healthy and glowing. I encourage my patients to adopt a personal skin care routine. My own routine includes medical grade products; in the morning, I cleanse with SkinCeuticals LHA cleanser for oily skin, followed by Phloretin CF antioxidant gel. My foundation serves as sun protection and my Colorescience SPF 50 pigmented loose powder provides added UV protection while treating shiny T-zone areas. At night, I use the MakeUp Eraser microfiber towel and SkinCeuticals Simply Clean exfoliating gel to wash off oils and makeup. To promote healthy cellular turnover, I use AlphaRet Overnight Cream, which is gentler than other retinol/tretinoin creams, followed by Neocutis Lumiere illuminating eye cream, and Latisse eyelash lengthening treatment. (Did you know that you can also apply Latisse to your eyebrows?) 📖