

## Doctor Roya Redefines Luxury: It's How You Feel, Not What You Own

Dr. Roya Jafari-Hassad Advocates her Philosophy - Feeling Your Best is the Ultimate Status Symbol

New York, USA – May 07, 2024 - In today's world, luxury is often associated with expensive brands and the latest trends. A coveted designer bag or a high-end watch might seem like the ultimate status symbol, but Dr. Roya Jafari-Hassad, a leading expert in the State of New York, believes it's time to redefine what it means to live luxuriously.

"True luxury," says Doctor Roya, "is about feeling your best, both physically and emotionally. It's about having the confidence to walk into a room and own it, regardless of what brands you're wearing. When you feel good about yourself, it radiates outwards and becomes a much more powerful accessory than any designer label."

Studies support this notion. Research shows that most women don't own a vast collection of handbags, and the average cost of a bag falls within a surprisingly affordable range. So, true luxury isn't about chasing expensive labels – it's about investing in yourself.

Dr. Jafari-Hassad at Doctor Roya Institute continues to advocate this very belief with a series of tips on how to cultivate feelings of confidence and self-worth that promise to make you shine from the inside out. In the meantime, remember, the most luxurious thing you can own is your own sense of well-being.

Doctor Roya offers a practical roadmap to achieving this lasting sense of luxury. Here are the pillars of her philosophy:

- **Cultivate a Healthy Lifestyle:** True luxury starts from within. Eating a balanced diet rich in fruits, vegetables, and whole grains fuels your body and mind. Regular exercise, whether it's a brisk walk or a dance class, releases endorphins, natural mood-lifters that boost your energy and confidence. Finally, getting enough quality sleep allows your body to rest and repair, leaving you feeling revitalized and ready to take on the day.
- **Embrace Your Inner Strength:** A positive self-image is a cornerstone of true luxury. Challenge negative thoughts about yourself and focus on your unique strengths and talents. Surround yourself with positive and supportive people who uplift and encourage you. When you celebrate your accomplishments and cultivate self-compassion, you naturally radiate confidence.
- **Pursue Your Passions:** When you're passionate about something, it becomes evident. Devote time to activities that bring you joy and fulfillment, whether it's painting, playing music, learning a new language, or volunteering in your community. Engaging in activities you love sparks creativity, ignites enthusiasm, and allows you to express your true self.
- **The Power of Giving Back:** Helping others is a powerful way to elevate your own sense of well-being. Volunteer your time or donate to a cause that resonates with you. Giving back fosters connection with your community and reminds you that you are part of something bigger than yourself. The act of kindness not only benefits others but also generates a warm glow of satisfaction, further enriching your sense of self-worth.

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Dr. Roya Jafari-Hassad is a distinguished physician, educator, and speaker, renowned for her expertise in family medicine, skincare, women's health, functional and anti-aging medicine. As the Medical Director of Advanced Medical Health Services and Founder of Hope, Life, and Dream Centers, she leads with a commitment to providing the highest quality medical care with compassion and progressive technology. With accolades as a top family physician and board-certified anti-aging specialist, Dr. Hassad is dedicated to transforming lives through personalized care and innovative treatments.

For more information about Dr. Roya Jafari-Hassad and her groundbreaking aesthetics treatments and solutions, please visit [www.doctorroya.com](http://www.doctorroya.com).

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