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REJUVENATE
MEDICAL SPA

Inside: Before
& After
Pics

Financing
my Surgery?

Laser Away!

- * Scars
- * Moles
- * Stretch Marks
- * Red Dots

After Baby:

"I want my body back"

**ACNE
CURES** FOR
FLAWLESS SKIN

THE BEST OF
REJUVENATE
MINERAL
make-up

*Botox vs.
Dysport*

Take the challenge
& save \$100!



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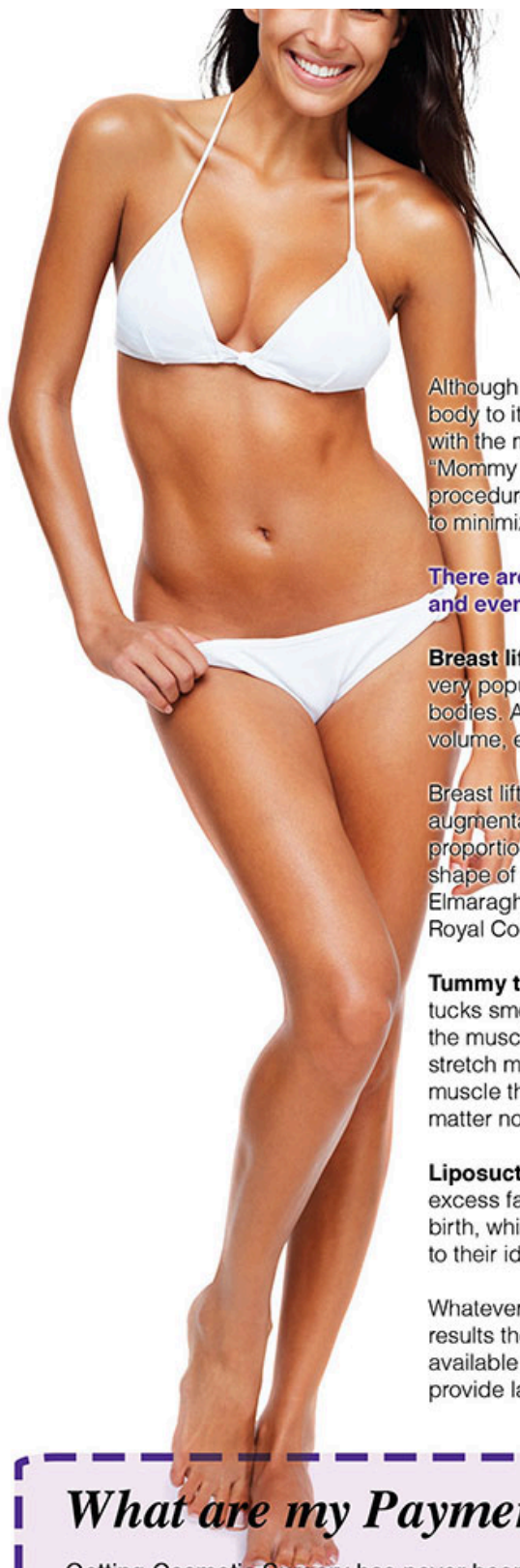
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*I had a beautiful baby,
but it's time to get my body back ...*

The Body After Baby:

What You Need to Know About "Mommy Makeovers"

Although a good diet and exercise during and after pregnancy can help you restore your body to its pre-baby days, many women have turned to plastic surgery in order to deal with the more permanent changes to their body following birth and breastfeeding. These "Mommy Makeovers", as they are popularly called, typically involve a few cosmetic procedures. Each is personalized to your unique needs, with treatment plans designed to minimize recovery time so that you can return to your normal activities.

There are many plastic surgery options available for women seeking to restore – and even enhance – their post-baby bodies.

Breast lifts (mastopexy) and breast augmentation (mammoplasty augmentation) are very popular plastic surgery procedures for mothers wanting to improve their post-baby bodies. After pregnancy and breastfeeding, breasts can lose some of their previous volume, elasticity and shape leaving them smaller, saggy and prematurely aged.

Breast lifts return the breasts to their earlier shape and position, while breast augmentation enhances the fullness and firmness of the breasts, improving shape and proportion via implants, thus giving you a more youthful appearance. The type, size and shape of your implants are determined by your breast anatomy, desired size, and Dr. Elmaraghy's recommendations. Dr. Elmaraghy of SpaSurgica, is a certified Fellow of the Royal College of Physicians and Surgeons of Canada

Tummy tucks (abdominoplasty) are another popular Mommy Makeover option. Tummy tucks smooth sagging and/or flabby skin by removing excess skin and fat and tightening the muscles of the abdominal wall. Post-baby tummy tucks also remove unwanted stretch marks and lift and tighten problem areas (i.e. the abdomen) where skin and muscle that is stretched by childbearing doesn't always return to its pre-baby state, no matter how intense your exercise regimen may be.

Liposuction sculpts the contours of the body by helping women remove unwanted excess fat on their abdomens, waists, upper arms and thighs that remains after giving birth, which is resistant to diet and exercise. It is recommended for those who are close to their ideal weight, rather than those seeking to drop a lot of weight all at once.

Whatever procedures are involved, Mommy Makeovers can give women the rejuvenated results they desire after completing childbearing. As more women discover the options available to them through plastic surgery, it is becoming evident that Mommy Makeovers provide lasting solutions to problems otherwise outside of their control.

What are my Payment Options?

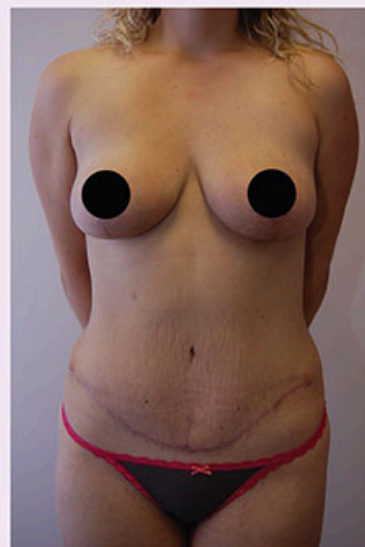
Getting Cosmetic Surgery has never been easier: you can get the treatment you want or need now and we will tell you how. As SpaSurgica we can help you choose from a variety of payment plans to finance your surgery. In addition to accepting all major credit cards, debit, cash, and certified cheques, SpaSurgica can help you arrange financing plans offered by two independent financing companies. Simply visit our website and look for financing options. From there all you have to do is fill out an application with either Mediacard or Creditmedical. Visit our website and see for yourself how easy it can be. www.SpaSurgica.com

Before & After

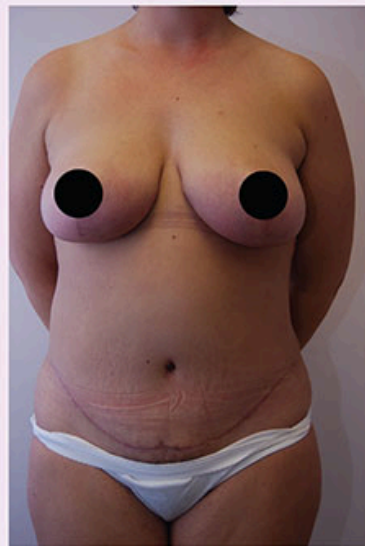
Over the years, hundreds of women have consulted Dr. Elmaraghy on ways to return their bodies back to a time before their bundles of joy left their evidence behind.



Julie*, a 36 year old mother of three, wanted to restore her breast shape and position. She also sought to remove excess skin of her tummy. Dr. Elmaraghy performed a breast lift and tummy tuck for Julie.



Sandra*, 43 years old, had a twin pregnancy which left loose and sagging skin around her waist. She met Dr. Elmaraghy for a consultation and decided to finally remove the extra skin with a Tummy Tuck. Sandra continued her transformation journey and had a Breast Lift and reduction at the same time.



*Names have been altered.

To learn more about tummy tuck and breast lifts, visit SpaSurgica online:



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info@spasurgica.com



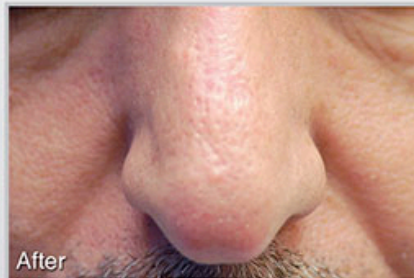
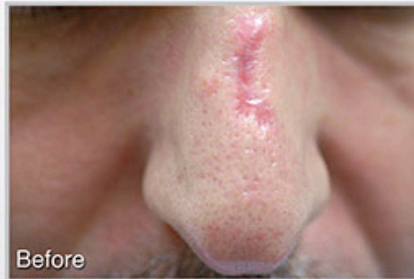
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How do I get rid of...

Scars

Scars can be treated with our ProFractional Laser that targets damaged tissue by creating tiny microablation zones/channels beneath the skin's surface. This stimulates the skin's healing process to form collagen. As damaged cells are replaced with new healthy tissue, your scar appears flatter and less visible with each treatment. A treatment series is highly recommended to ensure optimal results.

Treatments start at \$350



Moles

Moles that are small, new or even flat can be removed with our laser resurfacing treatment. The laser removes layers of skin to help flatten the lesion and make it flush with your skin. The treated area will be red and will gradually fade to your natural skin tone. For older or larger moles, laser removal may not prove to be effective. Take advantage of Rejuvenate Medical Spa's free consultation to determine the best course of action in removing your moles.

Treatment starts at \$350



The Sciton JOULE is the machine of choice to treat various skin conditions and to achieve optimal skin appearance.

Sciton is a leading and highly respected manufacturer of advanced laser technology for the aesthetic medical market. The efficacy of the Sciton system is proven by numerous medical journal reviews.



Stretch marks

Red Stretch Marks appear commonly on the abdomen, breasts, lower back and thighs. These striations can be caused by weight gain/loss, pregnancy and sometimes can be hereditary. Our BBL technology removes the redness out of the marks making them less visible. At the moment there are no treatments for silver/white stretch marks that have proven to be effective.



Treatments start at \$200

Red spots

Cherry Hemangiomas are red spots on the skin, caused by an abnormal proliferation of blood vessels. The formation of these spots increase with age. Our Broad Band Light (BBL) delivers a pulse of heat that is absorbed by the targeted spots and eliminates the vessels.



Treatments start at \$75

Dr. Elmaraghy's laser treat a variety of skin and improve skin ap-

highly awarded manufacturers and light sources in the market. While there are many systems, the JOULE has been through rigorous academic testing and studies.

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complimentary
skin consultation
(519) 745-9900

Acne Cures

The latest news, advice and
products you need to treat acne



CLENZiderm is a clinically proven skincare line that is designed to treat acne where it starts. This three-step system helps get acne under control, leaving you with clearer skin while preventing future breakouts. This system works quickly, at the root of the problem, and has been proven to give results in as little as one week. The CLENZiderm system is prescription strength and can only be administered by a physician or skincare professional. If you are someone dealing with acne from day to day and would like to put an end to this difficult cycle, you can come see us at Rejuvenate Medical Spa for a free consultation or skin assessment and see if CLENZiderm is the right fit for your skin.



Acne: To Pick or Not to Pick?

Most of us think of acne as the particular affliction of teenagers, as something that will pass in time as we mature. However, the fact is that many people continue to experience breakouts throughout their adult years.

To prevent breakouts, refrain from touching affected areas with your hands, and avoid excessive sun exposure (this can stimulate acne growth). Never squeeze or pick at acne, as this will only contribute to the spread of breakouts and unsightly scarring. Establish a daily skin care routine, and do not discontinue acne treatments prematurely, even as the skin starts to clear up, as this will only cause recurrent breakouts. It takes approximately 2 months for your skin to adjust to the products. Switching skin care products too frequently can contribute to increased breakouts.

***An estimated 80% of all people
between the ages of 11 and 30 have
acne outbreaks at some point.***

The good news is that there is no need to suffer through breakouts - there is an array of acne products and treatments available. Choosing a cosmetceutical skin care line is best to ensure your products are high in quality and contain active ingredients to ensure the efficacy and effectiveness. Treatments include chemical peels, which exfoliate - and hence unclog - the top layers of skin, facials and through laser therapy treatments, which treat acne by killing bacteria with pulsed light and heat energy. Treatments vary according to the severity of breakouts. To determine the best treatment and skin care regimen for your individual needs, call Rejuvenate Medical Spa to arrange a free consultation.

Pressed Mineral Foundation

Rejuvenate Medical Spa's mineral pressed foundation has all the properties of a loose mineral foundation, in a gorgeous compact with mirror. Silky application adheres to skin, giving spectacular coverage. Mineral makeup is the new hype in the makeup industry and unlike conventional makeup it doesn't seep into pores causing unnecessary breakouts. Our Pressed Mineral Powder Foundations are Hypoallergenic, Fragrance free, and Allergy tested, Non-comedogenic, and made in Canada.



Lipstick

Our Lipsticks are high in shine, glossy and ultra lightweight. They are packed with the antioxidant Vitamin E which will help you maintain the soft, youthful texture of your lips by reducing the signs of aging. Rejuvenate Medical Spa's Lipsticks are long-lasting and a little goes a long way.



Loose Mineral Shadow

Rejuvenate Medical Spa's Loose Mineral Shadows are pure pigments, never diluted and offer great colour. It can be used as eye shadow, eyeliner, body shimmer, and blush. When working with pure pigments it blends with almost anything. These Mineral Shadows are not only long-lasting on your shelf, but also on your skin.

Mineral Makeup Must Haves



Mascara

Rejuvenate Medical Spa's Lashware Mascara is a lengthening formula that is smudge proof, designed to dramatize eyes with fuller, curlier and visibly longer lashes. If you weren't blessed with naturally long and thick lashes, this is the perfect product for you to create great eyelashes.



Take the **Dysport vs. Botox** challenge and save!

Although Botox has been on the forefront of anti-wrinkle treatments for years and has become a household name synonymous with Kleenex or Q-Tips, health professionals and patients alike are discovering that Dysport is now on the cutting edge of facial cosmetic rejuvenation.

Certainly, on the surface, Dysport and Botox are very similar.

Both Dysport and Botox are made from Botulinum Toxin Type A (a proven medical ingredient derived from a botulinum toxin compound), and both are administered injections that improve the look and feel of your skin, creating a youthful, natural-looking appearance. Both work by blocking nerve signals to the muscles of problem areas, thus eradicating wrinkles and unwanted lines on the face. Both cost the same amount overall (depending on the number of treatments and targeted areas), and both should be injected every 3 – 6 months in order to ensure optimal results.

However, despite their similarities, current research suggests that with multiple treatments Dysport has some key advantages over Botox. A 2011 study published in the journal *Facial Plastic Surgery* (formerly *Archives of Facial Plastic Surgery*), for example, found that Dysport was more effective in treating crow's feet than Botox. What's more, an overwhelming majority of study participants preferred Dysport (67%) over Botox (33%).

The above outcome in patient satisfaction is not surprising. Dysport has also been shown to provide a softer look than the rigid or "frozen" look that people sometimes experience with Botox. With its lower protein concentration, Dysport also diffuses more throughout the treatment areas, which could produce a smoother result. Moreover, with Dysport patients can see results in as little as 24 hours, compared to the days (and sometimes even a full week) that it takes for Botox injections to take effect. Keeping in mind that results vary with individuals, some studies have also found that Dysport treatments may last longer (six months to one year) as compared to Botox (about 3 months).

In addition, although it has created a lot of buzz in recent months, Dysport has been available for clinical use for the past 15 years. Approved for use in the North American market by the FDA in 2009, Dysport has been widely used in Europe for years and is currently approved for use in 23 countries. Rejuvenate Medical Spa carries both Dysport and Botox. Injections are performed exclusively by Dr. Elmaraghy, Board-Certified Plastic Surgeon.



January 2014

Save \$50
when purchasing
30 - 40 units*

Save \$100
when purchasing
50+ units*

* Botox equivalent units