



*SpaSurgica*



REJUVENATE  
MEDICAL SPA

INSIDE: Before  
& After  
Pics

Breast  
Augment  
or Lift

Reverse  
Time  
& Gravity

3 EASY  
STEPS  
TO GREAT SKIN

Botox  
or Filler

“When turning  
40, I realized it was  
*time to take care of me*”



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# Breast Lift:

## Reversing time and gravity

A breast lift, also known as a Mastopexy, is a procedure that is performed to improve the appearance of sagging breasts. A breast lift also addresses uneven breasts, decreased breast volume, and drooping nipples. The breasts are like the rest of the body in that they begin to sag with age. It's normal for the breasts to sag with age but sagging can also be worsened by childbirth, genetics, weight gain, and weight loss.

During a breast lift, excess skin is removed and the surrounding tissue is tightened to reshape and support the new breast contour. As a result, the natural breast tissue sits higher on the chest, unveiling a younger, firmer, and

more perky-looking breast. The Mastopexy will recreate a more youthful shape and lift to your breasts.

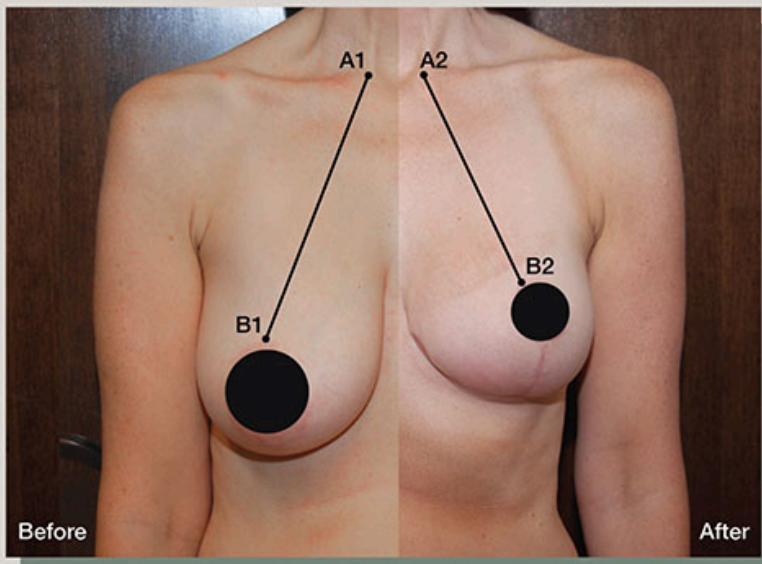
Breasts that are large and heavy can be lifted, but the results may not be as long-lasting as a breast lift performed on smaller breasts since the added weight of larger breasts works against surgical changes. Also, breast lift surgery is not ideal for women planning future pregnancies because with each pregnancy, the breast tissue will stretch the overlying skin and may result in a re-occurrence of the original problem. Therefore, it is advised that you wait until you are through childbearing to consider breast lift surgery.

Mastopexy is capable of lifting and firming sagging breasts, but it will not significantly change the size of your breasts and will not add volume to the upper portion of your breasts. If you desire fuller breasts you may want to consider undergoing breast augmentation.

**Mastopexy will recreate a more youthful shape and add lift to your breasts.**

The final result of your breast lift will be long-lasting, but breast lift surgery cannot stop the natural aging process. Over time, your breasts will again begin to change and lose elasticity. Significant changes in your body weight may also affect the final results of your surgery. Maintaining a healthy diet and exercise will increase the probability of long-lasting results.

If you are in good general health, have a positive attitude and realistic expectations, you are most likely a suitable candidate for this procedure.





## About Dr. Elmaraghy



Dr. M.W. Elmaraghy, M.D., F.R.C.S. (C) attended medical school at the University of Toronto. He graduated in 1993, and was the recipient of a number of awards including an award for excellence in the field of surgery and was selected to be a member of the prestigious Alpha Omega Alpha Honor Medical Society.

Dr. Elmaraghy completed a five-year residency in Plastic and Reconstructive Surgery at the University of Western Ontario in 1998. He is currently a certified Fellow of the Royal College of Physicians and Surgeons of Canada, with a specialist certificate in Plastic Surgery.

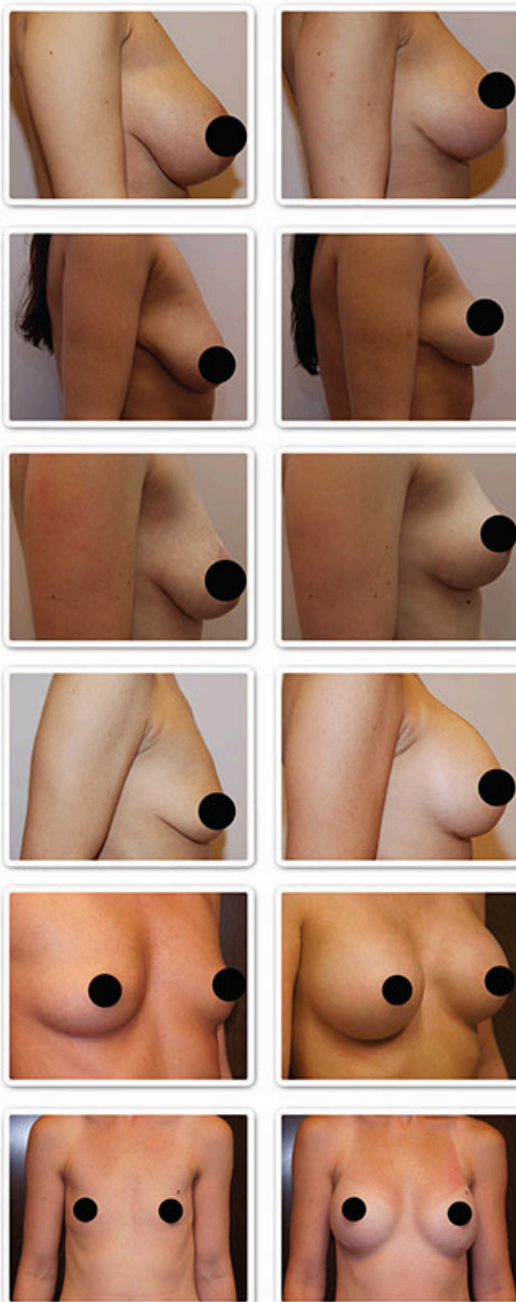
Dr. Elmaraghy developed additional expertise in 1998-9 by completing fellowship training at Georgetown University, Washington D.C. in the fields of aesthetic, reconstructive, and breast surgery. Dr. Elmaraghy began his private practice in the Kitchener-Waterloo area in 1999. He has published several academic articles in the field of plastic surgery, concerning aesthetic and reconstructive surgery of the breast.

Dr. Elmaraghy is an attending plastic surgeon at Grand River Hospital and St. Mary's Hospital in Kitchener-Waterloo, Ontario. He is an active member of the Canadian Society of Plastic Surgeons, Ontario Medical Association, Canadian Medical Association, and the College of Physicians and Surgeons of Canada.



BEFORE

AFTER



**Breast Lift (mastopexy)  
with no implant**

**Breast Augment  
with implant**

To learn more about plastic surgery, visit SpaSurgica online:



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*It's Time  
for Me...*

## *When I turned 40....*

**I** felt myself change, not physically, but mentally. Suddenly I didn't care as much for things that had once occupied my brain space. I noticed that other's opinions were irrelevant and I started to long for getting in touch with myself. I am a wife, a mother, daughter, and along with these titles came great responsibilities which seemed to negate me as an individual.

**T**aking care of others and their needs requires a person's full attention, which doesn't leave one with time for oneself. Women today are told we have it all - careers, families, kids, community involvement, and relationships. But all too often, having it all leaves us with no time or strength left for ourselves.

**T**he lack of free time lends itself to emotional issues such as depression or anxiety. There's a tremendous amount of stress and pressure put on us being parents, daughters, mothers, wives, professionals. All of these roles combined, leave many of us not taking adequate care of ourselves - which is what sustains us and gives us the energy to take care of all these other responsibilities that we have. Every woman needs an occasional break for sanity's sake. This means taking time each day to do something for ourselves; but more importantly, doing it without the guilt.

### **But how does one make it happen?**

**N**urturing ourselves is crucial, for otherwise we can't take care of others. Women need to learn how to invest in themselves now in order to be able to take on the demands of life later. We seem to have trouble even feeling like we're worthy of being put on our own list of priorities.

**T**he reality is that taking care of yourself will make you a better parent and partner. You'll be more fun to be around and more responsive to your family. A good beginning is to try to find at least half an hour to an hour every day for you. If this is too much, then start with 5-10 minutes and work towards 30 minutes. It doesn't have to be all at once.

**A**nd before you decide what you're going to do with the time you're building into your schedule, promise yourself that you won't waste it. Being mindful and present whilst taking a time out is also important rather than thinking of what needs to be done or worrying. Investing in your well-being now will guarantee your ability to nurture later.

**W**hatever you choose to do with your "me" time, make it rejuvenating.





# REJUVENATE MEDICAL SPA

*Our Staff's  
Picks!*

## By Kailee

Very few people in this world are able to say that they are completely enamoured with the skin care products they use; in fact, after speaking with many clients, I think it's safe to say that most people aren't sure if they even LIKE the products they're using on their skin. **I am one of the few people out there that is able to truthfully say that I love the products that I use in my daily skincare regimen.** Not only do I love them for myself, but in addition, I love the fact that I am able to help clients find the skincare products that they love, and are suited to their personal needs and wants. Not many people are aware that every skincare line at Rejuvenate Medical Spa can only be sold by a physician or dermatologist- meaning they are skincare products that work with the proper active, medicinal ingredients. I love helping clients find the right skincare products that cater to their individual needs, consulting with them, educating them, and helping them with their skin. The following are a couple of my personal favourite skincare products; however, just because I am inclined to use them might not mean they are the right products for you, which is why we offer free skincare consultations to form your own routine.



**WANT TO WIN OUR REJUVENATE T-SHIRT?**  
Log on to Facebook and tell us your favourite products! [Facebook.com/RejuvenateMedSpaInc](https://www.facebook.com/RejuvenateMedSpaInc)

## the CLEANSER



I use RejuDerm Synergy **Hexacleanse** morning and night as the first step in my daily skincare routine. This cleanser is great for any skin type, including those with sensitive or reactive skin.

Since using this cleanser my skin feels overall less irritated with little to no acne like I used to suffer from.

**Hexacleanse** uses the most gentle and effective cleansing ingredients available. It lathers well, does not dry out the skin like other cleansers, and helps to control both acne and the bacteria count on the skin.

In addition to Hexacleanse, I like the entire RejuDerm line of serums and moisturizers.

## the SUNSCREEN



Being in this industry I have become very passionate about using sunscreen. Encouraging clients, family, and friends to use sunscreen on a daily basis has become second nature to me.

**Tizo3** is by far my favourite sunscreen. **Tizo3** is a tinted mineral sunscreen with a non-greasy matte finish, with an SPF of 40. Contains the #1 (Zinc Oxide) and #2 (Titanium Dioxide) rated sunscreen filters which will not irritate the skin. It is very water resistant and easy to wear both underneath make-up and on its own, making it perfect for everyday use.

# WHAT'S THE DIFFERENCE?

Botox, or Botulinum Toxin A, is a purified protein that is injected into the muscle. The goal of Botox is to stop dynamic wrinkles in the injected area. Botox is a slow release substance therefore it takes up to two weeks before you can see and feel its full effect. In most cases, Botox is used in the upper third of the face for areas such as, frown lines, forehead lines and crows feet. While Botox may stop a muscle from contracting, (which creates smoother and relaxed looking skin) it does not smooth appearance of existing deep lines - this is where Filler is utilized.

## *Botox*

*Can be used here...*

Dermal Fillers such as Restylane are clear gels that contain Hyaluronic Acid. Restylane is also Dr. Elmaraghy's filler of choice at Rejuvenate Medical Spa. Hyaluronic acid naturally occurs in the body. It is a component of our skin, helping to maintain the skin's firmness, it contours our features and it provides lubrication in our joints. Hyaluronic acid attracts and binds to water (Holding 1000x its weight in water) which is the reason why it is used to add volume to those deeper lines and areas that need contouring. Clients see instant results and will leave looking more youthful.

## *Filler*

*Can be used here...*

Smooth forehead creases and lines

Diminish frown lines

Diminish crow's feet wrinkles

Correct downturn at corner of mouth



Contour and lift eyebrows

Fill hollow temples

Smooth under eye hollows

Nose shaping

Lift & fill cheeks

Smooth nasal-labial folds

Plump lips

Fill marionette lines

Contour jawline/reduce jowling

Correct chin contour



# Younger Skin Revealed

## What is Laser Skin Resurfacing?

As we age, the effects of aging, sun damage, and environmental conditions take their toll on our skin, creating wrinkles and pigment irregularities. This is particularly evident on our faces. Laser skin resurfacing procedures can be very successful at reducing or eliminating these conditions, and is the best way to address the problematic lines that can appear around the mouth and eyes. Though there are several types of lasers being used to perform skin resurfacing, the Contour TRL™ is widely regarded as the safest, most effective laser available.

## How does the Contour TRL Laser Resurfacing work?

The Contour TRL™ safely removes a layer of skin to a depth determined by Dr. Elmaraghy. The depth of treatment will depend on the skin condition, your desired outcome, and expected recovery time. Because the Contour TRL can affect tissue with micron precision, Dr. Elmaraghy can treat your skin with the exact amount of energy needed- no more, no less. Treating skin with the laser stimulates the growth and reorganization of new collagen, which improves the skin's thickness and elasticity. The skin surface will also re-grow with fresh, healthy cells, which will give your skin a younger and rejuvenated appearance.

## What conditions can be treated with Contour TRL?

- Deep wrinkles, such as those around the mouth and eyes
- Poor skin tone/texture
- Scars and age spots
- Seborrheic Keratosis/ Superficial Skin Lesions

## What areas of the body can be treated?

Several areas of the body can be treated, though the most commonly treated areas are the face and neck.



Laser skin resurfacing is often combined with traditional plastic surgery procedures to further enhance results. Discuss your desired rejuvenation goals with Dr. Elmaraghy.

## How many treatments will I need?

Because Contour TRL is used for deep laser resurfacing, excellent results are typically achieved after one treatment.

## What will happen during the procedure?

Your skin will be cleaned in the treatment area and your eyes will be protected with safety shields. Dr. Elmaraghy will position the laser hand piece above the skin and will hold it in place as the computer-guided scanner moves the laser beam around the treatment area. Depending on the size of area being treated, the procedure usually lasts between 30 to 60 minutes.

## Will it be uncomfortable?

The comfort level of laser resurfacing varies from patient to patient & depends largely on the depth and area of treatment. For moderate depth treatments, the procedure is often tolerated with the use of topical anesthetic or Dr. Elmaraghy may administer a local anesthetic and/ or sedation. For deeper treatments or larger treatment areas, Dr. Elmaraghy will generally suggest a general anesthetic in SpaSurgica's CPSO accredited Operating Room.

## What should I expect immediately after treatment?

Immediately following the procedure you may experience redness and a sensation resembling sunburn. Swelling may also occur in the treated areas. Dr. Elmaraghy will advise you on specific after-treatment care recommendations.

## How long will it take to recover?

Complete healing will depend largely on the depth of treatment. Healing times for moderate depth treatments are typically 3-4 days before patients resume normal activities. For deeper treatments healing will be complete in 7-10 days. You should discuss realistic expectations for recovery with Dr. Elmaraghy.

## What aftercare do I need?

You will be provided with instructions on how to care for your skin post-procedure. Your skin will be sensitive to UV light after the procedure. It is recommended that you use sunscreen to avoid sun damage and premature aging after treatment.

## When should I expect results?

The top layer of your skin will be healed and can be covered with makeup in 7-10 days, at which time you will see noticeable improvements in your skin's texture, tone, and wrinkle appearance. Deeper laser resurfacing also stimulates the growth of new collagen over the next 2 to 6 months. During this time, the skin will generally show increasing improvements in tightness and resilience.

To learn more about Laser Skin Resurfacing, visit SpaSurgica online.



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spasurgica.com



# Skin Care

EASY AS 1, 2, 3

## 1. Cleanse

Biophora Cleansers are specially formulated to cleanse the skin without irritation. Biophora Cleansers are available in Calming, for those with more sensitive/dry skin OR Bioactive, which is indicated for those with normal/aging skin, or oily/acne skin types. Both cleansers remove make-up, dirt and debris while leaving the skin feeling and looking rejuvenated. Cleansing is one of the most essential steps in skincare, and should be done morning and night in order to maintain healthy skin or get that glow you've been looking for.

## 2. Condition

Conditioners, also known as toners, are designed to balance the PH of the skin. While conditioners loosen any leftover dirt or debris still on the skin after cleansing, they also work to prepare the skin for the next step of your skin care, which should be any serums, moisturizers or specialty products with active ingredients waiting to penetrate into your skin. Available in Calming Toner, Bioactive Solution with 3% Glycolic, and Bioactive Solution Extra Strength with Glycolic 5%.

## 3. Moisturize

Biophora has a generous variety of moisturizers and Protectants available for all different skin types and conditions. Moisturizing is another vital step when it comes to your skin. Moisturizers keep the skin nourished and hydrated by holding water into the skin. Using medical products with active Ingredients such as Biophora will pay off with long term positive effects.



Straightforward, easy to use and effective medically-supervised skin care defines the Biophora system. Each Biophora product and protocol is designed to improve specific skin conditions with the speed, effectiveness and safety our medical professionals have come to expect for their patients. The simple goal is to normalize and improve skin function to restore and maintain healthier, younger looking skin.

Biophora's technically advanced formulations address difficult skin conditions including free radical damage, dull, aged appearance and fine lines, breakouts, blackheads, whiteheads, brown spots or hyper-pigmentation, enlarged pores, oiliness, sensitivity, rosacea, flakiness and dryness.



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