

 *SpaSurgica*
 &

 **REJUVENATE**
 MEDICAL SPA

Inside: Lily's
 Before
 &
 After

LILY'S
 REJUALIFT
 MAKEOVER



Staycation?
 How a spa day
 can turn into
 an ultimate treat

**Let's talk
 about it!**

- gynecomastia
- inverted nipple
- labial reduction
- ear pinning

5 step
 make-up
 for hot +
 humid days

Sunscreen
 Do's &
 Don'ts



Watch:
 Dr. Elmaraghy
 inject filler
 & botox

 *SpaSurgica*
 &

 **REJUVENATE**
 MEDICAL SPA

(519) 585-0854
www.SpaSurgica.com
 135 ERB ST. EAST, WATERLOO, ON
 (519) 745-9900
www.RejuvenateMedSpa.ca

Let's talk about it!

Plastic surgery is often synonymous with changing one's appearance for aesthetic purposes. However, many clients have come to SpaSurgica to address concerns they have with atypical body issues.

Dr. Elmaraghy's approachable demeanour has earned him the trust of hundreds of patients over the years, who have come to discuss some of their more "embarrassing" concerns.

Let's talk about gynecomastia, inverted nipple, labial reduction, and ear pinning.

Visit Rejuvenate online:



@SpaSurgica



/SpaSurgica



info@spasurgica.com



www.spasurgica.com

gynecomastia

Gynecomastia is a medical term that comes from the Greek words for "women-like breasts," and is quite common affecting an estimated 40 to 60 percent of men. It may affect one or both breasts. For men who feel self-conscious about their appearance, breast-reduction surgery can help. The procedures remove fat and/or glandular tissue from the breasts, and in severe cases remove excess skin, resulting in a chest that is flatter, firmer, and better contoured.

Surgery for gynecomastia may be performed:

- As an inpatient or outpatient procedure under general anesthetic.
- In approximately an hour and a half .

The majority of your swelling will dissipate in the first few weeks; however, it may be three months to a year before the final results of your surgery are apparent.

inverted nipples

An inverted nipple is a condition where a nipple is retracted or inverted into the breast, instead of pointing or projecting outward. For some, the nipple will temporarily protrude if stimulated, but for others the inversion remains regardless of stimuli. Women and men can experience inverted nipples.

Inverted Nipple Correction is a surgical procedure designed to correct an inverted nipple and restore the desired nipple projection. This procedure is considered cosmetic and not covered by government health plans.

This surgical correction may be performed under local anesthetic and there is no significant recovery time. Many clients are happy with their new physical appearance and are more confident to go bare after this surgery.

labial reduction

Labial reduction, also known as labiaplasty is a surgical procedure designed to reshape and reduce the size of the labia minora. Enlarged or hypertrophic labia minora can be functionally, psychologically and socially distressing.

Indications for labial reduction surgery include:

- Large labia
- Asymmetric labia
- Physical discomfort or irritation
- Interference with sexual intercourse

Reduction of the labia minora is performed under local or general anesthesia and the surgical technique may vary based on individual patient characteristics. Care is taken to obtain as natural a result as possible and to avoid over-resection of the labia. Scars are minimal. Patients may return to their daily routines after approximately one week but should avoid strenuous activity and sexual intercourse for four weeks after surgery.

ear pinning

Otoplasty, also known as 'ear pinning', is a procedure usually done to set prominent ears back closer to the head or to reduce the size of large ears. The operation is commonly performed on children after the age of four. Ears are almost fully grown by age four, and the surgery may minimize the amount of teasing a child may have to endure. The surgery is also performed on adults. Even when only one ear appears to protrude, surgery may be performed on both ears for better symmetry.

The surgery generally involves a small incision on the back of the ear to expose the ear cartilage and non-removable stitches may be used to help achieve and maintain the new shape. In most cases, ear surgery will leave a faint scar in the back of the ear that will fade with time.

The operation may be performed:

- Under local or general anesthesia.
- In 90 minutes depending upon the surgical plan.

Lily's Makeover

Rejuvalift with Dr. Elmaraghy

1. Free consultation

Lily's Rejuvalift makeover started with a free consultation with Sarah, where Lily discussed her areas of concern and learned about the various treatment options available to her. Lily's concerns were lines on her forehead, under eye hollows that were making her look tired, sunken cheeks and the lines that run from the corner of her nose to her lips. Sarah tailors a treatment plan to address these concerns and discusses pricing.



2. Rejuvalift procedure

Dr. Elmaraghy, Plastic Surgeon, administers Restylane™ and Dysport® to achieve Lily's Rejuvalift. Restylane™ is a dermal filler to restore lost volume and was used in Lily's under eyes, cheeks, nasal labial folds, pre-jowel and chin. Dysport® is a neuromodulator, similar to Botox®, that stops dynamic wrinkles and was injected into Lily's forehead, glabella and crows feet.

3. Natural, youthful results.

Lily is very pleased with her results. After her treatment, she returned to her usual routine. Rejuvalift requires no downtime. See videos of the consultation, injection procedure, and testimonial.

Watch the videos on **You Tube**

www.youtube.com/RejuvenateKW



Before



After



Call Rejuvenate Medical Spa to book your free consultation: (519) 745 9900

Sunscreen: NOT ALL CREATED EQUAL!

People are under the false assumption that sunscreen should be worn in the summer time. The fact is the sun is around us during all months and sunscreen should be used daily. We fail to see how much exposure we get in an average day. Consider the exposure you get through your car window on the way to work, work windows, going for a walk, gardening and the list goes on. It is important to know that protecting your skin year round is important. Sunscreens should be used daily if you are going to be in the sun for more than 20 minutes. Most people will receive this amount of sun exposure while performing routine activities.

There are many cosmetic products available today that contain sunscreens for daily use because sun protection is the principal means of preventing premature aging and skin cancer. Sunscreen used on a regular basis actually allows some repair of damaged skin. Sunscreens can be classified into two major types: chemical and physical. Chemical sunscreens contain special ingredients that act as filters and reduce ultraviolet radiation penetration to the skin. These sunscreens often are colorless and maintain a thin visible film on the skin. Physical Sunscreens, most often referred to

as sunblocks, are products containing ingredients such as titanium dioxide and zinc oxide which physically block ultraviolet radiation (UVR). Sunblocks provide broad protection against both UVB and UVA light.

With so many brands on the market we strongly recommend using a sunscreen with an SPF 30 or greater year-round for all skin types. At Rejuvenate Medical Spa we have sunscreens that provide great protection without feeling like you are using sunscreen. Our products feel and look more like a moisturizer and are make-up friendly. Our sunscreen brands are BioPhora, Tizo and Obagi and are designed for all skin types and conditions. All of the listed brands are cosmeceuticals which is a synergy between cosmetics and pharmaceuticals. Like cosmetics, cosmeceuticals are topically applied, but they contain ingredients that influence the biological function of the skin. Cosmeceuticals contain higher quality ingredients and most products are heavily researched.

Here are our top 3 picks for the best sunscreen ...



TIZO3's tinted facial mineral sunscreen offers superior sun protection in a silky, cosmetically elegant lotion, with a non-greasy matte finish.



All Biophora products have been created in collaboration with cosmetic plastic surgeons, anti-aging specialists, naturopathic doctors and chemists.



Non-greasy, PABA-free, and fragrance-free formula for all skin types that applies completely sheer in an elegant matte finish that feels great on your skin.

Visit Rejuvenate online:



@Rejuvenate_Spa



/RejuvenateMedSpalnc



consultations@rejuvenatemedspa.ca



www.rejuvenatemedspa.ca

Make-up on hot and humid days



1. *Tinzo Sunscreen*

Designed to fully protect the skin with 40 SPF while adding the perfect colour. Great for all skin types (\$43.99)

2. *Laguna Bronzer*

Offers the perfect 'sunkissed' look for a guilt free sun glow (\$30.99)

3. *Lipgloss*

Formulated to give extreme shine with a stay-put application for long lasting wear (\$16.99)

4. *Eye Pencil*

Premium quality eye- liner pencils. Hypo-allergenic and great for sensitive eyes. (\$14.99)

5. *Mascara*

Lengthening formula, smudge proof and fiber free with no plastics or sealers (\$21.99)

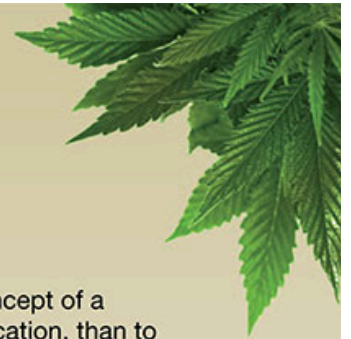
Did You Know?

Rejuvenate's makeup is made in Canada 🇨🇦

How to apply bronzer

There is no good or safe way to tan in the sun. None. The best way to get a natural looking glow is from products and with makeup. It can make your skin look sun-kissed even when it's protected with sunscreen. Bronzer looks best when applied lightly to all the spots where the sun naturally shines. With a brush, create the number "3" on both sides of your face. Start at the top of your forehead, dust it along your cheeks and sweep it across your jawline all the way to your chin. Remember to blend it into your neck. Forgo the suntan and "fake bake" by investing in Rejuvenate Medical Spa Laguna Mineral Bronzer, perfect for any skin type and the perfect healthy glow.

Staycation Spa Day



The mere idea of taking a vacation can be for most moms, frightful, at best. The intensive planning that is required, rescheduling or your kids have too many activities to attend, or maybe finances are tight or sometimes you just can't because of a busy stretch at work is keeping you here. Whatever the case may be, it doesn't take away the desire to have a vacation! When and how does one plan a vacation without the stress of trying to getaway. Everybody needs even one day to recollect, to recharge their batteries and simply distress. Unfortunately, planning a trip becomes in itself stressful and how many of us say we need a vacation after our vacation? Getting away doesn't mean leaving the city anymore now that more and more moms are opting for staycations.

Relaxing and taking a break locally may seem like a boring, incredulous notion but consider the money you would save and the stress you'll avoid. Also, you wouldn't have to wait for spring break or summer holidays in order to indulge for a day or two. The concept of a staycation is quaint and there is a simplicity found in the idea as one no longer has to schedule in time to plan a vacation. The concept of a staycation is enticing when you consider how easy and non-stressful it can be to plan. Imagine this... sleeping in and waking up only to realize that you will be spending 5 hours at an elegant spa where lovely estheticians will be waiting to take you away to an afternoon of pampering.

What better way to test the concept of a staycation, or in this case a spacation, than to indulge in a day of bliss and relaxation at Rejuvenate Medical Spa. This is a great way to recharge your soul whilst others pamper you for a day and all the cares in the world melt away. Start your relaxing day with an invigorating Rejuvenate facial, followed by a Rejuvenate manicure and pedicure. A light lunch is provided in our posh lounge and then you'll be taken away to enjoy a tranquil, relaxation massage.

You will float out of our spa without a care in the world ready to tackle whatever life has waiting for you. What a great way to rejoin your family with a more relaxed attitude. Forgo the stress and treat yourself to a staycation at the spa now not later. We often forget that in order to take care of our loved ones we must remember to take care of ourselves first and what better way to take care of number one than to allow a spa to do it for you?

Summer Spa Packages

Manicure & Pedicure (2 hours)	\$79
Relaxation Massage & Facial (1 hr 45 min)	\$110
Relaxation Massage, Facial, Manicure & Pedicure (3 hrs 45 min)	\$189

* Enjoy our summer spa packages until August 31st

