



We are
HIRING
Estheticians, RMT,
and Receptionist.
Drop off your resume.

Staycation

How a spa day
can turn into
an ultimate treat

5 step
make-up
for hot +
humid days

INSIDE:
Before &
After Pics

Is your
Frown
a I, II, or III ?



Q & A
LASER
HAIR
REDUCTION

Sunscreen
Do's &
Don'ts

ENTER TO
WIN
Botox



(519) 585-0854

www.SpaSurgica.com

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www.RejuvenateMedSpa.ca

Time to Relax....

Our Relaxation Massages will leave you relaxed, refreshed, and rejuvenated.

Massages have been used in civilizations all over the world. It is likely one of the simplest, oldest, and most commonly used therapies known to humankind. Benefits include, but are not limited to, pain and tension alleviation, improved circulation, improved range of motion, and general relaxation where physical as well as emotional healing may take place.

As every person is different, so is every massage. We prefer to combine 3 modalities together to ensure the most relaxing and beneficial treatment possible; leaving our clients feeling relaxed, balanced, and rejuvenated.

Included in every massage is an amount of reflexology based on the client's individual needs. Typically we will work reflexology on the feet, head, and face, focusing on the areas that require the most attention. Reflexology, another ancient practice, is applying gentle pressure to specific points on the body that have direct relation to body systems and functions. Triggering these points sends messages through the nervous system to those functions and systems to perform at highest levels. As an example, if the client is suffering from a head cold, the aesthetician would trigger the sinus, adrenal glands, and neck points on the feet, and would work all of the head, forehead, eye, sinus, and ear points on the face. Triggering these points will assist the body in relaxing and recovering faster.

With our clients' permission, we also include a small amount of Reiki into the treatment. Yet another ancient practice, Reiki is simply put energy work. We are all made up of energy that is continuously flowing around us. We can often feel other people's energy in our daily movements. If you walk into a room where two people

have been arguing, you can feel the tension around them. This is spatial energy. Reiki assists in keeping the flow of energy smooth and balanced throughout. Reiki is typically a pleasant, warm tingling sensation, and cannot harm the client, the energy will go where it is needed. We focus on certain points based on individual needs. Finishing every massage is balancing the 7 main chakras in the body, gently hovering over the torso for a minute at each point envisioning well-being and balance.

Enhancing your massage by adding heated stones is the ultimate in relaxation and bliss. Using various sizes of lava stones, the aesthetician will gently glide them over the body to promote even deeper relaxation and healing. As the heat penetrates as deep as, if not deeper, than a traditional deep tissue massage, the client will receive all the benefits of the deep tissue massage without the pain that so often accompanies them. While still working where the client's body needs the most attention, the heat will allow the client to relax quickly, which in turn enables the body to heal where it is the most stressed. Throughout the massage, the aesthetician will gently place various heated stones on the body while working on other areas, ensuring comfort and warmth. Placing toe stones between each toe is a gentle yet lovely stretch for each toe.

With stones or without, each massage is a well-earned gift to yourself that will leave you relaxed, refreshed, and of course, rejuvenated. ✨

Our Relaxation Massages start at \$45 for 30 minutes and \$85 for 60 minutes.



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.

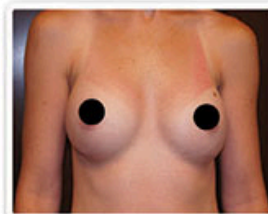
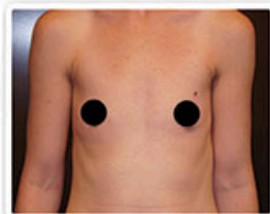
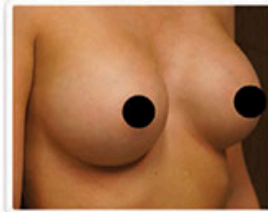
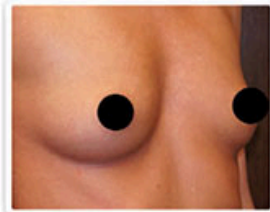
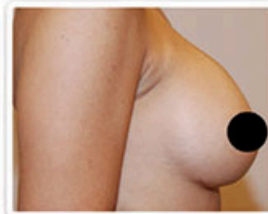
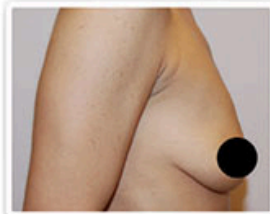
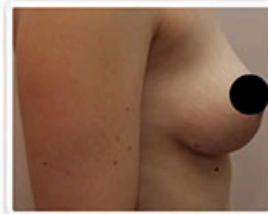
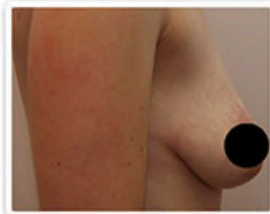
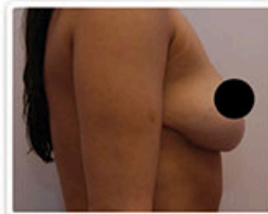
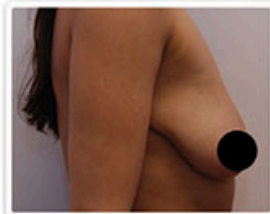
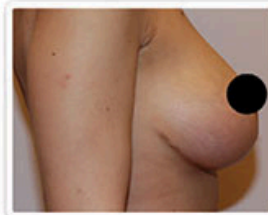
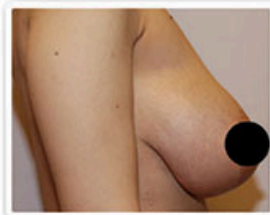
Dr. Elmaraghy developed additional expertise in 1998-9 by completing fellowship training at Georgetown University, Washington D.C. in the fields of aesthetic, reconstructive, and breast surgery. Dr. Elmaraghy began his private practice in the Kitchener-Waterloo area in 1999. He has published several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

SpaSurgica's Gallery of Breast Enhancement

BEFORE

AFTER



Breast Lift (mastopexy)
with no implant

Breast Augment
with implant

To learn more about plastic surgery, visit SpaSurgica online:



@SpaSurgica



/SpaSurgica



info@spasurgica.com



spasurgica.com



Is Your Frown a I, II, or III?

Want to win your next Botox treatment?
Enter our social media contest!



1. Take a selfie with your strongest, and toughest frown lines.

2. Post to Instagram, Twitter, or Facebook.

3. Be sure to tag us!

Twitter: @Rejuvenate_Spa

Facebook: @Rejuvenate Medical Spa

Instagram: @RejuvenateMedSpa

We will then retweet or post your picture, and let the voting begin! The meanest frown with the most re-tweets, favourites, likes, and comments wins a Botox treatment to get rid of those 1, 11, or 111s.

Don't forget to get your friends involved! The more votes, the greater chance you have of winning!!!

Results announced on August 31st on our social media pages...May the meanest frown win!!

Tired of Tired Eyes?

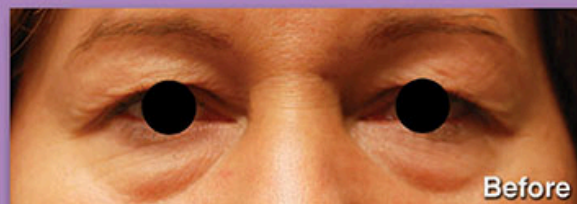
Are you tired of the question: 'Are you tired?', when you are in fact well-rested. This is often one of the first signs that your eyes look more tired than you actually are. Thanks to gravity, natural aging, family history, and our stress-induced lifestyle, we are showing signs of aging in our eyes more than ever. Unfortunately, there is a time when topical creams, no matter how beautiful cream bottles might look, are not going to remove the excess, sagging, or wrinkled upper and/or lower eyelid skin.

What works? An eyelid lift, also known as a blepharoplasty, is a surgical procedure intended to produce a rested and more youthful appearance of the eyes. This permanent procedure generally includes excision of excess skin, fat and muscle from the eye lids. A blepharoplasty is custom tailored to your needs and depends upon one's anatomy and goals, as well as Dr. Elmaraghy's expert judgement, but often involves surgical removal or laser resurfacing of loose and wrinkled skin.

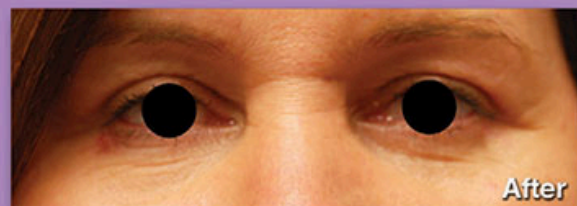
To complement a blepharoplasty, Spasurgica clients often combine their surgical procedure with Botox to stop dynamic wrinkles, filler to replace lost volume and smooth out creases, laser peels to help refresh skin texture and a facelift or laser resurfacing to rejuvenate the entire face.

In addition to excess skin, many people complain of having lost the natural upper eyelid crease over time. In extreme cases, this excess skin can even impede one's vision.

These are sure signs that it is time to visit with Dr. Elmaraghy to discuss your options and a potential plan for a blepharoplasty procedure. In the photos below, this client of Dr. Elmaraghy had excess skin removed from her upper eyelids, and excess fat removed from under her eyes. Her transformation is remarkable and her surgery has taken years off, appearing well rested and rejuvenated. There are plenty of options, but the first step is to consult with Dr. Elmaraghy to discuss what may be recommended for you. A blepharoplasty may be a way for others to finally see into your soul, rather than ask you "...are you tired?"



Before



After

Sunscreen

Do's & Dont's

Sunscreen Do's

- ✓ Do reapply your sunscreen. Reapply sunscreen every two hours. This is the best way to ensure you are protected.
- ✓ Do wear sunscreen under your SPF makeup for an added layer of protection.
- ✓ Do wear hats and cover-ups for added protection.
- ✓ Do wear sunscreen on a cloudy day. Clouds will only block 20 percent of UV rays, so adding sunscreen will give you better protection.
- ✓ Do opt for protection that is higher than 15 SPF and works against both UVA and UVB rays. We sell sunscreen as high 50 SPF. They are not greasy and do not appear as a white film.
- ✓ Do apply sunscreen at least 15 minutes before going outside. It takes at least that long for your skin to absorb the lotion.
- ✓ Do remember to apply SPF to your lips as well. Use our lip balm with SPF 15 when in the sun.
- ✓ Do get in the habit of always wearing sunscreen. Sunscreen should be part of your everyday life; especially in the summer time.

Sunscreen Don'ts

- ✗ Don't assume a "base tan" is healthy or will protect you from getting burned- tanned skin provides an SPF of less than four.
- ✗ Don't apply sunscreen over burned areas to try to stay in the sun longer.
- ✗ Don't forget that a change in your skin colour is a sign of damage and increases your risk of premature skin aging and skin cancer.
- ✗ Don't ever use petroleum jelly, butter, egg whites, or other "home products" on your sunburn.
- ✗ Don't use spray sunscreens, as it is easy to miss spots or you can apply too little.
- ✗ Don't just use your makeup as sunscreen. It's great as a complement to sunscreen, but most of us do not wear enough makeup nor do we reapply enough for the provided SPF to be effective.
- ✗ Don't assume because you are naturally tanned, that you do not need sunscreen. Sunscreen should be worn by all skin types and all skin colours.
- ✗ Don't assume youthfulness protects you from the sun. Age does not determine how protected you are from the UVA or UVB rays; sunscreen does.



\$60.00

Obagi Sun Shield

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.



\$62.00

Biophora Daily Protection SPF

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



\$44.00

TiZO3 SPF 40

TiZO3's tinted facial mineral sunscreen offers superior sun protection in a silky, cosmetically elegant lotion, with a non-greasy matte finish.

Visit Rejuvenate online:



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www.rejuvenatemedspa.ca



Q&A

Laser Hair Removal

Rejuvenate Medical Spa uses the LightSheer® state-of-the-art system that is specifically designed to remove unwanted hair faster, with less discomfort and more reliability than any other method.

There are a number of important features that have made the LightSheer® the best technological choice for hair reduction:

1. **Efficacy:** the LightSheer® targets hair follicles with high power and a high fluence for excellent, long-term results
2. **Clinically proven safe and effective:** due to the large number of LightSheer® systems in the field, many long-term clinical studies have been undertaken
3. **Unique output control:** enables treatment of nearly every hair diameter and color
4. **Advanced and patented ChillTip®** - provides continuous contact cooling of the skin with superior epidermal protection, maximizing patient comfort

Who is Laser Hair Removal appropriate for?

Men and women who have darker, coarser hair that appear in places which may make them uncomfortable – like on the face, neck, abdomen, breasts, legs, underarms, shoulders, chest, or back.

Understanding hair removal

In the past, the usual remedies for unwanted hair included plucking, shaving, waxing or chemical depilatories. Some are painful and messy, and all are only temporary.

For long-term hair removal, electrolysis is popular and effective, but is a time-consuming procedure, which can be painful, and is useful only in removing hair in small areas. During electrolysis, an electric current passes through a needle to destroy each individual hair root. It typically takes months and numerous regular visits to clear even small areas, like the upper lip. Laser hair removal is a more effective solution. The LightSheer diode laser is a state-of-the-art system specially designed to remove unwanted hair faster, with less discomfort, and more reliably than other methods.

About LightSheer Laser treatment

A laser produces a beam of highly concentrated light. The light emitted by the LightSheer® diode laser is well absorbed by the pigment located in hair follicles. During the procedure, the laser pulses for a fraction of a second, long enough to heat up the hair and significantly impede the follicle's ability to re-grow. This process also treats numerous hair follicles simultaneously. Therefore, LightSheer is appropriate for treating even the largest areas of the body both quickly and effectively.

An important part of the procedure is the cooling of the skin, to ensure the most comfort possible. A special contact-cooling handpiece allows your aesthetician to treat even the most sensitive skin. It protects and cools the upper layer of the skin before, during, and after each laser.

What can you expect?

The length of a laser treatment may last anywhere from a few minutes to an hour or more, depending on the size of the area being treated. It is important to know that the hairs in an active growth phase (referred to as anagen) are most affected by the laser. As all hairs are not in this phase at the same time, more than one treatment will be necessary to achieve the best result.

The laser treatment itself may cause some discomfort. Most patients tolerate the procedure well, but because some areas of the body are more sensitive than others, topical anesthesia can be an option, but is rarely required.

The appearance of the treated area immediately following treatment will vary from patient to patient depending on the extent of the procedure and skin type. Side effects, if any, are minor. They may include redness and swelling around the hair follicle, which are, in fact, desired clinical results and indicate that the follicle has responded to the treatment. Most people return to normal activity immediately after treatment. It is not recommended to perform any sort of physical activity involving sweating for up to 24-hours post treatment.



QTICA Home Exfoliation

Qtica Smart Spa sets contain 1-5oz Sugar Scrub, 1- 2oz Lotion, 1- 2oz Shower Gel and one exfoliating loofah packaged in a clear zippered cosmetic bag.

\$32

LightSheer is clinically proven to deliver hair reduction results. Unlike many lasers, LightSheer safely treats all skin types (Fitzpatrick I–VI), including tanned skin. LightSheer has become the most popular photoepilation system in the world.



Make-up Tips on Hot & Humid Days

1. Tizo 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

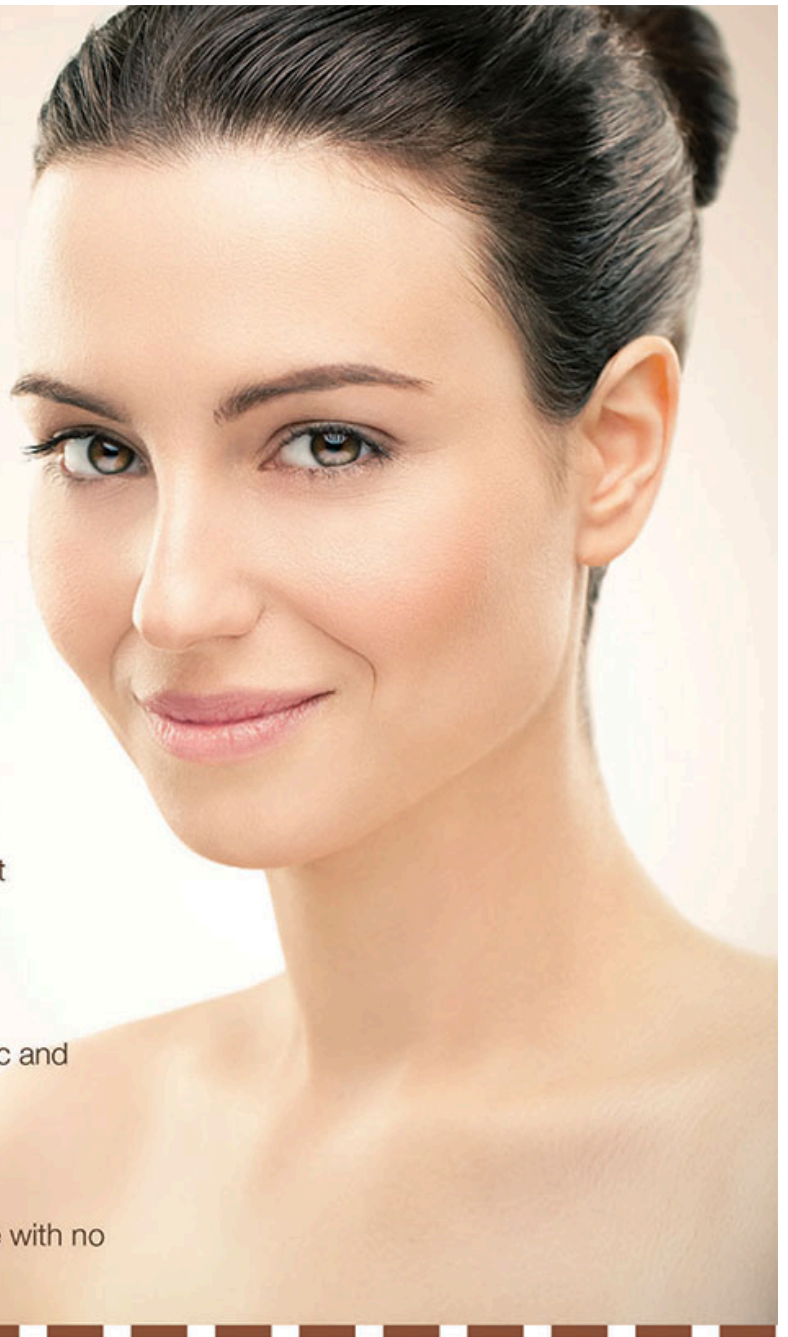
Formulated to give extreme shine with a stay-put application for long lasting wear (\$16.99)

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)



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.

Did You Know?

Rejuvenate's makeup is made in Canada



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 get away. Everybody needs even one day to recollect, to recharge their batteries, and simply de-stress. 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

