

 *SpaSurgica*
 &

 REJUVENATE
 MEDICAL SPA

*Dr. Elmaraghy's
 Top Pick Treatment Inside!*

Before
 & After

Breast Augment
 Tummy Tuck
 Nose Job

ENTER TO
WIN
 REJUVENATE
make-up

*One Hour
 Non-Surgical
 Facelift*

*Botox
 or Filler*

WHAT'S THE DIFFERENCE?

6 MUST
 HAVES FOR
 FLAWLESS SKIN

WHAT DO
MEN
 WANT?

Time to
TAKE CARE OF *You*



	<p>(519) 585-0854 www.SpaSurgica.com 135 ERB ST. EAST, WATERLOO, ON (519) 745-9900 www.RejuvenateMedSpa.ca</p>
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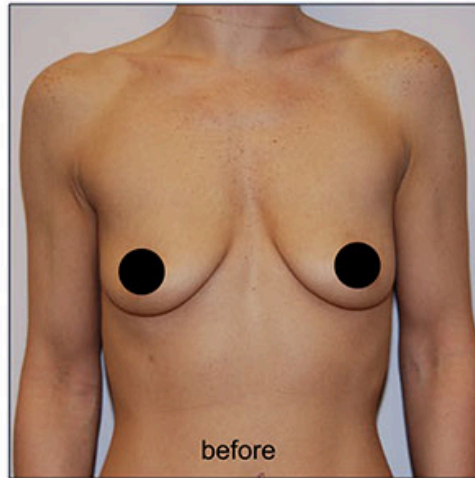
Top Plastic Surgery Procedures

Breast Augmentation

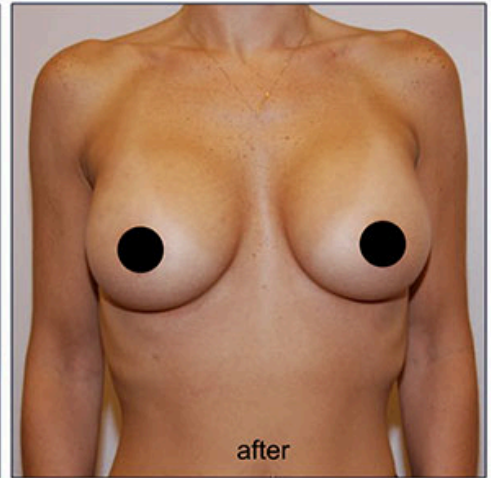
Designed to enhance the size and shape of the breasts by the insertion of breast implants. Cost: \$6400-\$8500

45%

Increase in breast augmentation surgeries since 2000



before



after



before



after

Tummy Tuck

Also known as an abdominoplasty, is a surgical procedure designed to flatten and improve the appearance of the abdomen. Cost: \$6500-\$10,000

72%

Of Canadian women would like to change the shape of their abdomen, according to a 2012 study by Syneron Medical

Rhinoplasty

Nose surgery is a surgical procedure designed to improve the overall appearance of the nose or to correct certain features by re-shaping the nose. Cost: \$8800

243,772

Rhinoplasty procedures performed in the U.S. in 2011



before



after

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.

Dermal Fillers such as Restylane are a clear gel 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.

Botox

Can be used here...

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

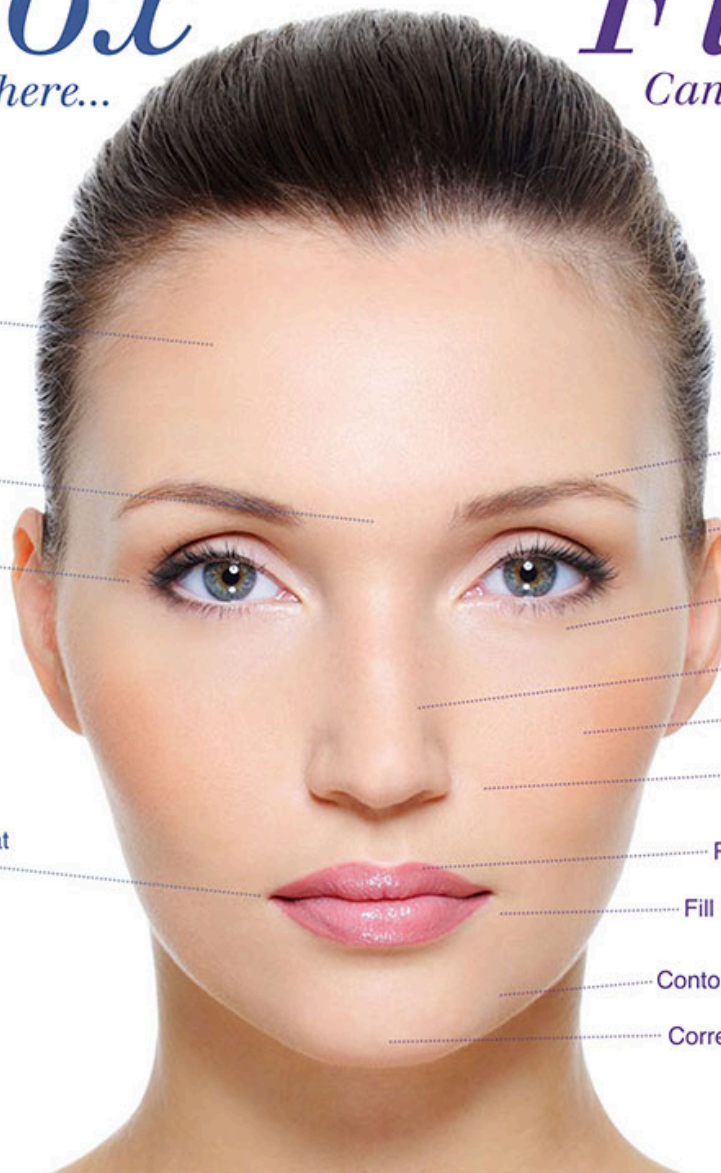
Smooth nasal-labial folds

Plump lips

Fill marionette lines

Contour jawline/reduce joweling

Correct chin contour



COSMETIC SURGERY FOR MEN

Not just women enjoy the benefits and rewards of cosmetic surgery. When you visit almost any spa or clinic, you're bound to see men and women eagerly awaiting facial and body rejuvenation. Every year more and more men are opting for cosmetic procedures: recent data from the American Society of Plastic Surgeons (ASPS) show that in 2011 men underwent almost 800,000 procedures (or 9% of all surgical and nonsurgical cosmetic procedures performed that year), up by an impressive 121% from 1997.

Public perceptions have changed: it has become increasingly acceptable for men to have cosmetic surgery and treatments. While many people picture celebrities when they think of men who choose to have cosmetic surgery, it is also men most of us would never think of ever having cosmetic surgery that do. Some examples include: younger men who want to maintain their good looks, older men who want to reverse age-related changes and men who want to project a powerful, more energized profile at work, at home and at play.

Aside from society's change in attitude towards male cosmetic surgery, perhaps the biggest reason for the rise in male cosmetic surgery is the vast improvement in treatment options, technology and products that have been developed over the years. Recovery times are shorter and procedures involve less risk than ever before. With the recent tendency toward minimally invasive surgery and nonsurgical rejuvenation techniques, men who tend to be less tolerant of recovery time are pursuing more treatments than ever before. In addition, although cosmetic procedures were designed with



a woman's form and figures in mind, surgeons have become more sensitive to the unique needs of men and a skilled Plastic Surgeon will know the varied techniques necessary to provide male patients the results they desire.

Whatever the reason, for men today looking and feeling good with the assistance of Plastic Surgery have never been easier!

Follow
SpaSurgica



Top 5

Plastic Surgery
procedures for men:

1. Liposuction
2. Rhinoplasty
3. Eyelid surgery
4. Gynecomastia
5. Facelift.

Non-Surgical Facelift in ONE Hour

Note to self:
Skip the latté today
& put my money
toward my Rejuvalift!

Rejuvalift is our signature, non-surgical facelift that combines the best of both worlds: Botox® and Filler to provide our clients with a non-surgical face lift.

Look years younger without the need for surgery without feeling like you look “plastic”. No question, your friends, family and colleagues will pay compliment to how refreshed and rejuvenated you look – yet no one will know your secret. Dr. Elmaraghy, Plastic Surgeon, administers all of the Botox® and filler treatments at Rejuvenate Medical Spa. In less than an hour, the clock of time is turned back before your eyes. These amazing results are achieved by returning lost volume through the use of fillers. The hyaluronic based gel provides suppleness and can assist in recontouring and plumping up areas that lack volume. Incorporating Botox® into this treatment addresses dynamic wrinkles, the wrinkles that are caused by facial animations. Botox® helps to relax and smooth these troublesome areas while you maintain a natural look. Clients leave with a dramatic and yet inconspicuous result of a facelift with minimal risk and down time.



So what do men want?

“what women want...”

Only the best at

*SpaSurgica & Rejuvenate
Medical Spa”*

Did you know?

You can get younger looking hands with filler and photorejuvenation (BBL).

You can get luscious, long lashes with Latisse for under \$4 /day.

2,437,165 people had Botox in 2010
1,315,121 people had filler in 2012

Men who do not want to go the surgical route, but want to have a little work done, can benefit from our signature Rejuvalift treatment.

Restylane may be used to give facial contouring, build up a weak chin or jaw line, restore volume to areas of the face that demonstrate age-related atrophy such as laugh lines and under-eyes sagging. Botox® injections help men rid themselves of unsightly frown or worry lines and wrinkles.

Now that the taboo against men performing medical spa services has been lifted, the sky is the limit in this growing industry. Why not? Along with men’s open desire for youth, health, and fitness it is now a familiar practice for men to make regular appointments to receive every bit of attention and care that women do. Rejuvenate Medical Spa always welcomes male clients where a customized treatment plan and an attentive staff ensure optimal care and results.

6 Mineral Based Makeup

Make-up that won't clog pores or accentuate lines and looks and feels natural. Mineral make-up is good for your skin, contains mica instead of harmful talc. It's more refined than your traditional drug store make-up and provides long lasting wear. Prices start at \$16.99.



1 Photorejuvenation (BBL)

Treat and transform your skin using our state-of-the-art laser technology. Remove brown spots, sun damage and reduce redness. BBL gets you one step closer to flawless skin. A treatment starts at \$400.

2 Cosmetceutical Skin Care

Top quality ingredients paired with the most up to date skin care technology and research. Medical Grade Skin Care is not available in drug stores, and is only sold at medical spas with a staff physician. Each product is selected and tailored to your needs. Skin care packages start at \$150.

5 Facial

Reward your skin with a relaxing facial using our medical grade skin care. Our facials achieve results! You will not only feel relaxed but your skin will look rejuvenated, luminous and hydrated. Prices start at \$90.

Must Haves for Flawless Skin



4 SkinTyte

Boost your collagen and make your skin firmer and tighter. This is the perfect treatment to add to your beauty arsenal and one of the best kept secrets of anti-aging. A treatment starts at \$170.

3 Chemical Peel

Take exfoliation to a whole other level. Lighten, brighten and improve the texture of your skin with this simple in clinic treatment. Great for after a BBL to help accelerate cell turn over and exfoliation. A treatment starts at \$150.



Q *Who should you trust with treatments like Botox and Dermal Filler?*

A *a Plastic Surgeon, that is a Fellow of the Royal College of Physicians and Surgeons of Canada.*

There has been a lot of controversy raised in the media surrounding who should perform injectable treatments such as Botox and Dermal Filler. The market is inundated with salons, spas and medical spas performing injectable services. Our advice: be prudent and remember that injectables are considered a medical procedure.

Dr. M. W. Elmaraghy's eye for detail and meticulous nature will set him aside from others. Knowing who is performing your injectable services is extremely important and an integral part in achieving the results you want. We believe that experience is key and the best advice is to defer to an experienced and board certified plastic surgeon who is a Fellow of the Royal College of Physicians and Surgeons of Canada (FRCS(C)).

Dr. Elmaraghy performs all injectable services at Rejuvenate Medical Spa and SpaSurgica.

Dr. M. Elmaraghy M.D., F.R.C.S. (C) attended medical school at the University of Toronto 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 Honour Medical Society. Dr. Elmaraghy completed a five-year residency in Plastic and Reconstructive Surgery at the University of Western Ontario. At Georgetown University in Washington, D.C., Dr. Elmaraghy completed a Fellowship in Aesthetic Surgery of the face and body.

Dr. Elmaraghy is currently a certified Fellow of the Royal College of Physicians and Surgeons of Canada, with a specialist certificate in Plastic Surgery. Dr. M. W. Elmaraghy is a Board Certified Plastic Surgeon who knows the complex surgical anatomy of your face and is a professional you can trust with your cosmetic services.

We encourage you to seek out the cost factor as well; we are competitive with Medical Spas in the area so why not go to the most highly trained Physician and Surgeon that objectively has the highest level of education achieved in aesthetic medicine.



We asked Dr. Elmaraghy:

What is your favourite treatment to recommend to your clients?

“ *Profractional laser resurfacing treatments. Men and women often come to see me about wanting to improve the look and feel of their skin and get a more youthful glow. With the assistance of an erbium laser, I can offer my clients an in-clinic treatment that resurfaces a portion of the skin surface with this safe technology to achieve refreshed skin.*

One week after this treatment, my clients are beaming with improved skin texture, elimination of fine lines, elimination of browning or blotchiness, reduced size of pores, and less acne scars. Results are visible after one treatment, but often optimal results are seen with two to three treatments.

I like this laser resurfacing because there is no risk of scarring, it is ideal for all skin types, and promotes rapid healing. After a few days, my clients are a bit pink but they can easily cover this with make up. In a week or so, they have healthier looking skin that is illuminated with more elasticity and a glow that is priceless.

I enjoy hearing my clients say that they love their new skin tone, they look more rested, and are thrilled to see the fine lines around their eyes are diminished and past acne scars have decreased. Simply, this treatments helps turn back the clock and deliver younger, more rejuvenated skin. ”

FROM *Facelifts*
TO *Pedicures:*



DR. M.W. ELMARAGHY
M.D., F.R.C.S.(C)

ALL UNDER ONE ROOF IN UPTOWN WATERLOO

The Kitchener-Waterloo community is vibrant, professional, and demands only the best. This is why Dr. M.W. Elmaraghy, board certified plastic surgeon, developed an integrated approach to meeting this community's aesthetic needs in his new uptown Waterloo location at 135 Erb Street East, on the southeast corner of Erb Street and Moore Avenue. Both SpaSurgica and Rejuvenate Medical Spa offer a unique and holistic approach to clients as a destination to have plastic surgery in a fully accredited facility by the Royal College of Physicians and Surgeons, minimally-invasive aesthetic procedures, laser treatments, spa services, and a private overnight retreat environment—all under one roof.

Plastic Surgeon, Dr. Elmaraghy, founded SpaSurgica nearly 15 years ago near Belmont Village and has met thousands of patients and clients over the years who have come to discuss how plastic and reconstructive surgery can help address their personal concerns and needs. With great technological advancements in non-surgical options using lasers and high grade cosmeceutical products, Dr. Elmaraghy also founded Rejuvenate Medical Spa to offer the Kitchener-Waterloo community with a premier medical spa. Together, these two businesses offer clients an unsurpassed experience of luxury, current medical technologies and products, a highly qualified team of professionals under the guidance of Dr. Elmaraghy, and the ultimate treat of pampering clients along the way.

Surgery, of course, requires consideration of the associated risks and yet can offer significant benefits to those who are good surgical candidates. Indeed, many of Dr. Elmaraghy's SpaSurgica clients have benefited and enjoyed the great results of their breast augmentation, nose surgery, facelift, tummy tuck, liposuction, and other cosmetic surgeries. There are, however, many clients who do not need to have surgery and can take advantage of the great advances in medical technology and innovative non-surgical procedures to also achieve dramatic aesthetic improvements with minimal or no down time.

Rejuvenate Medical Spa can offer an option to these clients and patrons.

Medically directed by Dr. Elmaraghy along with the support of a specialized team of nurses and medical aestheticians, Rejuvenate Medical Spa offers clients non-invasive and non-surgical options to meet their needs and accommodate their busy schedules. Fractionated laser resurfacing using the latest laser technology can dramatically change the texture of skin, treat discoloration, pigmentation, and fine wrinkles and over time produce collagen to provide clients with a rejuvenated and refreshed appearance. A dramatic development in the cosmetic industry has increased the use of both dermal fillers, like Restylane, and Botox, an agent used to relax dynamic wrinkles, to achieve a 'non-surgical face lift'. Rather than simply pulling the skin to achieve tightening, fillers are injected to restore volume loss that has been created over the years in the natural aging process. These treatments are only performed by Dr. Elmaraghy himself, so you know you are getting the most qualified medical professional to take care of you.

"NON-SURGICAL TREATMENTS CAN BE VERY AFFORDABLE, BUT THE FIRST STEP IN ADDRESSING YOUR AESTHETIC NEEDS..."

Despite what you might think, these non-surgical treatments can be very affordable, but the first step in addressing your aesthetic needs is to book a complimentary consultation with Rejuvenate Medical Spa consultant who can tailor a package for you. Similarly, Dr. Elmaraghy recommends medical grade cosmeceutical products to use at home and that are upheld by scientific evidence and medical studies to achieve dramatic results, so you don't waste your time and money with ineffective products.

Both SpaSurgica and Rejuvenate Medical Spa clients are cared for by an integrated team of experts who can provide you with both surgical and non-surgical options in a relaxed environment. For those who want to add the retreat experience and stay in our overnight facilities, you can also book to stay in our fully furnished and modern apartments where you are cared for around the clock by our medical staff.

We also want to pamper all of our clients and guests with superb manicures, facials, massages, body scrubs, pedicures and other spa treatments by our Rejuvenate Medical Spa aestheticians. Come and visit KW's newest, comprehensive cosmetic facility.



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