

 *SpaSurgica*
 &

 REJUVENATE
 MEDICAL SPA

Spring into
 your new skin
 care today!

**Breast
 Enhancement**
 Before
 & After

*Wedding
 Day Ready*
 Head to Toe

**A Facelift
 Journey**
 – It's not
 about vanity

BIOPHORA™
 Skin care Easy as **1,2,3**

SKIN **911**
BBL to the
 Rescue!



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(519) 585-0854
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135 ERB ST. EAST, WATERLOO, ON

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A Facelift Journey

Due to exposure to the elements, such as the sun, and the natural aging process, facial skin begins to lose elasticity and, with time, show signs of aging. Many men and women do not feel that their facial appearance is an accurate display of their numerical age. As our society progresses, we are living longer and feeling younger in our 50s, 60s and 70s than previous generations. No wonder then that many baby boomers from every walk of life are electing to have a facelift. Many clients that visit Spasurgica to speak to Dr. M.W. Elmaraghy note how they want to look as young as they feel.

The good news is that there are many non-surgical procedures that can be used to help slow down this aging process and help restore some of the youthful look many seek to achieve. There are limitations, to non-surgical treatments and some signs of facial aging requiring surgery. This is where a facelift may help.

A facelift, or rhytidectomy, is a procedure that can address wrinkles, sagging skin, and laxity in the jowls and neck.

With many celebrities donning bad facelifts that make them appear fake and unnatural, the facelift has received a bad reputation of sorts. The goal of any facelift is to remove many of the excess skin that contributes to sagging skin and wrinkling. A facelift is not meant to unnaturally pull the skin to achieve a fake, overly tight face. The best facelifts are the ones that you would never know.

If you have been considering a facelift to reverse the signs of aging, it is useful to know what a facelift can and can't do. One of the strongest indications of a facelift candidate is this excess laxity of the skin in the lower third of the face or jowls and neck. Here is where volumizing with filler can be ineffective and a facelift may be necessary. A facelift provides an overall lift to the lower third of your face by tightening and re-suspending loose skin in the jowls, neck, and jawline; it does not correct visible signs of aging in the upper face.

A facelift alone will not remove forehead wrinkles, crow's feet or bags under your eyes. Yet these areas can be treated at the same time with other procedures such as a browlift or eyelid surgery. Other great add on treatments can be added as well, such as Botox and Dysport to stop dynamic forehead wrinkles and crow's feet, and laser skin rejuvenation to improve skin texture, brown spots, overall fine lines, and deeper wrinkles.

After a facelift, the natural aging process continues. Lifestyle, bone structure, skin type, sun exposure and heredity all effect the longevity of results. In general, younger patients typically enjoy longer-lasting results.

To learn if you are a candidate for a facelift or other cosmetic surgical procedures, please call us to arrange a consultation with Plastic Surgeon, Dr. M. W. Elmaraghy. During your initial consultation, Dr. Elmaraghy will discuss your concerns, expectations, and probable outcomes of various treatment options. With over fifteen years of experience, Dr. Elmaraghy will aim to ensure your facelift looks natural, achieves the outcomes you desire, and make you look as young as you feel.



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.

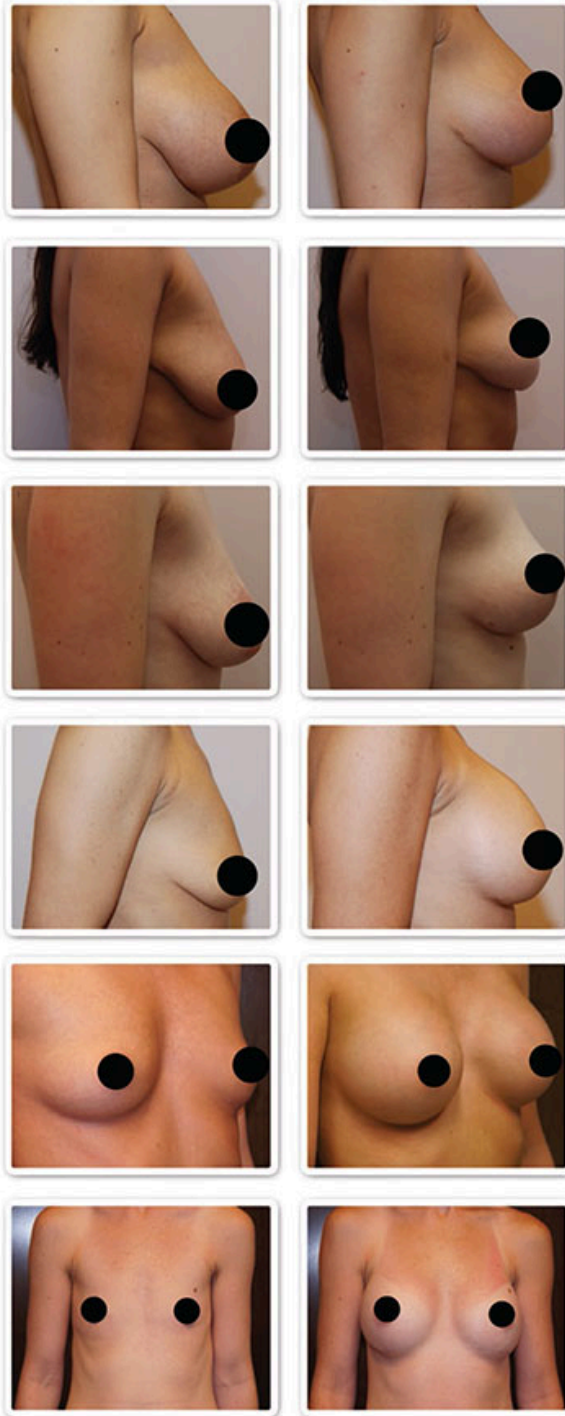
Dr. Elmaraghy developed additional expertise in 1998-9 by completing fellowship training at Georgetown University, Washington D.C. in the fields of aesthetic, reconstructive, and breast surgery. Dr. Elmaraghy began his private practice in the Kitchener-Waterloo area in 1999. He has published several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





*On your Wedding Day...
Get Flawless and Glowing.*

Chemical Peels

(3 months before wedding)

Designed to help promote a process called desquamation, chemical peels exfoliate the skin. Depending on the skin condition being treated, the appropriate peel is selected to aid in treating the condition/concern. Chemical peels are a great way to maintain the skin.

Filler

(2 months before wedding)

Restylane and Perlane are an injectable gel made of NASHA (non-animal stabilized hyaluronic acid). Fillers are used to restore lost volume in areas such as cheeks, nasolabial folds (line from corner of nose to upper lip), and marionette lines (lines from corner of mouth down to chin). Fillers can also be used to augment lips and replace volume in areas with a hollow appearance such as under the eyes, in cheeks and to correct nose shapes.

Facial

(2 weeks before wedding)

Relax and prepare your skin for your special day with a rejuvenating facial. Our medical grade products provide benefits for all skin types, whether you require a deep cleanse, extra hydration, or soothing treatment. Facials are tailored for optimal results; treatments include deep cleanse, steam, extractions, exfoliation, mask, hand and arm massage, and concludes with our signature 20 minute facial massage and complimentary eyelash tint.

Photofacial

(3 months before wedding)

BBL (Broad Band Light) treats a multitude of skin types and conditions. Treatments aid in reducing pigmentation, sun damage, red spots, blood vessels, brown spots, age spots, rosacea, and gives the skin an improved tone and texture. BBL treatments are also recommended for those wishing to maintain a youthful look and slow down the aging process. Broad Band Light treatments require multiple treatments.

Botox / Dysport

(1 month before wedding)

A simple in office procedure with little to no discomfort. Botox / Dysport is used to relax the movement of a particular muscle group. Common injected areas are glabella (frown lines between brows), crows feet (eyes) and forehead. Note that Botox / Dysport is not used to restore volume in the face or to fill wrinkles, but rather to relax dynamic wrinkles.

Shellac Manicure & Pedicure

(week of wedding)

Make your hands and feet picture perfect for your wedding day. Manicure with shellac ensures you won't have to worry about smudging, chipping or peeling polish the day of your wedding. A pedicure is the perfect added touch to make you feel like you're walking on a cloud.

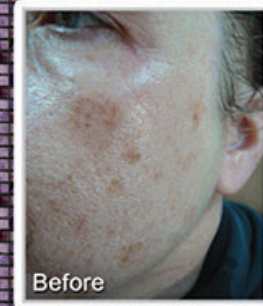
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BBL to the Skin Rescue!

Q. What is Broad Band Light (BBL)? How does BBL work?

A. BBL, or Broad Band Light is a technology similar to laser. Instead of a single wavelength of light as with a laser, BBL uses a bright light to penetrate deep into the skin.

The light energy delivered by the BBL will gently heat the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to regenerate new collagen. This process will restore your skin to its natural beauty, blending its natural colours and delivering smoother, vibrant and younger looking skin. The photothermal energy will eliminate fine vessels that cause redness and reduce pigmented lesions.



Q. What conditions can be treated with BBL? What body areas can be treated?

A. BBL can treat the following conditions:

- Pigmented lesions (freckles, brown spots, age spots)
- Vascular lesions (small blood vessels, broken capillaries)
- Acne
- Uneven skin texture
- Skin laxity

Any areas of the body can be treated with BBL. Most common areas are those most exposed to the damaging effects of sunlight: face, neck, chest and back of hands.



Q. Will it be uncomfortable? What will happen during the procedure?

A. The procedure is gentle, non-invasive and safe. Generally, there is no need for topical anesthetic and clients find the treatments tolerable.

You may experience some redness that should resolve in a few hours after your treatment. For pigmented lesions, you will see a darkening of the treated areas followed by fading and flaking. This process generally takes 5 to 7 days. Pairing a chemical peel a few days after your BBL treatment will facilitate faster peeling. Your treated skin will feel smoother, fine lines will be less noticeable, and sunspots or uneven pigmentation will fade.

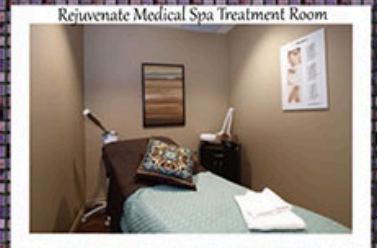
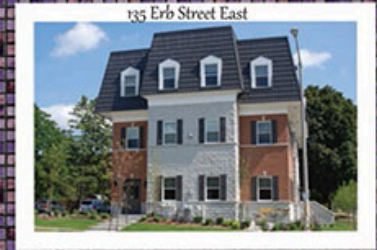
**Q. How many treatments will I need?
How long will it take to recover?**

A. The number of treatments needed will vary from patient to patient and you will have a personalized treatment plan based on the level of improvement you desire. You may also combine your treatment with other popular aesthetic procedures to further personalize your treatment.

This is a non-invasive and gentle procedure with virtually no downtime. In most cases, you are able to return to work, apply makeup, and resume most of your activities the following day.

Q. What skincare do I need?

A. It is important to follow Rejuvenate Medical Spa's post skincare instructions. After-care skin products will be recommended for you, and are highly encouraged to improve and speed skin healing. You will be sensitive to UV lights and you must avoid direct sun exposure until completely healed. Fully cover your skin or use a high SPF sunscreen whenever you go outdoors.



Cost per Treatment	
Full Face	\$400
Partial Face	\$325
Neck	\$350
Arms	\$500
Chest	\$500
Hands	\$325

TIP
Prevent sun damage by applying sunscreen all year round.
Nu-Derm 50 SPF
\$59.99



For a complimentary consultation on BBL treatments, call Rejuvenate: (519) 745-9900



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Skin Care

EASY AS 1, 2, 3



BIOPHORA™

science made simple

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.



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 a healthier, younger looking skin.

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%.



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.

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.



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