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 &

 **REJUVENATE**  
 MEDICAL SPA

Inside: Before  
 & After  
 Pics

PREVENTION + REJUVENATION =  
**PREJUVENATION**  
*Learn more inside!*

**Q&A**  
 with Dr. M.W.  
 Elmaraghy

#MakeupTrends  
 @Rejuvenate\_Spa

*Botox*  
 or *Filler* ?



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**Filler**  
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(519) 745-9900  
[www.RejuvenateMedSpa.ca](http://www.RejuvenateMedSpa.ca)

# Prevention + Rejuvenation = Pre-Juvenation

As we all want to age gracefully, medical science has provided new techniques to prevent wrinkles and help us Pre-Juvenate. Read more about how this works...

Wrinkle prevention is a series of small injections of relaxing solutions like Dysport or Botox, into individual muscles in your areas of concern (areas containing wrinkles), preventing them from forming unnecessary and undesirable facial expression and further creasing and damaging of the skin.

## What does Dysport/Botox do?

Wrinkle prevention injections will not radically change your appearance or 'freeze' your facial expressions – they just soften the areas of concern and make you appear younger and more refreshed. By maintaining your injections, however, we are preventing the onset of future wrinkles.

## What causes wrinkles?

Wrinkles are simply lines and creases. They are caused by a number of factors including heredity, ageing (due to the depletion of collagen and elastin), facial expressions, smoking, general lifestyle habits (such as high sun exposure) and excessive squinting while using computers, tablets or phones.

When we are young and our skin is strong and elastic, 'expression wrinkles' disappear when we relax our muscles. However, as we age and continually contract our facial muscles, we establish permanent facial lines.

## Are wrinkle prevention injections safe?

Yes. Dysport and Botox are very safe. Dysport and Botox have been used by doctors for more than 20 years on millions of people around the world and it is one of the most studied and researched medical procedures proving to have no long-term side effects.

## What happens during the procedure?

Wrinkle prevention injections are carefully placed in the muscles that are causing the skin to wrinkle. This deactivates a protein in the nerve endings that makes a nerve-transmitter chemical that allows the muscles to work. This, in turn, prevents the nerves from moving the muscle, therefore smoothing the overlying skin.

## How long does the procedure take?

The actual injection time is only 10-15 minutes. We offer a [free consultation](#) that takes 20-30minutes to fully inform you of all the details and expected results and possible side-effects. The choice of using Dysport of Botox will be determined and discussed during your consultation.

## Which areas can be treated?

- ▶ Crow's feet
- ▶ Glabellar Lines (in between eyebrows)
- ▶ Forehead

In addition to these popular areas above, wrinkle prevention injections can be used in many other areas to achieve the desirable effects without taking away from our normal natural expressions.

## These include:

- ▶ 'Bunny smile lines' at the top of the nose;
- ▶ Reduction of 'gummy smile';
- ▶ Lift sagging at the side of the mouth;
- ▶ Improve chin creases and dimpling;
- ▶ Slim the lower face (Masseter muscles);
- ▶ Decrease hook at nose tip when smiling.

## Are they painful?

No. The treatment is a quick and simple procedure that is relatively pain-free. Even those afraid of needles are surprised at the ease of treatment.

## Is there any downtime?

No. Recovery is immediate. There may be some redness and faint marks from injections that usually disappear within a few minutes. Make-up can be reapplied immediately.

There may be slight bruising that can last for a few days, but easily covered up by make-up.

## When will I start to see results?

You will start to see results within a few days but it takes 7-14 days to see the full results. It takes time for the targeted nerve endings to become 'deactivated'.

## Will this treatment affect my muscles and nerves in the long-term?

No. It is only the proteins within the nerve endings that are affected.

Muscles that are treated are those that create undesirable facial expressions and we weaken them. Indeed, overtime with continual use of wrinkle prevention injections, these muscles become weaker. This is a desirable effect. It will eventually, over time, reduce the amount and frequency of treatments needed.

## How long do the results last?

Usually 4-6 months. Over time (about 2-3 years), the results will last longer due to the nerve proteins becoming slower at rebuilding.

## When should I begin having wrinkle prevention injections?

Ideally, wrinkle prevention injections should be considered in your late twenties or early thirties – before the signs of ageing begin to show and you develop permanent, deep lines on your face. This is because the injections prevent future wrinkles, helping you maintain a youthful appearance. But it is never too late to start and prevent further signs of ageing.

## Can wrinkle prevention injections be combined with other procedures?

Yes. They are often used in combination with dermal fillers, especially where deep creases have already formed and need to be filled with complimentary products like Restylane.

Our laser skin repair and skin tightening treatments can also compliment and be combined with wrinkle prevention injections.

## How much does it cost?

The cost of wrinkle prevention injections is determined by the number of units required to achieve your desired result.

Here at Rejuvenate Medical Spa, the regular price of Botox is \$12 per unit and Dysport is \$10 per unit.

**As each person is unique and their needs are varied, the true cost of each procedure can't be determined over the phone. We offer a [free consultation](#) and as your face is unique, you should have an individual assessment. This requires us to see you face to face, and to assess the strength of each muscle group to be treated. \***

# BEFORE & AFTER



Dr. M.W. Elmaraghy, M.D., F.R.C.S. (C)

## Tummy Tuck

A tummy tuck or abdominoplasty is tailored to your needs and the precise nature of the procedure will vary from client to client.

Abdominoplasty generally includes the removal of excess skin and fat from the lower abdomen and tightening of the abdominal wall musculature.

Some clients may benefit from more limited procedures such as a modified or mini-abdominoplasty or liposuction.

All abdominoplasty surgery will leave a scar on the lower abdomen, which may extend from hip to hip and an additional scar around the umbilicus. Scars will fade with time. An abdominal binder or other support garment should be worn for the first 3 weeks post-operatively. Most patients require an additional 2 to 6 weeks for full recovery.

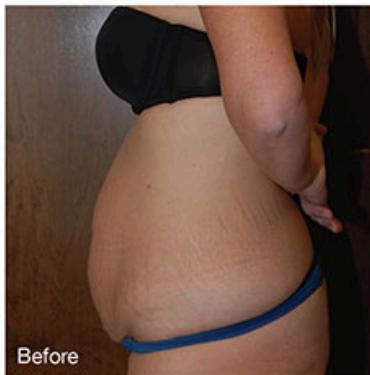
# SpaSurgica's Gallery of Plastic Surgery



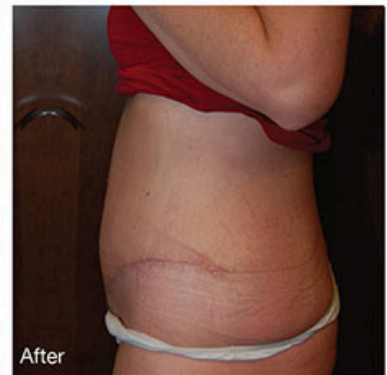
Before



After



Before



After



Before



After

Call SpaSurgica at (519) 585-0854 to book your consultation with Dr. Elmaraghy. A \$100 consultation fee can be used towards your surgery.

Visit SpaSurgica online:



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spasurgica.com

# What's the difference?

Dysport/Botox are purified proteins that are injected into the muscle. Botox and Dysport stop dynamic wrinkles in the injected area. Botox/Dysport are slow release substances, therefore it takes up to two weeks before you can see and feel its full effect. In most cases, Botox/Dysport are used in the upper third of the face for areas such as, frown lines, forehead lines and crows feet. While Botox/Dysport may stop a muscle from contracting, (which creates smoother and relaxed looking skin) they don't smooth appearance of existing deep lines - this is where Filler is utilized.

Filler 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 leave looking more youthful.

## Dysport

*Can be used here...*

## Filler

*Can be used here...*



# Thicker, Fuller Lashes

*Always wanted thicker fuller lashes? Look no further! The answer comes in a bottle, called Latisse. No need for those false lashes anymore.*

## How does Latisse™ work?

The active ingredient in LATISSE™ is bimatoprost. Research suggests that the growth of eyelashes occurs by increasing the percentage of eyelash hairs, and by lengthening the eyelash's anagen (or growth) phase. So, Latisse helps keep the lashes you have, and prolongs the growth phase of your lashes. You have less eyelashes falling out, so lashes can grow longer, thicker and darker because bimatoprost can also prolong this growth phase.

Latisse serum is applied to the base of the upper eyelashes once a day for 2 to 3 months. Within a month you will notice that your lashes have become longer and more abundant. After 2 to 3 months of daily application, apply once every few days to maintain your lush lashes. Latisse has little to no chance of side effects if used properly.

Latisse is the first and only FDA approved eyelash enhancement product. The most common side effects after using LATISSE® solution are itchy eyes and/or eye redness. Any side effects that you may be experienced with Latisse are temporary. Without applying your Latisse, lashes will gradually return to their previous appearance.

5ml Latisse  
3-4 month supply  
\$200



Want to **win** your next Latisse product?  
Enter our social media contest! Here is how it works.



After you purchase our Latisse product, take a selfie. Then 3 months later, take another selfie.

Post both selfies to your Twitter, Facebook or Instagram account, and be sure to mention us.

**Twitter:** @Rejuvenate\_Spa  
**Facebook:** @Rejuvenate Medical Spa  
**Instagram:** @RejuvenateMedSpa.

We will then tweet or post your pictures and let the voting begin! The pictures with the most re-tweets, favourites, likes, and comments....gets the prize of a free box of 3ml Latisse to maintain your lush lashes. Get your friends involved. The more votes, the greater chance of you to win!

**Results announced in August...Let the best lashes win.**



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# Chemical Peels

**Save the date!**

**Buy 3 peels, get 3 FREE**  
Reg \$660 Now \$330  
(see back cover for details)



## What is a Chemical Peel?

A chemical peel is a non-invasive skin treatment that assists in shedding dead skin cells from the face, neck, hands and other body parts. A chemical solution is applied to the skin, removing damaged layers, leaving new skin that is smoother and more youthful looking. When hearing the words 'chemical peel', numerous people instantly have a flashback to the scene from 'Sex and the City' when Samantha wears a face-covering hat to hide her red face. The vision of red, irritated, peeling and raw skin is ingrained in your mind, but most clients can resume regular activity shortly after a peel and experience very mild skin flaking for a few days.

## Why Should You Get A Chemical Peel?

There are many factors such as the sun, smoking, acne or the aging process that can cause skin damage. Uneven tone, texture and pigmented scarring are also concerns for many people.

For those seeking a revitalized and rejuvenated look, a chemical peel is an excellent and affordable option. Chemical peels can provide you with brighter, smoother, and more luminous skin. Men and women of various skin tones can also be treated successfully with chemical peels.

## With a chemical peel, you can:

- \* Reduce fine lines
- \* Treat rough, sun damaged and/or aging skin
- \* Improve the appearance of mild scars and irregular skin pigmentation
- \* Provide treatment for certain types of acne or acne scars
- \* Reduce age spots and dark patches due to pregnancy or taking birth control pills (also called melasma).

## Where to Get a Chemical Peel?

To receive optimal care and precision, only a qualified professional should administer this treatment and can tailor a treatment that is unique to your needs. Recovery time and the potential side effects of chemical peels (redness, skin irritation, and dryness) are factors that require consultation. To ensure you receive the best treatment possible, a medical aesthetician should discuss the procedure with you in detail, and advise on proper and necessary post-care instructions.

More importantly, the depth and extent of your treatment will depend on the condition of your skin and your own personal goals. Salicylic acid, for example, interacts with water and oil and is an excellent choice for a chemical peel when dealing with acne. Glycolic or lactic acid, on the other hand, are mild peel formulas that are good choices to treat fine wrinkles, uneven pigmentation, and dryness of the skin.

To decide which chemical peel is best for your individual needs, and to avoid the dangers of amateur work, not to mention the mess and stress of home chemical peels, a trip to a medically-directed spa is essential.

At Rejuvenate Medical Spa, we provide the safest and most advanced treatments in facial and body rejuvenation, while maintaining excellence in client care. Under the medical guidance of Dr. M.W. Elmaraghy, Plastic Surgeon, we personalize your procedure and assist you in the healing process to promote the growth of revitalized skin. We use tested techniques and peel strengths to achieve the very best results.

Experience the Rejuvenate Medical Spa difference. To find out if a chemical peel is right fit for you, please call us at (519) 745-9900 or email at [info@rejuvenatemedspa.ca](mailto:info@rejuvenatemedspa.ca) to book your complimentary consultation today.





## Soft Glow

**Rejuvenate Loose Mineral Shadow \$22**

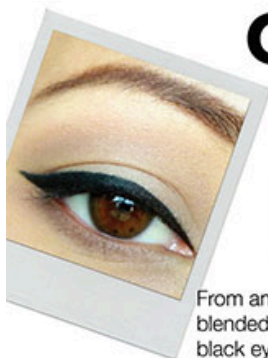
Rejuvenate Medical Spa's Loose Mineral Shadows are pure pigments, never diluted and offer great colour.

It can be used as eye shadow, eyeliner, body shimmer, and blush. When working with pure pigments it blends with almost anything. These Mineral Shadows are not only long-lasting on your shelf, but also on your skin.

## Soft, Pink, Neutral Nail Polish

**Zoya Nail Polish \$10**

Baby-soft, pink, and neutral nail polish returns this spring after trends of bold nails and graphic designs.



## Graphic Liner

**Rejuvenate Eye Liner \$15**

From an exaggerated wing to a blended smoky haze, a bold black eye pencil, cream liner or liquid liner is the perfect way to convey the attitude of the season. The bottom line: You can't mess it up.



## Lush Lashes

**Rejuvenate Curling and Volumizing Mascara \$22**

Long, lush, bold, beautifully full lashes are never out of style. This season, make your lashes the centre of attention. Paired with the graphic liner trend, mascara makes your beautiful eyes pop. If you want to step up your lash game, get yourself some Latisse and let your lashes be an even bigger statement.



## Bold Lips

**Rejuvenate Eye Liner \$17**

The lip of the season is rich, supersaturated, and soft around the edges. Bold lip colour with subdued neutral clothing is the perfect combination. Try a rich raspberry or felted fuchsia to spice things up. Remember, if you're going to bold those lips make sure to make those eye a neutral look. Want your lip colour to last longer than your first coffee? Lip liner is your lip colour 911, helping to keep gloss from bleeding and creates longer lasting wear.



## Glowing Skin Bare Faced

The 'no make-up' look is clean with moisturized skin paired with accentuated highlighting and contouring to bring out the strength of the woman's features. The best investment you can make next season is a standing appointment with your skin therapist/aesthetician. Fashion's fascination with clean, come-as-you-are skin, a sweaty post-workout flush, and the occasional smattering of freckles takes precedent over serious camouflage - and (bonus) cuts your party prep time in half.



**Q** *Who should you trust with treatments like Botox/Dysport 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/Dysport 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 (FRCSC).

**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.

**#1** Rejuvenate Medical Spa is the number one provider of all Restalyne Filler products and Dysport in Waterloo Region.



*You're invited*  
**March 28th, 2015**  
**Spring Open House**

**Restylane Filler Promotion**

<b>Buy 2ml</b>	Reg \$1060	<b>Now \$899</b>
<b>Buy 4ml</b>	Reg \$2120	<b>Now \$1590</b>
<b>Buy 6ml</b>	Reg \$3180	<b>Now \$2226</b>
<b>Buy 8ml</b>	Reg \$4240	<b>Now \$2544</b>

**Medical Grade Facial (Chemical Peel)**  
**Buy 3 get 3 FREE** Reg \$660 **Now \$330**

**Obagi, Biophora, Rejudicare**  
 All skincare products 15% off

**Latisse Eyelash Product**  
 15% off

**All Makeup**  
 25% off

*Meet Dr. Elmaraghy and his staff!*