



SpaSurgica



REJUVENATE
MEDICAL SPA

INSIDE: Before
& After
Pics

Chemical
Peels:
How
intense

ALL
ABOUT
REJUALIFT

Look younger!
Look refreshed!
And never fake!

UNBEATABLE
Filler
PRICES

3 Ways to a
**Mommy
Makeover**

You're invited

One-day only promos, not to be missed

OPEN HOUSE - MARCH 26

Our Staff's
PICKS



SpaSurgica



REJUVENATE
MEDICAL SPA

(519) 585-0854

Toll Free: 1(844) 772-7874

www.SpaSurgica.com

135 ERB ST. EAST, WATERLOO, ON

(519) 745-9900

www.RejuvenateMedSpa.ca



CONFIDENCE: *Inside and Out*

"*You must have confidence!*" is one of the most essential pieces of advice you'll receive in life that makes no sense if you've never done it. You know what confident people look like, the advantages they get, and that it's something worth emulating. But what is confidence really? Confidence is knowing what you're good at, the value you give, and acting in a way that brings that to others. The confidence that a man exhibits differs from a woman. Women are basically told what builds confidence in the media daily. Perfect hair, make-up, or figure will give you confidence but will it really? In my experience, when I look good, I feel good but I can easily lose that confidence when the demands of life get in the way and I just can't look good. Perhaps confidence is feeling good on the inside and outside.

As women we tend to feel guilty for spending time on ourselves, which hinders our ability to truly take care of our needs and wants. Unfortunately, we fall into a cycle of putting others first, to avoid the guilt, but then feel down because we haven't taken care of our own needs. Ideally, our outside should match our inside, but when we are busy taking care of others, or avoiding guilt, the wrinkled yoga pants and old hoodie can truly make one feel sluggish. Treating oneself with plastic surgery and Botox or Filler should be guilt-free. Like anything else in life, your confidence will improve with practice. Recall the times that you've felt confident, hone your skills, and focus on being positive. At the end of the day if you're smiling more than you are frowning then you can be "confident" that you're heading in the right direction. SpaSurgica and Rejuvenate Medical Spa are now part of my toolkit to a better and more confident me. ✨

3 Ways to a **Mommy Makeover**

1. **Breast lifts** (mastopexy) and breast augmentation (mammoplasty augmentation) are very popular plastic surgery procedures for mothers wanting to improve their post-baby bodies. After pregnancy and breastfeeding, breasts can lose some of their previous volume, elasticity and shape leaving them smaller, saggy and prematurely aged.
2. **Tummy tucks** (abdominoplasty) are another popular Mommy Makeover option. Tummy tucks smooth sagging and/or flabby skin by removing excess skin and fat and tightening the muscles of the abdominal wall. Post-baby tummy tucks also remove unwanted stretch marks and lift and tighten problem areas (i.e. the abdomen) where skin and muscle that is stretched by childbearing doesn't always return to its pre-baby state, no matter how intense your exercise regimen may be.

"I had a beautiful baby, but it's time to get my body back."

3. **Liposuction** sculpts the contours of the body by helping women remove unwanted excess fat on their abdomens, waists, upper arms and thighs that remains after giving birth, which is resistant to diet and exercise. It is recommended for those who are close to their ideal weight, rather than those seeking to drop a lot of weight all at once.

Mommy Makeovers can give women the rejuvenated results they desire after completing childbearing. As more women discover the options available to them through plastic surgery, it is becoming evident that Mommy Makeovers provide lasting solutions to problems otherwise outside of their control. Book a consultation with plastic surgeon Dr. Elmaraghy at SpaSurgica to find out what options are best for you.



Chemical Peels

Medical grade facials can be an excellent way to kick-start new spring skin. From lunch time peels to superficial peels, Rejuvenate Medical Spa has you covered.

➤ Lunch Time Peels

Lunch Time chemical peels involve the use of mild acids penetrating only the epidermis (top layer of skin). Two common chemical peels that are used for this purpose are glycolic and salicylic acid which can be used on all skin types.

These lighter peels are used to improve skin texture and reduce roughness. They can treat a variety of conditions, including acne, melasma, photodamage, and pigmentation problems.

Lunch Time peels require no downtime but it is common to have a brief period of redness, flaking and/or skin sensitivity after a peel.

Multiple treatments may be required to have the desired effect but your skin will look smoother, softer, brighter, and you will notice improved skin texture and tone. To achieve and maintain optimal results, a regime of home care products should be used.

➤ Superficial Peels

A more intense chemical peel can be achieved through a combination of salicylic acid, lactic acid, resorcinol, and pure alcohol. Very effective in cleaning and removing bacteria, dead skin cells and sebum oil from deep inside the pores. Salicylic acid is better suited for use on oily, irritated skin with pustules, blackheads and whiteheads.

Superficial peels penetrate the skin more deeply than Lunch Time peels, and may be used for pigment discolouration, multiple solar keratoses, superficial scars, pigmentary disorders and textural changes. Downtime is approximately one day.

Superficial peels may need to be repeated two or more times to obtain the desired result. They would usually be spaced out over several months. Superficial peels improve not only skin texture, but also fine lines, small wrinkles, blemishes and discolorations.

Save the date!

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





“It's time
for a
REJUVALIFT”

Discover how the combination of Botox/Dysport and Restylane can give you the youthful aesthetic look that millions of clients worldwide have already benefited from. This is our signature Rejuvalift treatment that is solely injected by Plastic Surgeon Dr. M.W. Elmaraghy.

What is a Rejuvalift?

A Rejuvalift is our signature treatment of neuromodulators, like Botox or Dysport, and our filler of choice, the Restylane family of products. Botox and Dysport stop dynamic wrinkles, usually in the forehead, frown lines, and crow's feet around the eyes. Then we use Restylane to add volume and fullness to the skin, add definition and restore facial contours, whilst correcting fine lines, moderate-to-severe wrinkles, and folds. The Restylane family of products may be used in the forehead and around the eyes, in the cheeks, as well as in and around the lips, jawline, and chin.

How Long Can A Rejuvalift Last?

Botox and Dysport can last for several months depending on the areas treated. Whereas filler, like Restylane, involves an initial treatment with Restylane injectable gel, and follow-up treatments can be anywhere from months to years depending on the areas being treated. Lips, for example, tend to be areas we move and use often and so one may need more frequent follow-up treatments. Whereas cheeks, nose, and under-eye treatment can last many years. In either case, usually less Restylane being used at the initial treatment is needed to achieve full correction at the follow-up treatments. In other words, over time you will need less products to maintain your more youthful look.

Why does Dr. Elmaraghy choose the Restylane family of products?

Three reasons; It is safe. Restylane resembles the body's own hyaluronic acid, and is well tested in clinical studies. It works. Restylane has long-lasting results, but is not permanent. It is clinically proven with extensive clinical documentation. It is the most used. Restylane has been used in over 20 million treatments worldwide since the launch in 1996. It has been available in Canada since 1998.

What are these products made of?

Botox and Dysport are both prescription medicines that are injected into muscles and used to temporarily improve the look of both moderate to severe crow's feet lines, forehead lines, and frown lines between the eyebrows. Both products are safe and have been used for years throughout the world. In fact, Botox is one of the most extensively studied medical aesthetic treatments and is approved for cosmetic use in 78 countries. Botox has a record of experience that plastic surgeons, like Dr. Elmaraghy, know and trust. And, the safety and efficacy of Botox and Dysport has been evaluated in hundreds of peer-reviewed scientific and medical journal articles.

Restylane contains hyaluronic acid that closely resembles your body's own hyaluronic acid, giving a natural-looking result. Biocompatible with the human body, Restylane products are eventually broken down naturally. Restylane is not a toxin and does not affect facial expression or movement. Restylane is also non-permanent.

Who do I trust to administer my Rejuvalift?

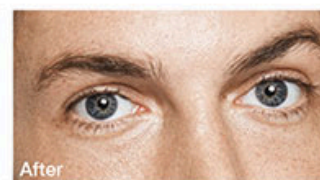
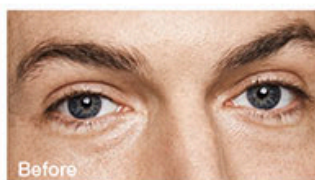
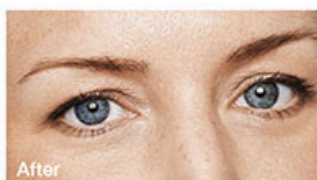
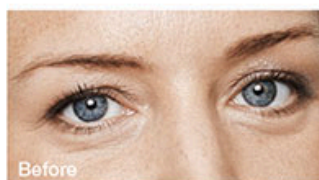
We know you are inundated with advertisements about ways to achieve more youthful looks. Start with a free consultation at Rejuvenate Medical Spa where we can explain our treatment plans and prices in a comfortable and no-pressure environment. Only board-certified plastic surgeon, Dr. M.W. Elmaraghy, injects our products at the most competitive prices in the region. We want your Rejuvalift to be tailored to your own aesthetic needs - with instant results. But we do not produce fake-looking faces, just rejuvenated and refreshed-looking ones. As this treatment is non-surgical, there is minimal downtime, so you can get on with living life to the fullest. Come to Rejuvenate Medical Spa and see how a Rejuvalift can work for you!



Restylane®

 **BOTOX®**

Pr **Dysport** MC





REJUVENATE

Signature Facial

What makes our facials so amazing that clients are rebooking before they leave?

As you relax in a cozy facial bed your aesthetician will begin by analyzing your skin and asking questions in order to select which Biophora products will best suit your individual needs. Biophora, created in collaboration with plastic surgeons, anti-aging specialists, naturopathic doctors and veteran industry experts, is based on the latest skin care formulation technology to produce a state of the art product line. Your skin will glow in appreciation.

The antioxidant-rich cleansing process is delivered in two stages, ensuring all make up and debris is removed from the skin. Toner with a blend of exfoliating acids will help decongest and brighten the skin, preparing it for the Enzyme Exfoliating Mask. This powerful yet gentle mask contains pineapple and papaya fruit enzymes along with gentle soft scrub particles that increase the exfoliation effects without risk of irritating the skin. While you relax under the facial steamer your aesthetician will treat you to a luxurious hand, lower arm, foot and lower leg massage using rich massage lotion triggering pressure points on the feet to ensure the highest state of relaxation is reached. A gentle hand and leg stretch will help loosen those tight joints and muscles.

While extractions can be uncomfortable and sometimes even painful, they are a necessary component of the facial to remove undesirable blockages. Once the extractions are complete, toner will be applied to ensure the pores are cleansed. The Multivitamin Freeze Mask is packed with collagen, elastin and vitamins A, E, C, D3, K and B complex, which will refresh, refine, and soothe the skin, leaving it hydrated and nourished. While the mask is working its magic, your aesthetician will give you a blissful head massage, relieving any built up pressure. After the mask is removed, a weightless moisturizer is applied for hydration.

Perhaps the best part of the facial, our signature facial massage will send you into oblivion, relaxing further as your pressure points are gently triggered. If you wear contacts, you may want to leave them at home as your eyes will be lightly swept during the massage. Neck and shoulder tension will melt away as knuckles knead and fingers stretch releasing all the stress lingering within. Depending on the time you visit us, sunscreen or night cream will be applied to complete your facial, followed by a complimentary makeup application if you so desire.

Be sure to watch the website for specials on our facial and take advantage of experiencing bliss while being kind to your wallet.



Visit us online to learn more and to book a Rejuvenate Signature Facial:



@Rejuvenate_Spa



/RejuvenateMedSpaInc



consultations@rejuvenatemedspa.ca



RejuvenateMedSpa.ca



REJUVENATE MEDICAL SPA

*Our Staff's
Picks!*



CHEEKY GLOW

At Rejuvenate Medical Spa, we carry our very own mineral make-up line. One of our favourite products is the Mineral Laguna Bronzer which offers the perfect 'sunkissed' look for a guilt free sun glow, because a fake tan is a safe tan. Conventional makeup contains chemicals, oils and other additives that can either irritate sensitive skin or cause unnecessary breakouts. Mineral makeup is the safest because it adheres to the natural oils in a person's skin and doesn't seep into the pores.



BEAUTY *Know How* WITH SARAH K.

Q: I see advertisements and hear skin care professionals talk about skin serums. Should I consider using one in my daily facial routine?

A: Absolutely! Serums don't get the recognition they deserve and you are doing your skin a disservice by not incorporating one into your facial routine. Serums contain nutrient-rich ingredients designed to penetrate the skin deeply. Serums are lightweight and aren't intended to replace moisturizers. Serums are applied 1 to 2 times per day before your moisturizer. I consider serums to be a skin BLT (brightener, lightener and tightener), the perfect trifecta for amazing looking skin.



LIQUID GOLD

Professional-C Serums use advanced scientific formulas developed and tested by leading Vitamin C experts. C Serum provides maximum daily antioxidant protection against free radicals, which cause premature signs of aging such as fine lines and wrinkles.



CLEAR SKIN

Rejudicare 2CRM Sal is a beautiful serum combined with 10% Vitamin C and 2% Salicylic acid is the perfect formulation for those who have oily skin but still want products that provide anti-aging benefits.



MUST HAVE

Biophora Bioactive Cleanser is great for removing makeup and making your skin feel clean without drying it out. Best for those with Oily/Combination skin. Contains glycolic acid which is great for removing dead skin cells and allows for better product penetration.

LIP LOVE

Our glosses are fragrance free and Paraben free with Vitamin E added. Glossware stays on longer than any other lip gloss.



Spring in full Swing

Open House Event



Dr. Elmaraghy invites you to celebrate spring with these one-day only promotions on **March 26th, 2016.**

Restylane Filler Promotion

Buy 2ml	Reg \$1060	Now \$899
Buy 4ml	Reg \$2120	Now \$1590
Buy 8ml	Reg \$4240	Now \$2756

Botox and Dysport

Now **\$9.50** per unit *conditions apply

Mommy Makeover Special

Save **\$500 off** any breast, tummy, lipo surgery.
Same day consult with Dr. Elmaraghy

Medical Grade Facial (Chemical Peel)

Buy 3 get 3 FREE Reg \$660 **Now \$330**

Obaji, Biophora, Rejudicare

All skincare products **15% off**

Latisse Eyelash Product

All Latisse Eyelash products **15% off**

All Makeup

All makeup **25% off**

135 ERB ST. EAST, WATERLOO, ON
(519) 745-9900

