

Inside: Before  
& After  
Pics

 *SpaSurgica*  
&

 **REJUVENATE**  
MEDICAL SPA

**5** MAKE-UP  
**MUST**  
**HAVES**  
FOR THAT  
SUN-KISSED GLOW!

**Ask**  
Plastic Surgeon  
Dr. Elmaraghy

**Boost**  
your skin care!

**Breast  
Augment  
or Lift** ?

*“I’ve lost 75 pounds,  
but have all this loose skin”*  
- How plastic surgery helped

Gift ideas for  
*Mother’s Day*  
*Father’s Day*

 *SpaSurgica*  
&

 **REJUVENATE**  
MEDICAL SPA

(519) 585-0854

[www.SpaSurgica.com](http://www.SpaSurgica.com)

135 ERB ST. EAST, WATERLOO, ON

(519) 745-9900

[www.RejuvenateMedSpa.ca](http://www.RejuvenateMedSpa.ca)



# My Weight Loss Journey Ended with *More* Loose Skin

## How Plastic Surgery helped me...

**My** journey to find a healthy self-image of my body began after I became a mother. I gained 75 pounds during my second pregnancy. By the time my youngest daughter turned 4, I had only lost 15 pounds. It was then that I decided to change my lifestyle and introduce fitness into my life in order to shed the excess weight.

I joined a gym in which I participated in spin class, yoga and zumba. After months of this new lifestyle I had lost another 40 pounds! However, despite all my efforts, when I stood in front of the mirror I was not pleased with what I saw.

My sagging stomach was a constant reminder of my caesarean sections and the stubborn fat around my thighs were daunting to look at. It was disheartening to realize that my dedication and hard work were futile. I felt frustrated. I was also losing the desire to continue at the gym and felt myself quickly falling into a pit of self-pity. It was clear that I had to do something different and so began my research into plastic surgery.

After researching my options I decided that my body needed surgical body contouring. I learned that after major weight loss my skin and tissues lacked elasticity and could not conform to my reduced body size. As a result, my skin that had been severely stretched was unsupported. Surgical body contouring improves the shape and tone of your underlying tissue that supports fat and skin, and removes excess sagging fat and skin. Fantastic! That's exactly what I needed. After much research I scoped out Dr. Elmaraghy, board certified Plastics Surgeon and had a consultation with him. I opted for liposuction, tummy tuck, arm lift and breast augment and lift.

After my surgery my recovery lasted 6 weeks. It was difficult to sit still and allow my body to heal but it was well worth it. As a result of my surgery I have smoother contours around my thighs and abdomen. My breasts are back to their former shape and position. I have gone back to the gym and feel more motivated than ever to take care of my svelte figure. More importantly, my procedure saved me from entering a very dark place that I'm sure many women face. Plastic surgery, in essence, was the final phase of my total weight loss experience.

# BEFORE & AFTER



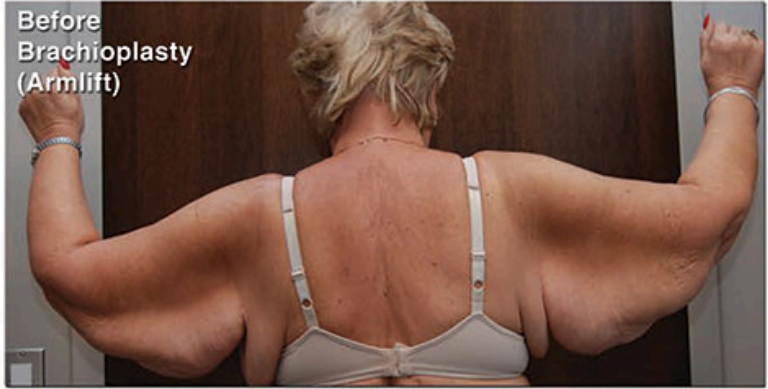
Dr. M.W. Elmaraghy, M.D., F.R.C.S. (C)



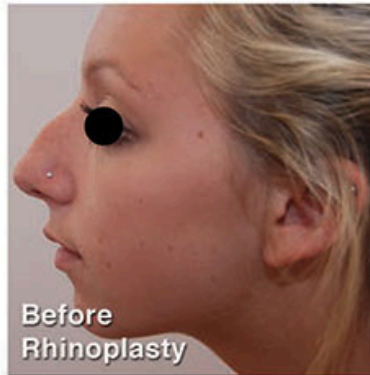
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## SpaSurgica's Gallery of Plastic Surgery

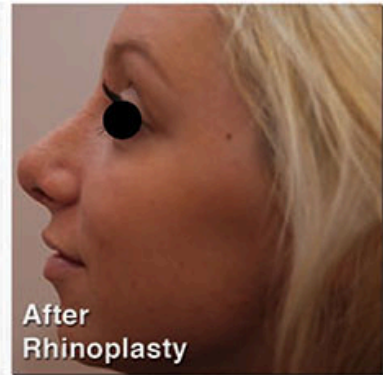
Before Brachioplasty (Armlift)



After Brachioplasty (Armlift)



Before Rhinoplasty



After Rhinoplasty

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:



@SpaSurgica



/SpaSurgica



info@spasurgica.com

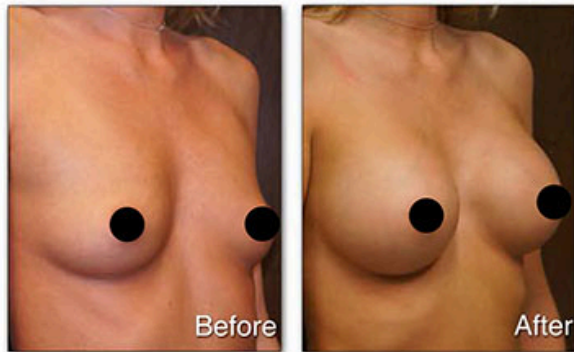


spasurgica.com

## Breast Augment

Breast Augmentation, also known as an augmentation mammoplasty, is a procedure designed to enhance the size and shape of a woman's breasts, using breast implants. Breast augmentation is intended to provide a woman with an enhanced positive self-image. Indications for breast augmentation include a desire to:

- Enhance or balance body contour of a woman who, for personal reasons, feels her breast size is too small.
- Restore breast volume after pregnancy or weight loss.
- Achieve better symmetry



- Improve the shape of breasts that are sagging, generally used with a breast lift (mastopexy).

The implant type, size and shape will be determined based on your breast anatomy, desired increase in size, and Dr. Elmaraghy's recommendations. The exact technique varies from case to case depending on a woman's needs or desires and on Dr. Elmaraghy's judgment. Generally, a small incision is made under the breast within the crease or around the nipple. An implant is inserted under the breast tissue or under the chest muscle. Incision scars will fade over time. The surgery is usually performed under general anesthesia on an outpatient basis, where you go home the same night.

Breast implants are medical devices with a solid silicone shell and filled with either saline solution (sterile saltwater) or silicone gel. The size of an implant is measured in cubic centimeters (c.c.). Breast implants may vary in size, shape, and texture. Both saline and gel implants are approved by Health Canada and the U.S. Food and Drug Administration (FDA). Approval means that an implant has been researched and tested for safety by an independent panel of physicians.



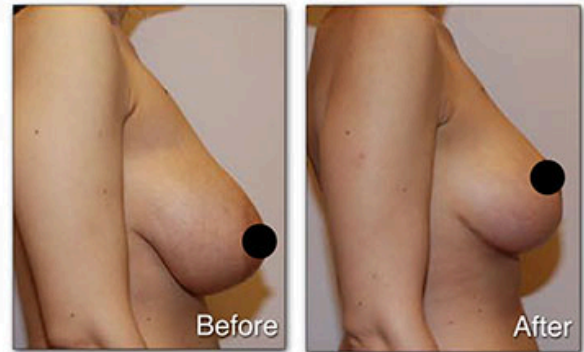
135 Erb Street East Waterloo, ON, (519) 585 - 0859

## Breast Lift

A Breast Lift, or a Mastopexy, is designed to lift sagging breasts to provide a more youthful breast contour with a nipple-areolar complex of the desired size and at the correct height. Indications for a mastopexy include:

- Sagging of breasts that are too great to be treated with an implant alone.
- Desire to reduce the size of the nipple-areolar complex.

A mastopexy may be combined with breast augmentation/implants to increase firmness and size. The surgical technique



and degree of lift varies, but the most common procedure involves an anchor-shaped incision following the contour of the breast. Some patients with minimal sagging may be candidates for modified procedures requiring more limited incisions.

The operation is usually performed under general anesthesia as an outpatient procedure. It takes approximately two hours.

If you are contemplating weight reduction, try to accomplish your goals prior to surgery. If you are planning to have more children, you should consider postponing your breast lift.

**Which  
procedure  
is right  
for me**



### Who is a candidate for plastic surgery?

The best plastic surgery candidate is someone with realistic expectations and an understanding of the limitations set by medicine, technology, and each patient's own body. Good candidates have a strong self-image, and a well-developed reason for pursuing a plastic surgery procedure. They are looking for improvement of a physical trait, knowing that while this positive change may enhance their self-image and possibly people's perception of them.

### Is there a "right" age to pursue plastic surgery?

There isn't any overarching rule as to the right age for plastic surgery. In fact, the appropriateness of a certain procedure should be determined more on a case by case basis. A surgeon must consider an individual's unique body type and aging process. Of course, there are age tendencies for certain procedures. Facelifts generally are not performed on patients under 40, as mini-lifts or other procedures might be suggested instead, but this is not a rule.

### How do I select a plastic surgeon?

A highly qualified and experienced plastic surgeon that makes you feel comfortable and confident is necessary for optimal plastic surgery results. Before selecting a surgeon, ask questions about his or her training and the number of

procedures like your own that they have performed. Ask to see before and after photos. Most importantly, check to see if the surgeon is a Fellow of the Royal College of Physicians and Surgeons of Canada in Plastic Surgery. This certification indicates that the surgeon has advanced training in aesthetic plastic surgery. Some



physicians and specialists use misleading terms like "Cosmetic Surgeon" but aren't accredited in Plastic Surgery.

### What is important in choosing a plastic surgeon?

Most importantly, you must feel comfortable with your surgeon. You should verify that your surgeon is a Fellow of the Royal College of Physicians and Surgeons of Canada in Plastic Surgery. This means your surgeon has undergone a thorough peer review and testing on all plastic and reconstructive surgery standards.

You should also consider where your surgeon wishes to perform your procedure. Make sure your surgeon is qualified to do the procedure you are considering in a local hospital or a certified

operative facility. Dr. Elmaraghy operates at Grand River Hospital, St. Mary's, and a fully accredited operative facility at SpaSurgica.

### Is plastic surgery safe?

All surgical procedures involve risk. Selecting a qualified surgeon is the best way to reduce your chance of experiencing a complication. It is also important to follow all of your doctor's pre- and post-operative instructions carefully to be sure that you are prepared for surgery. Always notify your surgeon of any medications and/or natural supplements that you may be taking prior to your procedure.

### Is plastic surgery expensive?

Most patients are pleased to discover that plastic surgery can be very affordable. Payment plans and financing have made plastic surgery financially available to a greater number of individuals. Fees for most operations may be obtained by contacting the office. Some procedures will require consultation prior to assessment of the surgical fee. We will provide you with the surgical fee, based upon surgical recommendations, at the time of your in-office consultation.



# Boost your skin care!

Visit Rejuvenate Medical Spa for a free skin consultation to determine which product is right for you!

## Rejudicare Retinol SRX

We all know Retinol is best new discovery in the anti-aging product world. The Rejudicare Retinol SRX contains 3 "state-of-the-art" forms of retinol to deliver the best possible results: Encapsulated Pure Retinol, A Natural Source Retinol providing ingredient, and a Synthetic Retinol. The synergy of these three types of retinol will ensure retinol uptake regardless of the type of retinol the patient's individual skin chemistry utilizes best.

Prices range from \$79 to \$119



## Elastiderm Eye Cream

Finally! A one-of-a-kind eye product that really works to rebuild the appearance of youthful eyes. The ELASTiderm Eye Products line includes Eye Cream, Eye Gel, and Complete Complex™ Serum, helping to revitalize the skin around your eyes with clinically proven ingredients. This product contains bi-mineral complex and malonic acid for tighter, smoother-looking skin around the eyes. Plus blueberry extract to provide antioxidants that help eliminate free radicals.

Price \$115



## Multivitamin Freeze Mask

A revitalizing clay-based mask with Collagen, Elastin and Vitamins A, E, C, D3, K and B. This mask soothes, hydrates, clarifies and nourishes while minimizing the look of pores, blotchiness and redness for all skin types. Best used once or twice a week. A great way to matify your skin for the hot summer months. Price \$51



## Obagi C Serum

Obagi C Serums use advanced scientific formulas developed and tested by leading Vitamin C experts to provide maximum daily antioxidant protection against free radicals, which cause premature signs of aging including fine lines and wrinkles. This unique formula provides greater penetration of ingredients than other Vitamin C products —delivering greater antioxidant benefit to your skin!

Price \$129



## Enzyme Exfoliator

A gentle but powerful blend of temperature-stable pineapple and papaya fruit enzymes and mineral beads dissolve dead skin cells. Reduces appearance of oiliness, pore size, dullness and blotchiness for a smooth, glowing complexion.

Price \$77



REJUVENATE MEDICAL SPA

# Bronzed Beauty



## Get the look!

Looking to get that fresh luxe tan look without exposing yourself to the damaging effects of the sun? Want that Kim Kardashian or J Lo glow? These top 5 makeup picks are essential in your makeup arsenal to create that sun goddess look that we call try to achieve after months of having the winter blahs.

**72%** find those with a tan more attractive  
SOURCE: AMERICAN ACADEMY OF DERMATOLOGY

We have selected our top picks to achieve the perfect glow. Rejuvenate Makeup doesn't contain fillers, dyes or chemicals. Our Rejuvenate Medical Spa Makeup philosophy is to provide optimal coverage while keeping the skin looking natural avoiding the caked on look. The end result is flawless, luminous and perfect skin!

- 1.** Rejuvenate Foundation Mousse (\$32.99).
- 2.** Rejuvenate Mineral Loose Shadow Minkstole. (\$21.99).
- 3.** Rejuvenate Curling & Volumizing Mascara (\$21.99)
- 4.** Rejuvenate Mineral Bronzer Laguna (\$30.99).
- 5.** Rejuvenate Glossware Sweetie Pie (\$16.99)



# Mother's Day & Father's Day Gift Ideas

For Mom:  
body scrub  
mani/pedi  
facial

For Dad:  
hot stone massage  
pedicure  
facial

**Moms** are tough to buy gifts for. How do you adequately capture your appreciation for the most important woman in your life? Luckily, we've got a range of great Mother's Day ideas, everything from facials, manicure/ pedicure, massage and body scrubs. So if you haven't figured out a strategy, we're here to help you get on the right track by providing these gift ideas. This is also a perfect time for son-in-laws to score big with their mother-in-law or to relay a message of appreciation to their wife. The proverbial gift card for Rejuvenate Medical Spa can be a sure way of satisfying the needs of your lovely lady as it allows them to choose their own treatment.

**Dads** need not be ignored when it comes to spas and the treatments they offer. Mothers aren't the only ones who want to look and feel pampered on their special day. Every man deserves to be looked after, and Rejuvenate Medical Spa offers services that would be great gifts for your man that allows them a time of relaxation and peace. In an age of extreme hustle and bustle and when personal time is rare, it only makes sense to take advantage of these designated days of appreciation and devote them to some special pampering.



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