



SpaSurgica



REJUVENATE

MEDICAL SPA

Your first appointment:
What to expect?

**Got Man
Boobs?**

10 minute
Nose Job

Gifts
Under **\$40**

Shellac™
Nails To
Last!

**MEDICAL GRADE
SKIN CARE
THAT WORKS!**

**WANT
YOUNGER
HANDS**

Want a Sculpted Chest?

For some men 'man boobs' or gynecomastia can stand in the way of a sculpted chest.

Gynecomastia is a medical term that comes from the Greek words for "women-like breasts," and is quite common affecting an estimated 40 to 60 percent of men. It may affect one or both breasts. For men who feel self-conscious about their appearance, breast-reduction surgery can help. The procedures remove fat and/or glandular tissue from the breasts, and in severe cases remove excess skin, resulting in a chest that is flatter, firmer, and better contoured.

The best candidates for surgery have good skin elasticity, and the surgery may be discouraged for obese men who have not first attempted to correct the problem with exercise or weight loss. Individuals who drink alcohol beverages in excess, smoke marijuana or use anabolic steroids are usually not considered good candidates for surgery. These drugs may cause gynecomastia and should be discontinued to see if the breast fullness will diminish before surgery is considered an option.

Generally excess glandular tissue will be excised through an incision made on the edge of the areola. The excision may be performed alone or in conjunction with liposuction. If your gynecomastia consists primarily of excessive fatty tissue, liposuction may be used alone to remove the excess fat. Major reductions that involve the removal of a significant amount of tissue and skin may require larger incisions that result in more conspicuous scars. In severe cases where large amounts of fat or glandular tissue have been removed, skin may not contract to the new smaller breast contour. In these cases, excess skin may have to be removed resulting in more conspicuous scars.

Since gynecomastia is incredibly common we may have to ask Victoria what her secret is for the next bro-zero...or talk about surgical options for gynecomastia. Nothing can compare to finally feeling confident enough to chase your lover to the ocean water...without worrying about a pendulous chest. A patient once joked during his post procedure check-up that when people now talk to him he doesn't have to think to himself "hey, my eyes are up here!"

To learn more about gynecomastia, visit [SpaSurgica](http://SpaSurgica.com) online:



@SpaSurgica



/SpaSurgica



info@spasurgica.com



spasurgica.com

10 MINUTE NOSE JOB

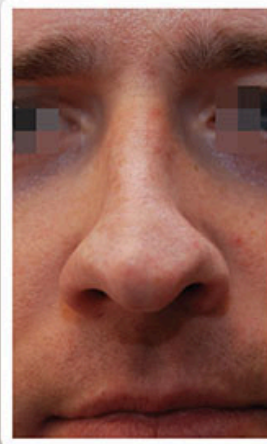
Filler is used through controlled and precise injections to hide away dents, bumps, side way deviations, raise the nasal tip, or contour irregularities to restore a more symmetric look to your nose.

The end result is that your nose will look more proportionate and smaller in your facial frame. Your results are instantaneous. You may be an ideal candidate for this procedure if:

- You wish to diminish the appearance of bumps on your nose.
- You have dents, hollowness, or indentations, or a nose that looks asymmetric.
- You have a flat nasal bridge, and wish to create a bridge or augment your original bridge.
- You have droopy tips and wish to raise the tip of the nose.
- You have had surgical nose jobs in the past and are unhappy with the results.

Call Rejuvenate Medical Spa at (519) 745-9900 for a complimentary consultation about the 10-minute, non-surgical nose job.

BEFORE

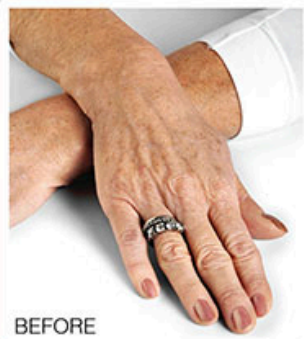


AFTER

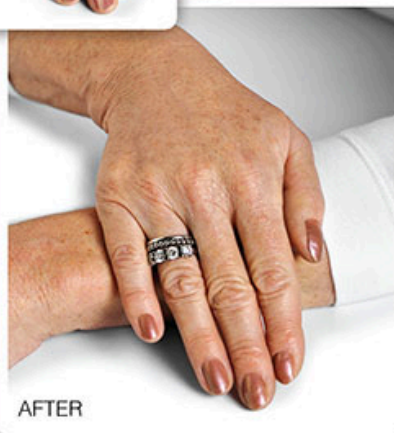


GET YOUNGER HANDS

We've all had that moment when we look down at our hands and wonder what happened. The years crept up and now they look older than you feel. Hands are often forgotten about when it comes to anti-ageing efforts. Over time, hands suffer from deflation of fatty tissue which can make them appear bony and weathered. At Rejuvenate Medical Spa we offer a hand rejuvenation treatment performed by Plastic Surgeon, Dr. Elmaraghy. Hand rejuvenation with dermal fillers are growing in popularity because it can give the hands a fresher and more youthful appearance by volumizing the skin, minimizing wrinkles, and hiding prominent veins.



BEFORE



AFTER

TIP

Prevent sun damage by applying sunscreen to your hands.

Nu-Derm 50 SPF
\$59.99



REMOVE BROWN SPOTS

Broad Band Light (BBL) treatments act as the icing on the cake by ridding your hands of age revealing spots. This gentle treatment will leave your skin feeling smoother while sunspots and uneven pigmentation diminish. No longer can you connect the dots to count the age spots

Gifts Under \$40



Laguna Bronzer

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.



Manicure \$40

Rejuvenate Medical Spa Manicures go above and beyond your expectations. Our manicures start off with a soothing warm soak; nail filing/shaping, and cuticle maintenance. Our exfoliating Sugar Scrub helps reveal softer, younger looking hands by removing dead skin with delicate sugar crystals that never dry or irritate. Your hands will bask in the steam from a hot towel, then, it's on to pure relaxation: you receive a massage that provides optimal moisture. The manicure is then finished with a beautiful polish.



Make-up Brushes

Bring out your inner make-up artist with Rejuvenate's professional line of brushes. Prices range from \$20.99 to \$37.99.



QTICA Home Spa \$31⁹⁹

Qtica Smart Spa sets are the perfect "mini" way to treat yourself or give them as a gift. Qtica Smart Spa sets contain 1- 5oz Sugar Scrub, 1- 2oz Lotion, 1- 2oz Shower Gel and one exfoliating loofah packaged in a clear zippered cosmetic bag.



The advertisement is set against a background of small, square, mosaic-like tiles in various shades of brown and gold. In the top left, there are three open compact powders: one with yellow powder, one with white powder, and one with reddish-brown powder. A purple ribbon bow is tied around a white gift card in the top right. The gift card features the 'SpaSurgica & REJUVENATE MEDICAL SPA' logo. In the center, a tall, pink, cylindrical tube of lip gloss stands vertically, with 'REJUVENATE MEDICAL SPA' printed on it. To the right of the lip gloss is a close-up of a woman's eye with long, dark, curled eyelashes.

\$30⁹⁹

Mineral makeup is the safest because it adheres to the natural oils in a person's skin and doesn't seep into the pores. Rejuvenate's Mineral Pressed Powder foundations allow your skin to breathe because of the use of titanium dioxide in most mineral products. Our make-up line is Hypoallergenic, Fragrance free, Allergy tested, Non-comedogenic, and made in Canada.

Lip Gloss \$16⁹⁹

Rejuvenate Medical Spa's Lip Glosses are formulated to give extreme shine with a stay-put application for long lasting wear. Our glosses are fragrance free and Paraben free with Vitamin E added. Glossware stays on longer than any other lip gloss.

Mascara \$21⁹⁹

Rejuvenate Medical Spa Lashware Mascara is a lengthening formula, smudge proof and fiber free with no plastics or sealers. It will not irritate sensitive eyes, including wearers of contact lenses. It will dramatize eyes with fuller, curlier, and visibly longer lashes.

Gift Cards

Whether you are buying for a birthday, Valentine's Day, Christmas, New Years, last minute gift or just looking for an "I love you" gift—We have Gift certificates available.

Once considered the go-gift for the lazy, last-minute shopper, the gift card is making a comeback this season. Purchase a Rejuvenate Medical Spa Gift Card for your loved one. Available for purchase in any amount.

Don't stress out spending endless hours shopping at crowded malls when it's so easy to stop by Rejuvenate Medical Spa and purchase your gift card for a loved one this season. Visit our website and buy online, or stop in and we will gift wrap your gift card.

Visit Rejuvenate online:

 @Rejuvenate_Spa
  /RejuvenateMedSpa
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MEDICAL GRADE SKIN CARE THAT WORKS!

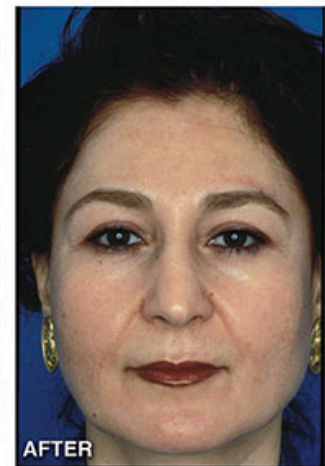
The Obagi Nu-Derm System is an anti-aging system that transforms cellular functions in all layers of the skin, helping to make your skin look and act younger and healthier.

Why is the Nu-Derm System sold exclusively by physicians?

The Nu-Derm System contains prescription-strength formulations that can be sold only through a licensed physician. Obagi is Dr. Elmaraghy's preferred skin product to treat age spots, fine lines, rough skin, discolouration, and sallowness.



Obagi Nu-Derm System 15-week treatment



What is the difference between the Nu-Derm System and products from department and drug stores?

The products in the Nu-Derm System are clinically proven, prescription-strength ingredients that work at the cellular level to improve your skin's cell function. Products purchased from a retail store are cosmetic-based products that do not contain prescription-strength ingredients.



Obagi Nu-Derm System \$505.99
Obagi Professional C Serum \$129.99

Where do I start?

We know you are bombarded by lots of products and don't always know where to begin in starting or switching to a skin care regiment. Your first step is a free skin care consultation at Rejuvenate Medical Spa. We will assess your skin's needs and help choose skin care products that best suit your needs and budget.

Call (519) 745-9900

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.



Relax and Rejuvenate with our Body Scrubs

Michelle has come to Rejuvenate Medical Spa to unwind with a body scrub that promises to melt away her stressful week. Michelle's treatment begins with a mineral rich sea salt cleanse. All of her body's dehydrated skin and daily anxiety begin to melt away with the scrub. Her aesthetician begins masking heated French green clay all over Michelle's body and wrapping her in heated blankets. The French green clay along with the sea salt exfoliation encourages the build up of cellular debris and toxins to diffuse from her body. Michelle is treated to a scalp and neck massage which further helps to awaken her lymphatic system. A hot towel is wrapped around Michelle's face which is infused with woodland herbal oils aiding her escape to the place between sleep and awake.

The room is all Michelle's while she rinses off the accumulated toxins and everyday stress in the shower. Feeling serene and grounded she slips beneath the



fresh sheets and comforter laid upon the treatment table. Her aesthetician returns to conclude the treatment with a trance-like massage moisturizing her skin and lipids.

Michelle returns from her dream-like state back into her body. As she relaxes in the lounge she wonders one thing, "how am I going to drive home feeling this relaxed and rejuvenated!?"

Nails that Last!

The Manicure that will last longer than your 7 day Beach Vacation

Shellac is the ultimate no chip, long-lasting manicure that won't scrub off by the sand or rub off in the pool. This hybrid nail treatment is applied like nail polish, but it is cured in a way that gives it great flexibility, durability and incredible shine. Shellac should do absolutely no damage to your nails. We advise you to apply a cuticle oil to keep the area well-conditioned, maintain moisture so your Shellac wears flawlessly for up to 14 days. Removal is gentle and is performed in our spa. So, as you get ready for your vacation or any other event, say goodbye to chips, smudges, and dry time.

Shellac™

TIP

Want your manicure to last and shine even longer? Try Qtica Oil Gel that will help soothe and nourish your cuticles. In our cold KW winters, this is a must have in every woman's arsenal.

\$19.99



What to expect during your consultation?

Q. I'm thinking of having Cosmetic Surgery, where do I start?

A. Start by visiting our website to get a wealth of information about plastic surgery procedures. Surgery, of course, requires consideration of the associated risks, and yet, can offer significant benefits to those who are good surgical candidates. Indeed, many SpaSurgica clients have benefited and enjoyed the great results of their breast augmentation, nose surgery, facelift, tummy tuck, liposuction, and other cosmetic surgeries.

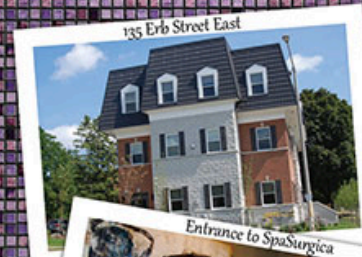
When you are ready to talk about how plastic surgery can be of benefit to you, call or email SpaSurgica to make an appointment to see Dr. Elmaraghy. A modest consultation fee of \$100 is required, but can be later used toward your surgery. When you come to your consultation, have all of your questions ready and have a frank conversation with Dr. Elmaraghy. He will make you feel at ease and provide you with his expertise and more than 15 years of experience.

Q. I'm interested in improving my appearance and want to know what technologies, skin care products or non-invasive treatments can help?

A. Rejuvenate Medical Spa offers great advances in medical technology and innovative non-surgical procedures to achieve dramatic aesthetic improvements with minimal or no down time to its clients and patrons. Medically directed by Dr. Elmaraghy along with the support of a specialized team of medical aestheticians, we can offer our clients non-invasive and non-surgical options to meet their needs and accommodate their busy schedules.

Rejuvenate Medical Spa's website provides more information on Photofacials, laser resurfacing, pro fractional laser treatments, laser hair removal, cellulite treatment with Velashape, chemical peels, dermal fillers, Botox, and so much more.

When you are ready, call or email to make a complimentary appointment to meet our medical consultant who will talk to you about Rejuvenate services and custom tailor a package for you.



SpaSurgica

REJUVENATE
MEDICAL SPA

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