



SpaSurgica



REJUVENATE

MEDICAL SPA

**BOXING WEEK
SPECIALS!**
(see back cover)

Why buying
skincare products
at **Rejuvenate**
is right for you !

Winter Blues?

LASER HAIR
REMOVAL
NOW, FOR
SUMMER
FREEDOM

“ How to age *gracefully*
with a tool box of products
and services to look my best. ”

Sweaty underarms?
Botox
to the rescue!

Wish List:

- lip gloss
- mascara
- bronzer



SpaSurgica



REJUVENATE MEDICAL SPA

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Sweaty Underarms?

How Botox can help



Hyperhidrosis is the medical term for excess sweating. Dr. Elmaraghy at SpaSurgica + Rejuvenate Medical Spa can help.

Hyperhidrosis can be a very real and embarrassing problem. So what is excessive sweating? Regular sweating helps to keep one's body temperature balanced in hot weather, during a fever, or when exercising. Excessive sweating means that you sweat a lot more than normal. Even when you are not hot, anxious, or exercising, you still produce excessive amounts of sweat. It is a distressing condition for many people and sometimes even disabling. It stains clothes and can easily discourage one's social or professional life.

Exercise, stress and anxiety are some of the things that can cause you to perspire. About 2% percent of the world's total population sweat excessively by going about their normal routine. It's a condition that noticeably affects the palms of the hands, the soles of our feet, and underarms. Hyperhidrosis commonly occurs in people between the ages of 25 to 64, although younger people may also be affected. If you find that you're perspiring through your antiperspirant than perhaps it's time to consider an alternative.

The severity of hyperhidrosis can vary. It can come and go and can be triggered by anxiety, intense emotions, spicy food, and environmental heat. Even the anxiety about sweating itself can make it worse. However, nothing obvious will trigger it. Hyperhidrosis tends to be a long-term condition, but symptoms can improve in some individual cases over time and if they don't there is an effective way of treating it.

Botox injections, a treatment made famous for fighting wrinkles, can also provide lasting relief from this embarrassing condition. It works by temporarily blocking the chemical signals from the nerves that stimulate sweat glands to produce metabolic waste. When the sweat glands don't receive chemical signals, the production of excessive sweat stops in the treated area only. Metabolic waste continues to be produced elsewhere. Botulinum Toxin A is a natural, purified protein with the ability to temporarily block the secretion of the chemical that is responsible for "turning on" the body's sweat glands. The effects from treatment are temporary and last approximately 6-12 months. ✨

Fact: A human body has more than 2 million sweat glands.

BEFORE & AFTER



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

Rhinoplasty is a cosmetic plastic surgery procedure used to change the shape and contour of one's nose or improve its function. Depending on your aesthetic goals, the size of your nose can be increased or decreased and the shape and appearance can be altered. Rhinoplasty can help to enhance facial features and emphasize your unique and natural beauty. In some cases, Rhinoplasty can be used to correct breathing problems related to the nose, or to correct disfigurement resulting from trauma or birth defects. The most common cause of nasal breathing problems is a deviated septum.

Many young people are unhappy with their nose; however, there are certain age-related factors that should be taken into consideration when a young person wants a rhinoplasty. It is generally recommended that a patient wait until after their growth spurt to ensure that their nose is fully developed before surgery. Dr. Elmaraghy will be able to give a more accurate estimate during your consultation.

The best candidates for rhinoplasty are people who are healthy (both physically and mentally) and who have realistic expectations about what surgery can and cannot do for them. Changing your nose will alter your appearance. As with other cosmetic procedures, you are more likely to be happy with the results of Rhinoplasty, if you have clear, realistic expectations about what the surgery can achieve and share your expectations with Dr. Elmaraghy.

SpaSurgica's Gallery of Rhinoplasty



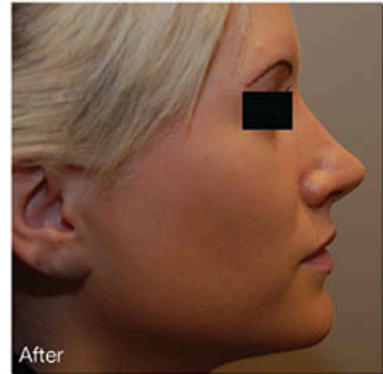
Before



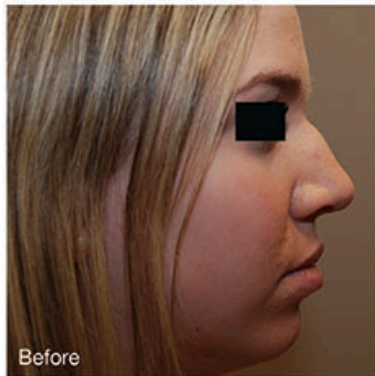
After



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:



@SpaSurgica



/SpaSurgica



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spasurgica.com

Gifts Under \$40



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.



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.



Make-up Brushes

Bring out your inner make-up artist with Rejuvenate's professional line of brushes. Prices range from \$21 to \$38.



QTICA Home Spa \$32

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.





\$31

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.

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.

Lip Gloss \$17

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 \$22

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.



Visit Rejuvenate online:



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RejuvenateMedSpa.ca

Prejuvenation: Preventive Measures to Achieve Graceful Aging

It seems most of us have become obsessed with “anti-aging”; we see it plastered on billboard ads, see it in media and it serves as a constant reminder that we should consider aging as a negative thing.



We know aging is inevitable and it's something we should embrace. However, the speed at which we age is what we should be concerned with. Many women often quote...

“If I knew then what I know now, things would be different.”

In our late 20's and early 30's we may start to see these subtle pre-aging signs, such as fine lines on the forehead or on the crows feet area, or around the eyes. Aging can be addressed with the right combination of topical products and treatments. In your toolbox, consider these five products and services.

1. Skincare should be used day and night and investing in a medical grade skincare line is something that must not be taken lightly. Forget the infomercials and magazine ads! Cosmeceuticals span the breadth of functionality and are synergistic cosmetically and medically. Cosmeceutical companies have invested in nonbiased research and development, ensuring product efficacy and ingredient quality that cannot be compared to drug store variety products. Some cosmeceutical ingredients can be classified into a few categories: alpha and beta hydroxy acids, retinols, and antioxidants.
2. Sunscreen is a must have item. “More than 90 percent of the visible changes commonly attributed to skin aging are caused by the sun”

(Gilchrest CRC Press). Protecting your skin should be your number one priority. Sun Protection Factor or SPF's can be problematic for some, causing breakouts, oily skin and may have a tacky white finish. Investing in a professional quality sunscreen will make all the difference. Many cosmeceutical (combination of cosmetics and medicine) companies have designed a magic formulation to ensure none of the aforementioned issues occur. SPF should be applied before your makeup every day, even when it's snowing, overcast, or raining.

3. Botox or Dysport can significantly aid in the prevention of premature aging by weakening muscles so expression lines do not have the chance to develop. Areas where this treatment is used are the crows feet, between brows (glabella) and the forehead. Forget the notion that Botox causes you to look frozen or fake, when administered by a certified plastic surgeon the treatment looks natural.

4. Skin Tyte is a great weapon to have in your arsenal for anti-aging. SkinTyte treatments send collagen into overdrive by delivering heat into the dermis. This heat delivery treatment excites the skin into producing

collagen, and the best part is: there is no downtime. The prescribed amount of treatments depends on a client's age and the condition skin is in. Generally if you start early enough, a series of 1 or 2 treatments per year will help slow the unwanted signs of aging.

5. Photofacials such as BBL or IPL, address sun damage and broken blood vessels while stimulating collagen production. If you're like many, you made the mistake by tanning and damaging your skin before you really knew how bad excessive sun exposure was for your skin. Give your skin a boost and restart with BBL treatments.

It's not too early to think about what can be done to your skin to ensure graceful aging. Making sure you're using a cosmeceutical skincare line and pursuing non-surgical treatments medically directed by a certified Plastic Surgeon are all ways to make sure you have the best skin possible.

Look younger in less than an hour. Try a Rejuvalift.



Watch our video

www.youtube.com/RejuvenateKW



Laser Hair Removal

Long winter months are the perfect time to start laser hair removal treatments. By the time summer rolls around, you'll be ready to wear your bikini! Just imagine not having to tweeze, wax, shave or endure the long, painful hours of electrolysis again. If you're not happy with your current hair removal method then laser hair removal may be an option worth considering.

Laser hair removal technology uses a beam of energy and a constant source of heat that penetrates the hair follicle, destroying it at its root while protecting the surrounding skin.

The average woman spends 72 days in her lifetime shaving her legs.

The procedure of removing unwanted hair is targeting the follicle and then directing the laser energy at its bulbous root. The hair removal process begins as the laser energy finds the targeted hair follicle from its melanin. Melanin is also found in skin, so people with darker skin either from suntanning or by birth are not typically ideal candidates for laser hair removal. Neither are red headed, grey or light-blond haired people — simply because the laser is solely attracted to the darkness of the hair. That said, laser hair removal works best on people with dark hair and fair skin. Unlike other hair removal

methods such as electrolysis, waxing and, of course, shaving, laser hair removal is the most advanced technological method in removing unwanted hair for longer (and even indefinite) periods of time. It is the only proven method available for easily destroying hair from areas of the body including back, chest, legs and face. Laser hair removal is effective, precise and cost effective.

Does laser hair removal hurt? While everyone perceives pain differently, most people say laser hair removal is uncomfortable, but not painful. During treatments, you may feel the heat from the laser as a mild burn or stinging while the follicles are being targeted. The Light-Sheer®'s contact-cooling hand-piece protects and cools the upper layer of the skin before, during and after each laser pulse allowing our Medical Aestheticians to treat even the most sensitive skin. Topical anesthesia can be an option, but it is rarely required.

60% of people between 18-29 say they want to get laser hair removal.

Rejuvenate Medical Spa provides free consultations and the treatment and pricing structure will be explained to you in detail. We offer discount packaging for laser hair removal, as well as pricing for individual treatments.



Q: I already use products on my face from a drug store. Why should I switch to a medical-grade skincare line?

A: At Rejuvenate Medical Spa, we are asked this question every day.

Many people in the community have tried hundreds of different products and do not know what they are actually applying to their skin. Over the past two decades the public has become increasingly aware of ingredients in products but still don't



understand the tricks of the trade. Almost all facial products you purchase at a drug store contain **ingredient fillers** to bulk the texture of a product or "all natural" ingredients to create a chemically enhanced scent or colour. If you read the ingredient listing there is not a clear definition of what "all natural" is considered. They continually claim to contain age defying antioxidants and vitamins. You're only exposed to part of that truth. Most of these products are created in huge vats and because only a few drops of retinyl palmitate (a form of vitamin A), or ascorbic acid (vitamin C) are added to these vats they can claim their product as "age defying" or "line erasing". **Stop wasting your money** on a product that feels nice and does nothing that it claims. When you purchase a product from a doctor it truly contains the strongest cosmeceuticals available in an evidenced informed purchase. Rejuvenate Medical Spa welcomes Rejudicare Synergy line of topical antioxidants. We have non-biased **medical studies** to back-up the power of these topical antioxidants. You should feel confident that RejudiCare Synergy will help defend your skin in the battle against drug store vs. cosmeceutical line. We invite you to arrange a **free consultation** and even bring the current products you're using on your skin. Let's change our thinking from "anti-aging cream" to "feeding your skin with clinically proven antioxidants".

Boxing Week Specials

December 27th - 31st, 2014



50% Off Laser Hair Removal

Series of 6 treatments

Treatment Area	Regular Price	Boxing Day Price
Underarm	\$750	\$375
Bikini	\$1,050	\$525
Chin/Neck	\$1,050	\$525
Full Back	\$3,000	\$1,500
Full Leg	\$3,600	\$1,800
Lower Leg	\$1,800	\$900
Upper Leg	\$2,250	\$1,125
Lip	\$450	\$225

30% Off Cellulite Reduction

With Velashape Technology

- ▶ Series of 8 treatments
- ▶ Regular Price: \$2,000
- ▶ Sale Price: \$1,300

20% Off Select Products

- ▶ All Rejuvenate Make Up
- ▶ Zoya Nail Polish
- ▶ Qtica Products
- ▶ Rejudicare Skin Line

***Prices shown above do not include taxes**

