



*SpaSurgica*



REJUVENATE

MEDICAL SPA

Inside: Before  
& After  
Pics



**Laser Away!**

- Redness <
- Brown Spots <
- Acne Scars <
- Wrinkles <

*Long Lashes*

Tummy Tuck  
*OR*  
Liposuction?

*3* Chemical  
Peels  
Revealed!

*Tired  
Eyes?*

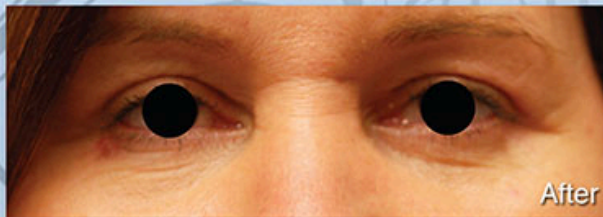
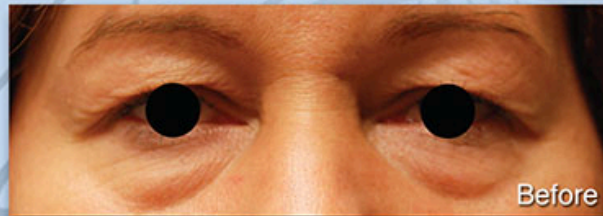
IS YOUR  
NAIL SALON  
**SAFE?**

REMOVE  
CELLULITE  
& UNWANTED HAIR!

# Tired of *Tired* Eyes?

Are you tired of the question: 'Are you tired?' when you are in fact well-rested. This is often one of the first signs that your eyes look more tired than you actually are. Thanks to factors like gravity, natural aging, family history, and our stress-induced lifestyle, we are showing signs of aging in our eyes more than ever. Unfortunately, there is a time when topical creams, no matter how beautiful cream bottles might look, are not going to remove the excess, sagging, or wrinkled upper and/or lower eyelid skin.

What works? An eyelid lift, also known as a blepharoplasty, is a surgical procedure intended to produce a rested and more youthful appearance of the eyes. This permanent procedure generally includes excision of excess skin, fat and muscle from the eye lids. A blepharoplasty is custom tailored to your needs and depends upon one's anatomy and goals, as well as Dr. Elmaraghy's expert judgement, but often involves surgical removal or laser resurfacing of loose and wrinkled skin.



To compliment a blepharoplasty, Spasurgica clients often combine their surgical procedure with Botox to stop dynamic wrinkles, filler to replace lost volume and smooth out creases, laser peels to help refresh skin texture and a facelift or laser resurfacing to rejuvenate the entire face.

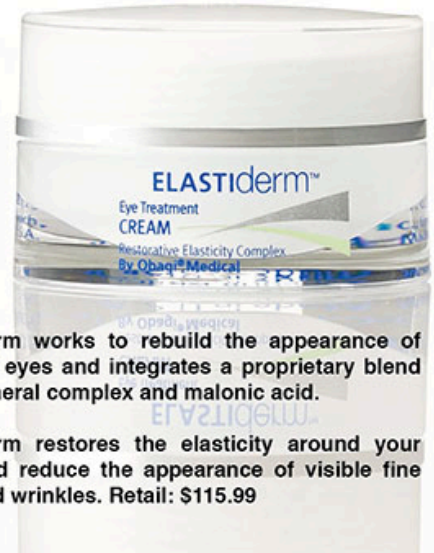
In addition to excess skin, many people complain of having lost the natural upper eyelid crease over time. In extreme cases, this excess skin can even impede one's vision. These are sure signs that it is time to visit with Dr. Elmaraghy to discuss your options and a potential plan for a blepharoplasty procedure. In the photos to the left, this client of Dr. Elmaraghy had excess skin removed from her upper eyelids, and excess fat removed from under her eyes. Her transformation is remarkable and her surgery has taken years off, appearing well rested and rejuvenated. There are plenty of options, but the first step is to consult with Dr. Elmaraghy at SpaSurgica to discuss what may be recommended for you. A blepharoplasty may be a way for others to finally see into your soul, rather than ask you "...are you tired?"

## Long Lashes

Latisse lengthens, thickens and darkens eye-lashes by extending the growth phase and increases the number of hairs that grow.

Apply Latisse by dabbing small amounts of product on the upper lash line each night with the sterile applicators supplied with your kit.

5ml bottle  
**\$199**  
3 mo. supply



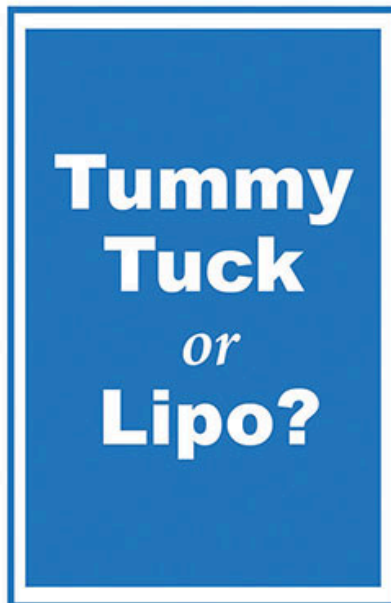
Elastiderm works to rebuild the appearance of youthful eyes and integrates a proprietary blend of bi-mineral complex and malonic acid.

Elastiderm restores the elasticity around your eyes and reduce the appearance of visible fine lines and wrinkles. Retail: \$115.99

# Tummy Tuck

A Tummy Tuck, also known as an abdominoplasty, is a surgical procedure designed to flatten and improve the appearance of the abdomen. This procedure is ideal for patients who have loose or excess abdominal skin or laxity of the anterior abdominal wall muscles, such as after pregnancies, and had significant weight loss.

Although several variations of abdominoplasty exist, most abdominoplasty surgery will leave a scar on the lower abdomen, which may extend from hip to hip, and an additional scar around the umbilicus. Usually scars fade over time and are often concealed under appropriately chosen undergarments. A tummy tuck can tighten abdominal muscles and, remove skin that may have unsightly stretch marks.



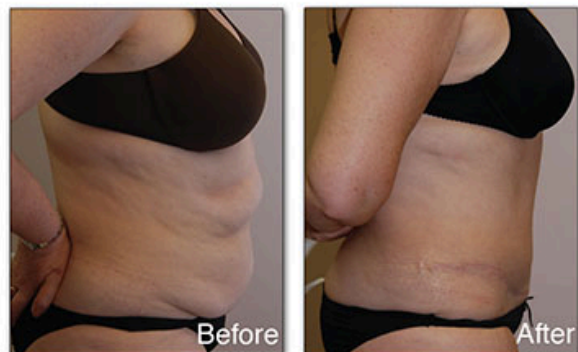
# Liposuction

Liposuction is a procedure that can sculpt and remove unwanted localized excess subcutaneous fat that is resistant to diet and exercise. Liposuction is most often utilized to treat the abdomen, waist, hips, thighs, inner knees, under the chin/neck, male chest/breasts, and upper arms.

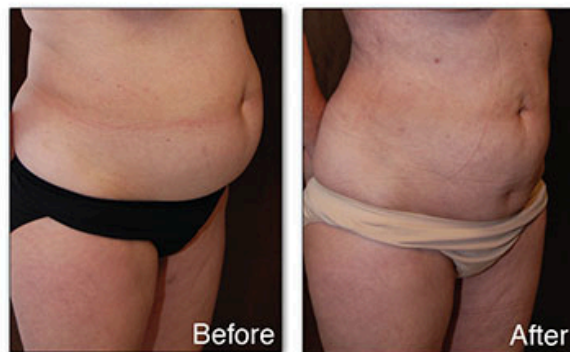
Unlike a Tummy Tuck, no skin is removed and patients should have good skin elasticity in the areas to be treated. Ideal candidates are near their ideal body weight. Small incisions are made into the skin where a cannula is used to draw out excess fat. The body naturally re-contours to its original shape after fat deposits are removed. Dimples, cellulite, and stretch-marks are not improved following liposuction.

## Before & After Photos

Tummy Tuck



Liposuction



To learn more about plastic surgery, visit SpaSurgica online:



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info@spasurgica.com



spasurgica.com

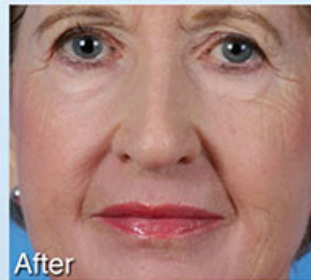
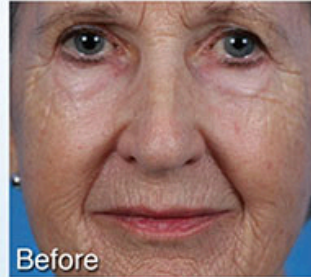
# How do I get rid of...

## Wrinkles

An inevitable part of the natural aging process, our skin gets thinner, drier and less elastic. Eventually, permanent wrinkles, creases and lines form on our skin.

Sciton JOULE's contour TRL™ skin resurfacing safely removes a layer of skin to a depth determined by Dr. Elmaraghy. The depth of the treatment will depend on the condition of your skin, your desired outcome and expectation of recovery. Treating your skin with laser stimulates collagen growth, removes wrinkles, uneven pigmentation and restores youthful glow, giving you a rejuvenated appearance.

**Starting at \$ 5,000 per treatment**

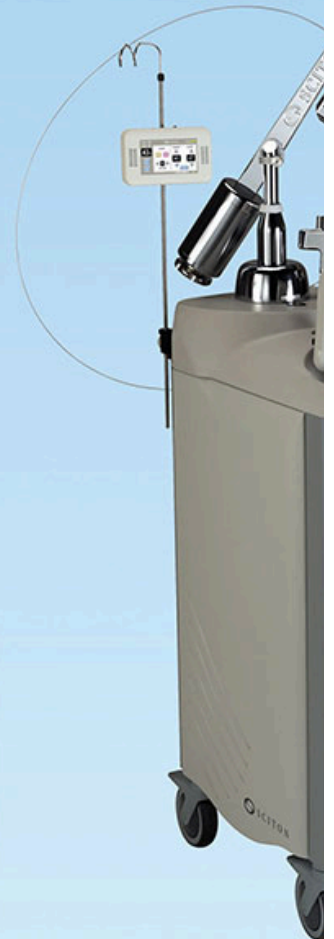


## Acne scars

Acne scars are usually caused by an inflamed lesion, such as a cyst or pustule. Cystic acne can destroy healthy skin tissue and leave you with permanent scarring.

Sciton JOULE's ProFractional™ uses a laser beam to treat thousands of pinpoint areas of your skin. Because only a fraction of your skin is directly treated with the laser, the surrounding untreated tissue promotes rapid healing. The skin's wound healing response creates new collagen which helps improve acne scarring.

**\$ 1200 per treatment**



The Sciton JOULE is the machine of choice for various skin conditions and to achieve a youthful appearance.

Sciton is a leading and trusted manufacturer of advanced laser technology for the aesthetic medical market. Unlike imitators of the Sciton JOULE, the proven efficacy based on clinical and medical journal review.



## Rosacea / Redness

A chronic condition characterized by facial redness is often called rosacea. If left untreated it may worsen over time. Rosacea affects both sexes, but is almost three times more common in women. Rosacea has a peak age of onset between 30 and 60 years old.

Sciton JOULE's BBL™(Broad Band Light) is light energy that is selectively absorbed by the oxyhemoglobin resulting in heating of the blood vessels. By heating the vascular lesion, the targeted blood vessels will break down and shrink which leads to a reduction in redness of the skin.

**\$ 400 per treatment**



## Brown spots

Freckles and brown discolorations of the face, back of hands, arms, chest, and upper back are common among many people.

Sciton JOULE's BBL™ gently heats the upper layers of skin using light energy that is absorbed by brown spots and pigmented lesions. BBL™ lifts brown spots, eliminating them from the skin and restoring one's natural beauty, making skin more vibrant and youthful.

**\$ 325 full hands per treatment**

**\$ 400 full face per treatment**



Dr. Elmaraghy's laser treat a variety of skin give improved skin ap-

highly awarded manu- sers and light sources in market. While there are system, the JOULE has on rigorous academic s and studies.

**Free consultation to discuss Rejuvenate's laser treatments: (519) 745-9900**

# Chemical Peels: How Intense?

## 1. Lunch Time

**\$ 120 per treatment\***

'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.

## 2. Superficial

**\$ 120 per treatment\***

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 discoloration, 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.

## 3. Medium-Deep

**Starting at \$ 3,000 per treatment\***

TCA or **trichloroacetic acid peel** is a deeper peel with longer lasting results. TCA treats deeper into the dermis and can therefore treat more skin conditions and have more dramatic results. Healing or downtime tends to be longer, as much as several weeks or more.

TCA peels are only administered by Dr. Elmaraghy, a board-certified plastic surgeon, and are recommended for treating wrinkles, fine lines, scars and loose skin.

The main purpose of TCA peels is to rejuvenate one's skin. It repairs your skin in a way that all your old damaged skin surface is eliminated and newer and fresher skin emerges.

**\*Please note: The above prices are estimates. Book your consultation today to receive your personalized quote and treatment plan.**



# Are all nail salons created equal?

## REJUVENATE MEDICAL SPA

pays attention to every detail, ensuring you have the best manicure and pedicure possible. Soaking, nail shaping, buffing, cuticle maintenance and polish application are all included but what makes us different; we include a sugar scrub and an extended massage. We don't want our client worrying about upgrades; we always offer you the best service possible. Rejuvenate Medical Spa does provide Shellac™ or French polish for a small fee.

## ZOYA NAIL POLISH

was awarded as the longest wearing natural nail polish by an independent panel in Women's Health Magazine. Zoya Nail Polish is a nail polish free of toluene, formaldehyde, DBP (phthalates) and camphor. Zoya Nail Polish was specifically formulated to deliver the longest wear possible on natural nails.



Our estheticians, Sarah and Tim, giving a couple's pedicure.

## REJUVENATE'S STERILIZATION POLICY

- Prior to each pedicure, all jet components in the basin are removed, cleaned and sterilized.
- Our premiere pedicure benches involve a pipeless air-jet system.
- Our pedicure and manicure tools are all sanitized and placed in a hospital grade autoclave for your safety, ensuring there is no cross contamination, no chance of infection and the tools are sterile and clean.
- New buffers are used on every client and are offered to clients to take home after their treatment; they are never re-used in this facility.
- If a client presents with signs of fungus, they are required to purchase their own base coat, top coat and polish to ensure safety for all of our clients.

## Walk-ins Welcomed!

Monday	9am - 3pm
Tuesday - Friday	9am - 7pm
Saturday	9am - 5pm



Region of Waterloo  
PUBLIC HEALTH

The Region of Waterloo advises that blood-borne diseases including HIV, Hepatitis B and C can be found on instruments used in personal-service settings such as nail salons. Ask your salon if it has a "Personal Services Settings Inspection Report"? Rejuvenate complies with regular inspections, does your nail salon?

# REJUVENATE'S PREMIER TECHNOLOGY

## *Laser Hair Removal*

The LightSheer Diode Laser System is regularly regarded as the Gold Standard worldwide in laser hair removal circles. It has consistently been used for laser hair removal with great safety and efficacy for many years. The LightSheer offers high powers and both short and very long (400 ms) pulses to safely and effectively treat all skin types (as per its FDA approval) and the broadest range of hair colors, diameters and depths. The LightSheer has been the standard for many to achieve long lasting hair removal. It has FDA clearance for permanent hair reduction. Several sessions are usually required to achieve the optimal results. To achieve a satisfactory level of clearance, 6-8 treatments are typically required. Call for a free consultation on pricing.

## *Treat Cellulite with VelaShape*

VelaShape is a non-surgical anti-cellulite and body-contouring treatment. The device obtained FDA clearance for cellulite reduction. A combination of 4 simultaneous modalities: Bi-Polar Radiofrequency (RF) wave and Infrared Light energy followed by Vacuum and Mechanical massage makes VelaShape a powerful body reshaping treatment. The heat of Bi-Polar Radiofrequency (RF) waves and the energy of Infrared Light disrupts the walls of fat cells and increases the oxygen diffusion in the deep layers of fat tissue. A roller massage helps to smooth out the surface of the skin, improves cells' metabolism and lymphatic drainage. This treatment is designed to reduce the appearance of cellulite and to improve body shape and is effective for tightening, toning and firming skin. VelaShape is performed once a week and typically 6-8 sessions are required. One VelaShape session lasts 20 to 60 minutes, depending on the size of the treated area. There is no downtime and you can get back to normal activity right away. Call for a free consultation on pricing.

 **SpaSurgica**  
&

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MEDICAL SPA

**(519) 585-0854**

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

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