



AGING WELL: *A Women's Series*

OUR PHILOSOPHY



Aging well is not something that begins later in life. It starts with the choices you make today — the way you care for your health, protect your skin, and continue putting yourself on your own priority list.

Collagen production naturally begins to gradually decline in your mid-to-late twenties, making preventative care an important part of maintaining healthy, resilient skin over time. Starting earlier does not mean doing more. It means choosing thoughtful treatments that support your skin through every stage.

This month, we are sharing Bernadette's story — a vibrant, confident 47-year-old who believes self-care should never be saved for "someday."

It is never too early to begin your aging-well journey — not because you need to change, but because you deserve to care for yourself now.



Introducing a younger perspective on aging well

Because prevention, confidence, and self-care can begin at every age.



Bernadette, 47

PUTTING HERSELF FIRST WITH PURPOSE

At **47**, **Bernadette** is a wonderful example of what it means to age well with confidence, authenticity, and purpose.

Passionate about living life to the fullest, she believes in finding a healthy balance between caring for *others* and caring for *herself*. Through her work in healthcare with seniors in a nursing home, Bernadette has found a deep sense of fulfillment and purpose. She brings compassion, kindness, and positivity to the people she supports each day.

Outside of work, she loves spending time outdoors with her boyfriend at their trailer and family cottage. Whether she is relaxing by the water, enjoying nature, or appreciating life's simple pleasures, Bernadette makes time for the experiences that help her feel *grounded* and *fulfilled*.

She is also a devoted animal lover and shares a special bond with her cat, Sushi, who keeps life entertaining and full of cuddles.

Young at heart and committed to wellness, Bernadette understands that self-care is important at *every age*. From staying active at the gym and focusing on her health to choosing treatments that help her feel confident in her skin, she continues to invest in becoming the best version of herself.

Her journey is not about trying to stop the aging process. It is about supporting herself through it — thoughtfully, confidently, and on her own terms.

Bernadette's outlook is proof that aging well is not about a number. It is about living with purpose, confidence, and joy.

Bernie's Yearly Plan

PROACTIVE AND PERSONALIZED CARE

BOTOX — 3X/ YEAR

To soften movement and maintain balance

FILLER — ONCE EVERY 18 MONTHS

to support structure without overcorrection

MORPHEUS8- SERIES OF 3 WITHIN THE YEAR

followed by maintenance twice a year to stimulate collagen and support firmness, texture, and overall skin quality.

MESOPLASMA (VAMPIRE FACIAL)– TWICE A YEAR

to support hydration, repair and a healthy refreshed complexion

Dr. Elmaraghy's Recommended Plan

INSPIRED BY BERNADETTE'S AGING-WELL ROUTINE

As part of Bernadette's aging-well journey, Dr. Elmaraghy created a thoughtful treatment plan focused on prevention, maintenance, collagen support, and natural-looking results over time.

These treatment options reflect the same intentional approach — designed to support skin health, confidence, and long-term care at every stage.



Special Pricing

ON BEHALF OF BERNIE'S PLAN

BOTOX / DYSPORT

To soften movement, maintain balance, and support a refreshed appearance.

\$9 / unit

DERMAL FILLER

To support natural structure and subtle facial balance.

2 syringes — receive 15% off

MORPHEUS8 FACE + NECK SERIES

A series of 3 treatments to stimulate collagen, support firmness, and improve overall skin quality.

Includes neck treatment + post-procedure kit valued at \$300.

Series of 3 — \$2,700

MESOPLASMA PACKAGE

A regenerative treatment to support hydration, repair, and a healthy, refreshed complexion.

Buy 1, Get 1 Free — 2 for \$800

Pricing valid until Aug 31st 2026



*Bernadette's plan is proof that aging well is personal.
With the right guidance, your treatment plan can be proactive, natural, and designed around you.
Book your consultation to begin your aging-well journey.*

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