

ARE YOU A MEMBER OF CALO-CLUB?

CaloSpa Rejuvenation Center offers an exclusive membership program called Calo-Club. This membership allows you to receive a discounted DaySpa service monthly for one whole year. Members enjoy the ability to pick a different service every month or repeat the same treatments monthly. Calo-Club is convenient and affordable to those who frequent the spa for a therapeutic service. Members of this program also receive 10% off skincare products **ALL** year round. Additional discounts are offered via email for **members only** quarterly. Calo-Club isn't just a membership it is a monthly holiday for your mind and body to relax, rejuvenate and renew. **A GREAT HOLIDAY GIFT IDEA!**



Calo-Club offers the following services to choose from monthly:

Deep Tissue Massage
Signature Pedicure
Body Scrub

Perfect Back Facial
Signature Massage
Custom Facial

Microdermabrasion
Special Occasion Make-Up
Spa Manicure & Pedicure

Reflexology
Glycolic/Salicylic Peel
Dermaplaning

Annual Membership Fee \$720 (\$60 per monthly treatment)

*Membership is for 12 months. Non-transferable. Certain restrictions apply.

NEW

CALOSPA
rejuvenation center



LESS PAIN MORE GAIN. LASER HAIR REMOVAL – NEW LIGHTSHEER® DUET™



Kristy Ray Sheehan – RN CPSN

CaloSpa is excited to offer the **NEW** Lightsheer® Duet™ Laser Hair Removal System. The Duet Laser not only offers a safe and effective treatment for all skin types, it is more tolerable with minimal discomfort and saves you time. The Duet laser tip is now larger and covers more surface area, in turn taking less time for a treatment. The laser tip has a vacuum type suction which gently pulls the skin taught so the laser energy can be delivered more effectively to target the hair. This lower energy level can be used to help create a more pleasant, timely treatment session. For example, a back or legs treatment previously took over an hour, but now it can be treated more efficiently on your lunch break in 25-30 minutes. Laser Hair Removal clients are treated every 4-8, weeks, depending on the area, to maximize their results. Please call CaloSpa to set up a complimentary consultation including a test spot with one of our nurses. Come experience the new wave of laser hair removal using Lightsheer Duet, where there is less pain and more gain.

One Low Price – Endless treatments for one whole year!

HOLIDAY GIFT IDEAS

GIFT CARDS & GIFT CERTIFICATES ARE GREAT FOR:
HANUKKAH, CHRISTMAS, EASTER, MOTHER'S DAY,
FATHER'S DAY, BIRTHDAYS,
ANNIVERSARIES, GRADUATION

CaloSpa offers the perfect gifts. Gift Cards and Gift Certificates are always great ways to reward or say thank you. Order online at www.calospa.com or call **502-814-3000**.

For a complete menu of services visit www.calospa.com.



info@calospa.com

Main 502.814.3000

Clinical 502.899.9979

www.calospa.com

Find us on:

Facebook and Twitter

WEEKEND HOURS

For your convenience, our Medical Spa is open on **Saturdays**.

FINANCING AT CALOSPA

We accept Visa, MasterCard, American Express and Discover. Financing options are also available through Care Credit. Call us at **502.899.9979** for more information or pre-approval.

WALK-IN Botox® & Dysport™ Available

Kentucky's leading Botox® and Dysport™ provider is offering Botox injections for just \$10/\$4 per unit.

CaloSpa is the only Black Diamond status practice and the #1 user of Botox in Kentucky.

HOURS OF OPERATION

Monday • 9 a.m. – 5 p.m.

Tuesday – Thursday • 9 a.m. – 7 p.m.

Friday • 9 a.m. – 6 p.m.

Saturday • 9 a.m. – 4 p.m.

SPECIAL SERVICES FOR SPECIAL EVENTS

Parties • Groups • Bridal • Birthdays • Clubs



2341 Lime Kiln Lane
Louisville, KY 40222



CALOB RACE
Plastic Surgery Center



COSMETIC
Breast Center



CALOSPA
Rejuvenation Center

PRSR T STD
U. S. POSTAGE
PAID
LOUISVILLE, KY
PERMIT 879

BODY LANGUAGE

FALL 2011

A NEWSLETTER DEDICATED TO THE NEWEST AND MOST INNOVATIVE TECHNIQUES FOR IMPROVING ONE'S BODY.

10TH ANNUAL OPEN HOUSE WEDNESDAY & THURSDAY NOVEMBER 9TH & 10TH, FROM 4 P.M. TO 8 P.M.

Our annual tradition to open our doors for clients and friends is here again but **BIGGER** than ever. We invite you to join us for our **10th Annual Open House** Wednesday and Thursday, November 9th and 10th from 4 p.m. to 8 p.m. This will be an unprecedented event to celebrate our 10th year of customer appreciation. Our expectations have been exceeded so much over the last decade with a new facility, expanded staff and plethora of devoted clientele. Your unwavering support over the past 10 years is what has made this practice successful and for that we thank you.

Please join Dr. Calobrace, Dr. Mizuguchi and the entire staff for wine, champagne and hors d'oeuvres as we jubilate this milestone. It is also an opportunity to learn more about all of the medical and day spa treatments available at CaloSpa. Additionally, all of our vendors will be on hand to provide more details and answer your questions.

SPECIALS

Open House Presale

Starting Saturday, November 5th through November 11th, you may call and pre-purchase select items and procedures for the

special **Open House** 20% off sale price. Some restrictions will apply. Our office will be open all day on November 9th and 10th. For those with busy schedules, there will be an express purchase area located through the side entrance during Open House. Phone lines will be closed during Open House hours.

Open House Special

- 20% off all skincare products
- 20% off all day spa and medical spa treatments
- [Botox® and Dysport™ excluded]

This is the only time during the year you will receive 20% off day spa and medical spa treatments. It's the perfect opportunity to make purchases for the year, buy gift certificates and to think about holiday gift ideas.

SPECIAL DRAWINGS AND GIVEAWAYS

- To celebrate the last decade Dr. Calobrace is offering a one week stay at his personal condo in South Beach Florida benefiting the charity **Home of the Innocents**. Just \$20 a chance will enter you in the drawing with ALL proceeds going to Home of the Innocents. Cash and Check only.

- For every **\$500** in Botox® or Dysport™ you purchase, your name will be entered into an exclusive drawing for a **\$2500** gift card that can be used toward Surgery OR CaloSpa services. This has never been offered before, so stock up now and enter to WIN.
- Bring a friend or two or five and be registered to win free products, injectables, spa services or skincare. For every person you bring your name will be entered into the drawing for multiple chances!

RSVP BY NOVEMBER 4th

Call **899-9982** or online at rsvp@calobrace.com



CALOB RACE
plastic surgery center



COSMETIC
breast center



CALOSP A
rejuvenation center



CALOB RACE
plastic surgery center

M. Bradley Calobrace, MD, FACS
Nana N Mizuguchi, MD, FACS



CALOB RACE
plastic surgery center



COSMETIC
breast center

- Revisional Breast Surgery
- Breast Enlargement
- Breast Lift
- Breast Reduction
- Breast Reconstruction
- Ultrasonic Liposuction
- LipoLite Laser Liposuction
- Tummy Tucks
- Body Lifts/Thigh Lift

- Post Bariatric (Weight Loss) Rejuvenation
- Postpartum Rejuvenation
- Arm Lift
- Labiaplasty
- Facelift
- Mini-Facelift
- Calolift
- Endoscopic Browlift
- Eyelid Surgery
- Hair Transplantation
- Rhinoplasty
- Chin/Cheek Implantation
- Fraxel Repair Laser Resurfacing
- Laser Surgery

CALOSPA GOES ORGANIC

We are proud and excited to announce our newest line of organic skincare called **llike™** (E-lee-kay). Made in Hungary, this all-natural product uses organically grown ingredients from fruits, vegetables and herbs. Due to the rich minerals and trace elements **llike** organic skincare is able to provide outstanding and effective results.



Audra Albery – Spa Manager

For over 14 years Dr. Calobrace and his staff have been researching and working to bring the “best of the best” together. We feel that coupling the **llike** products with our spa services is the perfect fit to returning a healthy glow to dull tired skin.

Two of my favorites are the Sour Cherry body wrap that comes with a 30 minute cantaloupe hydrating body rub and the anti-aging facial with the rosehip exfoliator. Call today to receive information on our new **llike** all organic products and services.



2011-12 CALENDAR OF EVENTS

Each month, CaloSpa Rejuvenation Center offers a Lunch and Learn program featuring different topics of interest. A \$10 deposit will secure your reservation for lunch. This is a great opportunity to learn about new procedures and get answers to your questions.

- | | |
|---------------|---|
| November 9-10 | Open House |
| November 16 | Churchill Downs Ladies Day at the Races |
| December 14 | Holiday Makeovers |
| January 18 | Breast Surgery with Dr. Calobrace and Dr. Mizuguchi |
| February | Sculptra night with Dr. Mizuguchi |
| March | Winning Looks Derby Event – Time TBA |
| April 18 | Injectables with Tina |

WAVE 3 LISTENS RAVE REVIEWS!

CaloSpa will be featured on WAVE 3 Listens. Dr. Calobrace, Dr. Mizuguchi and Cindi Sullivan will explore a wide range of cosmetic procedures, from facials to facelifts, manicures to mommy makeovers. All of our monthly specials will be announced – a great way to save on the treatment you have always wanted. So, mark your calendars and start saving!

WAVE 3 Listens dates for 2012: Feb. 8, Feb. 29, April 4, June 6, Aug. 8, Oct. 3, Nov. 7 and Dec. 5.

OUR DOCTORS



Nana N. Mizuguchi, MD, FACS

Nana N Mizuguchi, MD, FACS is a dual board-certified plastic surgeon who is a leader, an innovator and an expert surgeon in the field of aesthetic plastic surgery. He is committed to providing you with exceptional care and service in cosmetic breast surgery, body contouring, and facial surgery. He also has developed expertise in non-surgical treatment of the aging face. He is a highly-skilled surgeon with an artistic vision for beauty and strives for natural results. Dr. Mizuguchi has given numerous Grand Round presentations in plastic surgery and general surgery. He also presented a lecture at the Louisville Breast Update Forum and participates in the Louisville Flap Course each year. Dr. Mizuguchi is also one of the few plastic surgeons in the country selected to use the new silicone gel "gummy bear" breast implant. He is a distinguished member of the Allergan Medical National Council of Leaders in Breast Aesthetics.

CALOSPAREjuvenation center



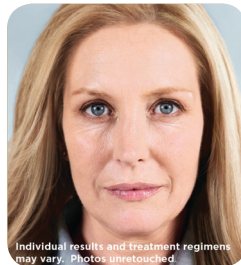
FROM THE DESK OF DR. MIZUGUCHI NONSURGICAL FACELIFT

Do you want a more rested and energetic look? Are you looking for a friendlier smile? Have you lost your sassiness? Does your face appear empty? Volume loss in the face is recognized as one of the hallmark signs of facial aging. The loss of volume in the temporal, cheek, and lateral cheek area can lead to deepening of the nasal labial folds and increase the jowls. Further loss can result in marionette lines and loss of jaw shape. The overall affect is a change from a youthful angular face to an aging squaring of your face. This change can give the appearance of tiredness and loss of vitality.

Replacing volume loss will help restore the natural facial contour and help to reduce wrinkles and creases. Volume replacement can help to give a gentle lift of the facial features and reduce hollowness and emptiness associated with aging. The great news for many is that by using injectable fillers you can accomplish this with minimal discomfort and down time.

The treatment involves using a combination of advanced dermal fillers, soft tissue dermal stimulators, and Botox®/Dysport™. Botox and Dysport soften fine wrinkles around the eyes, lifts the eyebrows and relaxes the forehead. Dermal fillers such as Radiesse and Perlane are great for improving cheek and jaw contour. Restylane and Juvederm are perfect for restoring lip fullness. Sculptra is ideal for restoring volume in the temporal, brow, cheek, lateral cheek, jaw, and lower face. Sculptra works by stimulating your own collagen to add fullness to your face.

Facial rejuvenation by volume replacement has revolutionized the way we treat the aging face. We at CaloSpa are dedicated and committed to give you the highest quality of care. Please call 502.814.3000 for a consultation.



Before Sculptra treatment



Session 2 of Sculptra results



Session 3 of Sculptra results

CALOSPAREjuvenation center



FRAXEL RE:PAIR AND RESTORE



Left: One of our patients before Fraxel re:pair
Right: The same patient after Fraxel re:pair

Two great lasers that know how to deliver results. The **Fraxel Restore** is a non-surgical series of laser treatments which produces excellent improvement in skin complexion, irregular pigmentation, brown spots, skin texture, pore size, acne scarring, fine lines and wrinkles with no downtime or recovery. Perfect for the busy professional who wants the results of advanced laser technology with no-downtime.

Fraxel re:pair is a surgical laser resurfacing procedure performed by Dr. Mizuguchi or Dr. Calobrace. This has produced incredible results time and time again and is the favorite laser for those who can accept a one week recovery. Dr. Calobrace states, "this may be the most impressive laser I have seen in the last decade with minimal recovery and outstanding results."

This laser predictably improves discoloration, texture, pore size, fine lines and wrinkles, acne scarring with the benefit of skin and neck tightening. The perfect laser for those clients who want real results ... but are not ready for surgical scars.

The conventional medical wisdom is that nothing can be done to get rid of or lessen cellulite, but we don't see it that way. At CaloSpa, we believe treatment begins with a customized cellulite consultation. The cause of cellulite is evaluated, along with consideration of the many aggravating factors, such as hormonal influences, pregnancy, weight fluctuations, poor circulation, and fluid retention.

Repair of cellulite begins with measures to strengthen and hydrate your body's cells and the connective tissue in your body. A comprehensive approach includes:

- Detox diet. This means eating lots of fruits and leafy greens. Avoid the "white" carbs
- Avoiding junk food, diet soda, processed foods, and saturated fats.
- Avoiding toxins like excessive alcohol and cigarettes.
- Lots of water to hydrate your body and flush out toxins (8-10 glasses/day).
- Maintaining a healthy weight
- Finishing your daily shower with a cold rinse to tone your skin.

Additionally, at CaloSpa we offer important services to battle cellulite, including lymphatic massages, anti-cellulite wraps, Endermologie manual lymphatic cellulite treatments, Exilis treatments that "melt fat" and tighten skin. We also offer several cellulite packages catered to your specific needs.



Left 2 Photos: One of our patients before Endermologie.
Right 2 Photos: The same patient after Endermologie.

Standard Cellulite Package

\$950. series of 12 Endermologie
\$1400. series of 18 Endermologie

Enhanced Cellulite Package

\$1100. series of 12 Endermologie
with 2 body wraps
\$1700. series of 18 Endermologie
with 4 body wraps

Signature Cellulite Package

\$2000. series of 12 Endermologie with 5 Exilis
\$2500. series of 18 Endermologie with 5 Exilis

EXILIS RF THERAPY FOR THE FACE AND BODY

CaloSpa Rejuvenation Center is excited to announce the addition of Exilis RF Therapy. Exilis has taken a major leap forward with radio frequency for body contouring, skin laxity and skin tightening. It is the newest non-surgical method for body-shaping and reduction of targeted fatty deposits on the face and body.

Exilis RF is the new facial "pick me up". Exilis not only treats the deepest layers of skin for lifting it also rejuvenates the upper layers of the dermis, for fewer wrinkles and better skin tone. This is perfect for patients who want to target problematic areas of the face and neck, quickly, with minimal downtime. Sculptra® can be added to the face for volume along with Exilis for facial tightening. It is a popular treatment celebrities are using now before an event or photo shoot.

Exilis can tighten skin and reduce fatty deposits simultaneously. This is the perfect solution for challenging areas such as the neck, arms, tummy, bra line, hips or any area plagued by a small pocket of fat and loose skin. By changing certain parameters on the Exilis' body hand piece, a reduction in the appearance of fatty areas can be achieved. **Exilis can also help with cellulite,** giving a temporary reduction in its appearance especially when combined with Endermologie treatments. Patients describe the comfort level as a hot stone massage and find it very soothing.



Left: An Exilis patient before Exilis RF therapy.
Right: The same patient after Exilis RF therapy.



Left: An Exilis patient before Exilis RF therapy.
Right: The same patient after Exilis RF therapy.

Four treatment sessions, lasting about 30-60 minutes, are scheduled seven to ten days apart. **Enjoy 20% savings at our Open House.** Schedule your consultation today for a tighter, smoother, more rejuvenated you. Reinvent your look with Exilis RF Therapy.



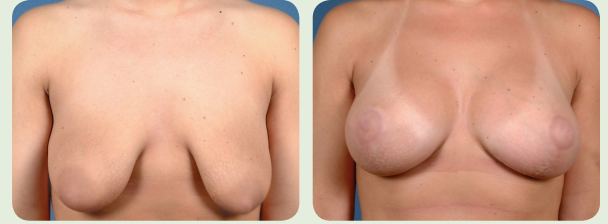
FROM THE DESK OF DR. CALOBRACE **MOMMY MAKEOVER**

There is no doubt pregnancy and motherhood is an incredible experience and a wonderful time in a woman's life. All too often, however, during pregnancy and while under hormonal influences, the female form can often change dramatically, affecting her overall breast shape, abdominal contour, appearance of the skin, and the distribution of unwanted fat. These changes can be frustrating and disheartening and may ultimately affect her self-esteem and personal self-confidence. Simply stated, women want to get their old bodies back. Fortunately, there is hope! Although exercise and diet can provide improvement to some extent, the reality is that many of these changes are structural and will only be improved through plastic surgery. Many exciting options are available to help regain that pre-pregnancy form – or possibly even improve on it.

POST-PARTUM BREASTS

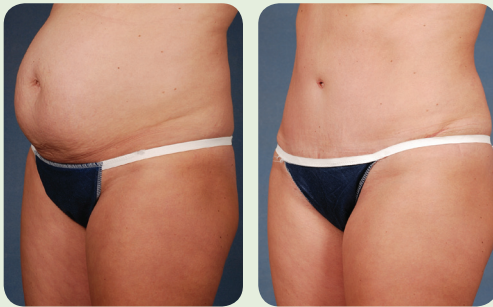
Breast changes vary widely from patient to patient. After childbirth and breast feeding, the breast tissue shrinks and leaves hanging skin with loss of breast fullness, shape and firmness. Women often describe their breasts as “deflated” or “collapsed”. The appropriate treatment depends on extent of breast volume loss, the amount of excess skin, and the position of the breasts.

Breast augmentation can correct mild drooping and restore the volume and shape to the deflated breast. Silicone implants are the most widely used after pregnancy.



Left: One of our patients before breast lift with implants.
Right: The same patient after breast lift with implants.

A breast Lift, or Mastopexy, is necessary when there is too much excess skin and sagging breast tissue. The lift requires more incisions on the breast to reduce the amount of excess skin, elevate the breast tissue, elevate the nipple position and improve the overall shape of the breast. A breast lift can be done alone or with the placement of an implant, known as an augmentation mastopexy. The lift can include an incision only around the areola (periareolar, donut), an incision around the areola and vertically down the center of the breast to the fold (vertical, lollipop, keyhole), or an incision around the areola, down the center of the breast and across the lower fold (inverted-T, anchor).



Left: One of our patients before tummy tuck.
Right: The same patient after tummy tuck.

POST-PARTUM ABDOMEN

The abdomen surely suffers the most significant changes during and after pregnancy. The abdomen often is marred with sagging skin, c-section scars, fatty deposits, and muscle weakness – all a result of skin and muscle stretching during the pregnancy.

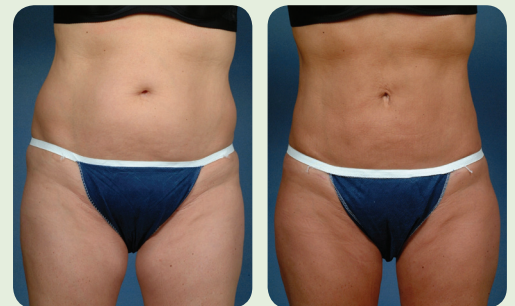
Since post-partum abdomens do vary quite a bit in severity, each procedure is tailored to address the problem at hand. For those who only have a small stubborn “fat pooch”, liposuction can provide the necessary correction. Most patients, however, will require some form of a tummy tuck, or Abdominoplasty. This technique can successfully remove stretch marks from the lower abdomen, tighten the skin, repair the muscle, flatten the abdomen and correct deformed belly buttons.

LOCALIZED AREAS OF FAT

After pregnancy, some localized collections of fat can develop in the abdomen, hips, thighs and arms. Hormonal changes, the inability to drop all of the pregnancy weight, less time to exercise, dietary changes, lifestyle changes, and a slower metabolism all may contribute to resistant fatty pockets. Whatever the reason, liposuction is an excellent technique to permanently remove unwanted fat pockets.

OTHER POST-PREGNANCY CHANGES

Changes in facial skin pigmentation, stretch marks, cellulite and varicose/spider veins are all possible consequences of pregnancy, and most are treated non-surgically in our MediSpa to provide desired improvement. Pregnancy is a special time in a woman's life, but invariably the “mark of pregnancy” produces changes in her body which are less desirable. Fortunately, excellent treatments are available to revamp that post-partum body and produce a look that is as good as or even better than before pregnancy. What more could one ask for than a beautiful, loving mother who looks and feels sexy!



Left: One of our patients before liposuction.
Right: The same patient after liposuction.

WINTER SKIN FITNESS PROGRAM

Summer is over and it's time to consider your Winter Skin Fitness Program. Get your skin healthy with a beautiful new glow. In considering the importance of limited sun exposure and no tanning during a comprehensive skin care program, winter proves to be the perfect time. So, what is a Winter Skin Fitness program? It is a more dedicated combination of treatments to get real correction ... and then a return to a good maintenance program during the summer months.

Winter Skin Fitness Programs include:

Physician-Directed Home Skincare Program
Exfoliation Treatments

Laser and Light-Based Treatments:

All of these treatments will be available at a 20% discount during our Open House. So, we invite you to come in now and see one of our aestheticians to determine your Winter Skin Fitness Program. Then purchase it at our Open House for a 20% savings!



Left: One of our patients before Fotofacial.
Right: The same patient after Fotofacial.

OUR DOCTORS



M. Bradley Calobrace, MD, FACS

Dr. Calobrace is a national leader and lecturer in his 15th year in practice in Louisville. Dr. Calobrace is board-certified by the American Board of Plastic Surgery and is a member of numerous professional organizations, including the American Society of Plastic Surgeons, American Society for Aesthetic Plastic Surgery, Kentucky Society of Plastic Surgeons, and American College of Surgeons. He has participated in many clinical studies including the FDA clinical breast studies and is a consultant and lecturer for both Mentor and Allergan. He is an invited faculty again this year at the prestigious Atlanta Breast Symposium. As a gratis clinical faculty member in the Department of Plastic Surgery at the University of Louisville, Dr. Calobrace has received multiple teaching honors for his participation in the plastic surgery residency program. Dr. Calobrace has for many consecutive years received recognition in Louisville Magazine as one of Louisville's "Top Docs" and "Best of Louisville". He has one of the busiest cosmetic surgery practices in the country, performing approximately 1000 major cosmetic surgeries each year, including facial surgery, body contouring, breast surgery, hair transplantation and post-weight loss rejuvenation.

PERFECT!

CONGRATULATIONS to the Surgery Center at CPSC for receiving a **PERFECT SCORE** during the accreditation process. It was proclaimed that our Surgery Center at CPSC was the **BEST** the evaluator had ever reviewed and had zero room for improvement. **OUTSTANDING PRAISE** to our Operating and Recovery staff.

NATURAL MADE EASY

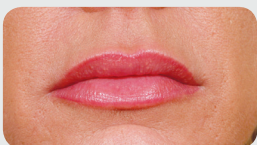


RIGHT **LEFT**
Right Side of Face: Patient with Dermal Filler in nasolabial fold.
Left Side of Face: Same patient with no Filler in nasolabial fold.

Injectable procedures have become very popular because of the natural results that can be achieved in a short period of time. These procedures can be done during your lunch break with little to no "down time".

Botox® and Dysport™ can eliminate frown lines and soften crow's feet giving you a refreshed look in less than 30 minutes. They are often combined with a dermal filler such as **Radiesse®, Juvederm®, Restylane®, Perlane® or Prevelle® Silk** and can be done in about an hour. These dermal fillers provide outstanding cosmetic improvements lasting from three months up to two years. The purpose of dermal fillers is to restore cheek fullness, improve lip lines, fine lines and wrinkles as well as aging hands. Additionally, lidocaine was added to products, cutting down on numbing time and minimizing discomfort.

CaloSpa recommends combining other services such as facials, hydrafacials, chemical peels and laser treatments with injectables to produce optimal anti-aging results. CaloSpa offers personalized consultations with our 4 certified nurse injectors and 2 board certified plastic surgeons to help guide you in the right direction. Call today to make your appointment at 502.814.3000.



Top: One of our patients before dermal filler.
Bottom: The same patient after dermal filler.