

# BODY LANGUAGE

New and Innovative Techniques to Improve One's Body

Issue #6

## OPEN HOUSE

CALOSPA'S 16<sup>TH</sup> ANNUAL  
*Thursday, November 2<sup>nd</sup> from 12 p.m. to 8 p.m.*

*Curve* **APPEAL**

COMPLETELY  
*Refreshed*

**Lighten & Brighten**

NEW Enlighten PICO Genesis™

**NO MORE**

**Double Trouble**

Treat mild subcutaneous fat with Kybella®

TURNING BACK  
**TIME**

THE  
*Best Booties*

**YOUTH RESTORED**

**TOTAL BODY  
TRANSFORMATION**

*A New*  
**HAIRLINE**

The best treatment with  
reproducible results is hair  
transplantation with NeoGraft®

**THE BIG 5 IN**

*Anti-Aging*  
**SKINCARE**

*Designer* **BREAST  
AUGMENTATION**

**FIXED & FLAT**

Amazing Tummy Tuck Transformations

**NO MORE BAGS**

THE YEAR OF

*The Makeover*

INTRODUCING A FEW OF OUR ACTUAL PATIENTS





# CALOSPA'S 16<sup>TH</sup> ANNUAL OPEN HOUSE

THURSDAY, NOVEMBER 2<sup>ND</sup> FROM 12 P.M. TO 8 P.M.

CaloSpa Rejuvenation Center is celebrating its 16th Annual Open House Event. The heart of this annual event is to celebrate what drives CaloSpa Rejuvenation Center to be the best—our clients.

## WHO AND WHERE

- Patients, local residents, family and friends are welcome
- CaloSpa Rejuvenation Center / CaloAesthetics PSC  
2341 Lime Kiln Lane, Louisville, KY 40222
- Valet parking will be available starting at 11:30 a.m.

## OPEN HOUSE SPECIALS\*

- 20% Off All Skincare and Body Products
- 20% Off Select Medi and Day Spa Services
- Botox® & Dysport® – Purchase 2 Areas Get 1 FREE!

## ATTEND TO EXPERIENCE

- New Treatment Options
- Complimentary Visia Skin Analysis (\$125 Value)
- Live Demonstrations
- Mini-consults with Expert Providers
- Education on all Products and Services
- Complimentary Mini-Massages
- Gifts with Purchase, Door Prizes, and Giveaways

*\*Some restrictions do apply.*

## EXCLUSIVE GIVEAWAYS\*

In Celebrating The Year of the Makeover, CaloSpa is Giving Away Exclusive Makeovers!

- The Mega Makeover
- Seeing is Believing Makeover
- The Liquid Makeover
- The Male Makeover
- Pretty My Pout Makeover
- Perfect Profile Makeover
- Tru-Curve Appeal Makeover
- Make-Me-Up Makeover

## PRE-SALES ALL WEEK LONG

- You do not need to attend the event to enjoy our once-a-year Open House savings!
- Starting Monday, October 30th you can purchase in advance all your favorite CaloSpa products and services.

## THERE ARE 3 EASY WAYS TO SAVE

- Stop by either CaloSpa Louisville or CaloSpa Lexington
- Place your order by calling 502.814.3000
- Order online starting October 15<sup>th</sup> by visiting [www.calospa.com](http://www.calospa.com)

Our annual event is complimentary but a reservation is required by October 27th by calling 502.899.9982.

Love attending the Open House event, but hate waiting in line?

Enjoy EXPRESS CHECKOUT, an easy and convenient way to make Open House purchases without having to wait in line.

2017-2018

Calendar

of Events

### October

1-31 Breast Cancer Awareness Month

### November

2 16th Annual Open House  
24 CaloSpa Black Friday Deals

### December

11-23 12 Days of CaloSpa

### February

1-14 Valentine's Day Gift Card Special

### March

TBD Get Derby Ready – CaloSpa Injectable Evening with Drs. Calobrace and Mays

### May

1-13 Mother's Day Gift Card Special

### June

1-17 Father's Day Gift Card Special

### July

1-31 Teacher Appreciation

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*Non-Surgical Body*

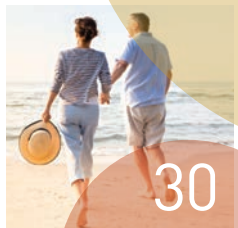
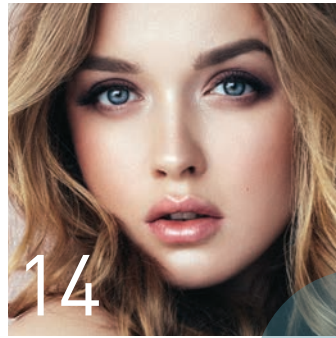
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**CREDITS & THANKS**

Feature Patient Photography by: Fusion Photography

Feature Patient Makeup by: Emily Wilson

Feature Patient Hair: Meredith Steinmetz

Feature Patient Cover Model Styling by: Pink Tag Boutique

# The Doctors



M. Bradley  
**CALOBRACE** MD, FACS



Dr. Calobrace is board certified in plastic surgery (American Board of Plastic Surgery), a Fellow of The American College of Surgeons and an active member of The American Society of Plastic Surgeons, The American Society for Aesthetic Plastic Surgery, and The Kentucky Society of Plastic Surgeons. He is nationally and internationally recognized as a leader and educator in breast surgery and holds a gratis clinical faculty position with the University of Louisville and the University of Kentucky. Dr. Calobrace performs over 1,000 cosmetic surgeries a year including breast, facial and body contouring procedures.



Chet  
**MAYS** MD

Dr. Mays completed his medical degree (*cum laude*) at the University of Louisville School of Medicine and went on to complete a 6-year integrated plastic surgery residency, training under surgeons from such prestigious institutions as Johns Hopkins, NYU, Memorial Sloan Kettering Cancer Center, MD Anderson Cancer Center, and Manhattan Eye, Ear, and Throat Hospital. Dr. Mays performs a range of procedures, with a focus on facial aesthetics surgery, breast reconstruction, breast enhancement and body contouring.

## CHOOSE WISELY!



Did you know in the U.S. there are over one million doctors allowed to perform injectables and fillers?

Did you also know less than 3% of those are qualified Expert Injectors™ – the only organization of its kind to be endorsed by the prestigious American Society for Aesthetic Plastic Surgery?

**DR. CALOBRACE IS AMONG THAT 3%!**

[www.expertinjector.org](http://www.expertinjector.org)

**ALPHAÆON™  
LIFESTYLE  
HEALTHCARE  
OF DOCTORS,  
FOR PATIENTS**

**+ Cosmetic Surgery**

**+ Non-Surgical Cosmetic  
Procedures**

**+ Skincare Products**

With an ALPHAÆON CREDIT CARD, you will find a wide array of monthly payment options to help you reach your individual wellness, beauty, and performance goals.



*Menu of*

**SERVICES**

*Packages Also Available*



**MEDI SPA**

*Facial Injectables*

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- Botox®
- Dysport®
- Juvederm® Family of Injectable
- Kybella®
- Radiesse®
- Restylane® Family of Injectable
- Sculptra®
- Voluma®

*Facial Laser &  
Light Treatments*

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- Excel V™ – Vascularity Treatment
- FotoRejuvenation Complexion Treatment
- Facial Tightening – INFINI™
- Hollywood Laser Peel
- Laser Genesis™ – Skin Glow
- PicoGenesis
- Spectra™ – For Pigmentation

*Advanced Facial  
Treatments & Peels*

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- Chemical Peels
- Dermaplaning (Blading)
- Echo2 Oxygen Facial
- Glycolic/Salicylic Peel
- Hydrafacial
- Microdermabrasion
- Microneedling
- Micropeel

*Body Treatments*

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- BioTe Hormone Replacement Therapy
- Laser Hair Removal
- miraDry® Sweat Treatment
- Tattoo Removal
- ThermiVa™ – Vaginal Tightening

*Fat Reduction &  
Cellulite Treatments*

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- Cellfina™
- CoolSculpting™
- Endermologie
- Ideal Protein
- ThermiSmooth®
- truSculpt 3D™

**DAY SPA**

*Services*

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- Facials
- Make-up
- Massages
- Physician Directed Skincare Lines

**SURGERY CENTER**

*Breast*

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- Breast Enlargement
- Breast Lift
- Breast Reduction
- Breast Reconstruction
- Gynecomastia
- Revisional Breast Surgery

*Body*

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- Arm Lift
- Body/Thigh Lifts
- Brazilian Butt Lift
- Labiaplasty
- Post-Bariatric (weight loss) Rejuvenation
- Postpartum Rejuvenation
- PRP Platelet Rich Plasma
- SafeLipo
- ThermiRase
- ThermiTight®
- Tummy Tuck
- Ultrasonic Liposuction

*Face*

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- Calolift
- Chin/Cheek Augmentation
- Endoscopic Brow Lift
- Eyelid Surgery
- Face Lift
- Fat Transfer
- Fraxel Repair Laser Resurfacing
- Mini-Face Lift
- NeoGraft® Hair Restoration
- Rhinoplasty



CALOSPA'S 16<sup>TH</sup> ANNUAL

# OPEN HOUSE

THURSDAY, NOVEMBER 2<sup>ND</sup> FROM 12 P.M. TO 8 P.M.

RSVP BY OCTOBER 27<sup>TH</sup> BY CALLING 502.899.9982

## CaloSpa Rejuvenation Center is celebrating its 16th Annual Open House Event:

Thursday, November 2<sup>nd</sup> from 12 p.m. to 8 p.m. The heart of this annual event is to celebrate what drives CaloSpa Rejuvenation Center to be the best—our clients.

Created to showcase the best in surgical and non-surgical aesthetic procedures and products, guests will get to enjoy key education provided by our award winning physicians and staff, exclusive discounts, live demonstrations, and complimentary services.

Our guests will have the opportunity to mix and mingle and sip wine and champagne while enjoying hors d'oeuvres by Corbett's and music by Coxx Events.

So, please join Drs. Calobrace and Mays and the entire staff for an evening of beauty and let us thank you for your continuous support and patronage.

Our annual event is complimentary but a reservation is required by October 27<sup>th</sup> by calling 502.899.9982.

### EXCLUSIVE 16<sup>TH</sup> ANNUAL OPEN HOUSE GIVEAWAYS\*

#### In Celebrating The Year of the Makeover, CaloSpa is Giving Away Exclusive Makeovers!

##### THE MEGA MAKEOVER:

Featuring Allergan's top products, this makeover will have your skin looking and feeling refreshed and revitalized. With a complete skin overhaul to include a Botox® treatment, an injectable filler treatment for volume loss, a TNS Vitalize Peel® to address skin discoloration and texture, and a SkinMedica Skincare bundle.

##### ALLERGAN SKINCARE BUNDLE:

**TNS Recover Complex** – Visibly smooth, tone and firm skin with growth factors that feature, Tissue Nutrient System (TNS), naturally occurring proteins that can repair damaged skin, reduce inflammation, encourage cell growth.

**HA5 Rejuvenating Hydrator** – Support the skin's ability to replenish its own HA for overall skin health, continuous hydration and smoothing effect throughout the entire day.

**Lytera 2.0** – Brighten and lighten dull skin to minimize the appearance of skin discoloration and dark spots.

**Total Defense and Repair** – A Broad Spectrum SPF 34 Tinted Sunscreen that contains a powerful blend of antioxidants and works with your skin's natural repair system to protect against UVA, UVB and Infrared A exposure.

*Total Value up to \$4000+*

##### SEEING IS BELIEVING MAKEOVER:

Give your eyes a makeover with the Seeing is Believing giveaway, featuring Botox to reduce the appearance of those pesky crow's feet, Latisse® for longer, fuller and darker lashes, and Jane Iredale Mascara for beautifully framing the eyes. *Total value up to \$430+*

##### MAKE-ME-UP MAKEOVER:

Enjoy a complete Jane Iredale make-up makeover to include a bundle of Jane Iredale top products. *Total value \$275*

##### THE MALE MAKEOVER:

Guys, you too deserve a makeover! So get ready to look dapper and done. This makeover will be tailored to the specific needs of the male. It will include a Dysport® treatment to address fine lines and wrinkles, Clarisonic AlphaFit and a complete Revision skincare regimen. *Total value up to \$700+*

##### THE LIQUID MAKEOVER:

Address temporal hollowing, cheek, tear trough, lateral cheek, and jaw lines with Sculptra® Aesthetic, aka the "Liquid Facelift" This revolutionary dermal stimulant can address moderate to severe volume loss with results that can last for years, paired with a Galderma favorite, Dysport®, for wrinkle reduction. *Total Value up to \$3000+*

##### PRETTY MY POUT MAKEOVER:

For lip enhancement and plumping this amazing giveaway will be sure to leave your lips kissable and natural. Includes an injectable treatment with one of our top dermal fillers for lip enhancement, Alphaeon Skin3 Restorative Lip Triplex, and Jane Iredale Lipstick. *Total value up to \$1200+*

##### PERFECT PROFILE MAKEOVER:

Create your perfect profile by eliminating unwanted submental fat and addressing submental skin laxity with the perfect pair, Kybella® and Nectifirm®. This giveaway includes a Kybella treatment and Revision's #1 recommended neck & décolletage skincare product Nectifirm. *Total value up to \$4000+*

##### TRU-CURVE APPEAL MAKEOVER:

Destroy unwanted fat with the new truSculpt 3D. It will be sure to leave you with curves in all the right places. This awesome giveaway includes a single treatment for one area and ZO® Oraser Cellulite Cream. *Total value up to \$1350*

### WHO AND WHERE

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### EXCLUSIVE 16<sup>TH</sup> ANNUAL OPEN HOUSE SPECIALS\*

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### ATTEND TO EXPERIENCE

- New Treatment Options
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- Mini-Consults with Expert Providers
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- Complimentary Mini-Massages
- Gifts with purchase, Door Prizes, and Giveaways

*\*Some restrictions do apply.*

**PURCHASING ALL OF YOUR FAVORITE CALOSPA PRODUCTS AND SERVICES JUST GOT EASIER WITH CALOSPA PRE-SALES AND EXPRESS CHECKOUT.**

#### CALOSPA PRE-SALES ALL WEEK LONG (OCTOBER 30 - NOVEMBER 3)

Can't attend the event or don't want to wait in the checkout line?

There are three ways to save:

1. Come in to either CaloSpa Louisville or CaloSpa Lexington and place your order.
2. Call 502.814.3000.
3. Order online starting October 15<sup>th</sup> by visiting [www.calospa.com](http://www.calospa.com).

#### EXPRESS CHECKOUT: NO WAITING IN LINE!

*Come and enjoy our Open House event and purchase all of your favorite products and services without having to wait in line with the Express Checkout option.*

#### How it Works:

- Determine what products and services you would like to purchase on your Open House Menu. (Open House Menus will be distributed at the Open House event.)
- Check off your selections.
- Fill out the payment information at the bottom portion of your Open House Menu.
- Drop your order form off at designated Express Checkout locations.
- Take your product purchases home.

# The Year Of *The Makeover*

INTRODUCING A FEW OF OUR ACTUAL PATIENTS



No matter if you are looking to have a minor tweak or a complete overhaul, a beauty makeover can have you feeling your absolute best. We are going to take a look at some of our most favorite makeovers. These are real women, and men, of CaloSpa Rejuvenation Center and CaloAesthetics Plastic Surgery Center and their jaw-dropping results.



The secret to a successful makeover, don't overdo it! Keep it natural and your expectations realistic. Listen to your provider. Their experience will lead you in the right direction.

**SURGICAL OR NON-SURGICAL?**

There are so many great and effective options when it comes to cosmetic enhancement that it can be a bit of a blurry line when trying to decide whether to go the surgical or non-surgical route. There are a few things to consider when trying to narrow down the right cosmetic procedure and it starts with really understanding your personal needs and lifestyle.

**RECOVERY TIME EXPECTATIONS**

Surgical procedures are more invasive and will generally require longer periods of recovery time. Depending on the type of surgical procedure you have, your recovery time can range from several days to a few weeks. If you are at a point in time in your life where taking several days off is not conducive, then you may want to consider a non-surgical option where procedures have minimal to no downtime.

**WHAT TYPE OF RESULT**

If you are looking to achieve a subtle, gradual change in your appearance, non-surgical procedures are going to be your best option. Non-surgical procedures allow you to gradually change over a period of time disguising moderate changes. With surgical procedures your results are most likely going to be drastic and immediate, family and friends are likely to notice the visible change. Surgical procedures are a great way to unveil the new you.

**RESULT LONGEVITY EXPECTATIONS**

A major benefit to cosmetic surgery is the long-term results the procedure can offer a patient. A patient will enjoy their surgical results for many years to come, possibly only needing additional surgery down the road due to any new age-related issues. Many non-surgical procedures will require consistent upkeep, every few months or few years, to maintain optimal results.

**COST**

Cosmetic procedures are not cheap, whether they are surgical or non-surgical but due to the popularity and

growth of non-surgical procedures over the past 10 years, non-surgical procedures have become more affordable. It is safe to say the more invasive the procedure and the longevity of their results, the more cost you are going to incur. Surgical procedures are undoubtedly the most invasive and the total cost will typically account for the surgeon's fee, facility fee and anesthesia. It is always best to seek the professional opinion of your provider before making your final decision.

**SURGICAL**

- Results can last for years
- Results are immediate
- Can provide dramatic outcomes

**NON-SURGICAL**

- Little to no downtime
- More cost friendly
- Doesn't involve anesthesia



GRACE



**Make-up**

Go from drab to fab. With make-up you can contour, highlight and draw attention to areas on the face. It is the perfect quick fix that is inexpensive and fun.



**Skincare**

A must have for everyone! Proper skincare can correct mild to moderate skin issues, prevent further skin damage caused by environmental factors, slow down the aging process and prolong surgical and non-surgical treatments.



**Medispa Facials**

Perfect for your routine – deep cleanse and skin exfoliation, address moderate to severe skin conditions and minimize the signs of aging.



**Lasers**

The big-guns when it comes to hyperpigmentation correction, texture and skin laxity issues. Lasers are very effective at breaking down and destroying pigment, whether it be from your natural melanin production or ink from a tattoo. Lasers can also ablate tiny vessels and veins, not to mention kick starting your body's own natural collagen and elastin production.



**Injectables**

The most sought out treatments when it comes to minimizing fine lines and wrinkles or to add volume and contour areas of the face. Injectable treatments are quick, effective and can leave the patient with natural-looking, beautiful results.



**Surgery**

The pinnacle when it comes to cosmetic makeovers. Surgical procedures are ideal for women and men who are looking to achieve a more dramatic and significant change in their appearance. Cosmetic surgery is perfect for patients looking to enhance or reduce areas of the body, for those who have significant signs of aging, or for those who have had moderate to extreme body changes like post-pregnancy or weight loss.



# The Quick Fix



Jane Iredale Cosmetics use the highest quality of minerals available and are extremely nourishing for your skin. Whether you are looking to achieve a natural glow or cover unwanted discoloration, Jane Iredale provides a variety of products to address each of these needs. It is also one of the few make-up lines that is safe to use directly after laser treatments or even after being injected. Their products have calming ingredients that soothe redness and color correcting concealers that cover discoloration and bruising without making it feel like you have a lot of make-up on.

**MAKEOVER:** 30 minutes to 1 hour, by Emily Wilson



**Left:** Before make-up application. **Right:** After. Actual CaloSpa patient.

### Products Used

- Smooth Affair Primer
- Corrective Colors Concealer Palette
- Glow Time BB Cream
- Amazing Base Loose Powder
- Naturally Matte Eyeshadow Kit
- PurePressed Blush in Flawless
- Longest Lash Mascara in Black Ice
- PureGloss Lip Gloss in Raspberry
- Pom Mist Hydration Spray



## GREAT LENGTHS

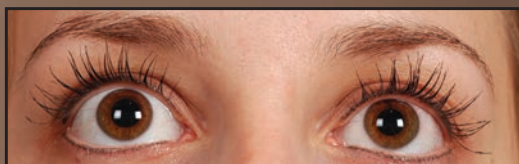
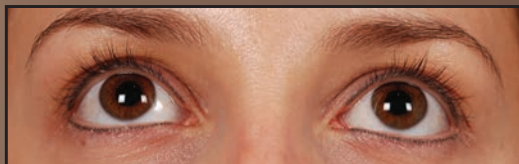


Achieving beautiful long lashes is easy with Latisse®. Applied nightly to the upper lash line, Latisse will have your lashes growing in fuller, darker and longer.

### Post-treatment expectations:

This take-home lash serum takes about 16 weeks to reach optimal results. If you discontinue use, your lashes will grow back in to their original length.

**MAKEOVER:** 16 weeks



**Top Right:** Before Latisse®.  
**Bottom Right:** After.  
Actual CaloSpa patient.

### OPEN HOUSE GIVEAWAY

**SEEING IS BELIEVING MAKEOVER**  
See page 7 for details.

## MICRONEEDLING THE SMOOTH OPERATOR



Microneedling, or collagen stimulation therapy, is used to smooth out the skin, soften fine lines and fill in acne scars. A small hand-held tool with tiny needles is used to penetrate the superficial layer of skin, causing tiny wounds that your body will begin to heal by sending fibroblasts to create more collagen. You can expect your skin to look and feel smoother and softer.

**MAKEOVER:** 1 hour



**Top:** Before Microneedling. **Bottom:** After. Actual CaloSpa patient.

# TIGHTEN IT UP

**MAKEOVER:**  
1 hour,  
by Karen Stickrod



Top: Before Infini laser treatment.  
Bottom: After. Actual CaloSpa patient.



Our high-intensity focused radio frequency microneedling laser, Infini, is used to address wrinkles, skin laxity and texture on the face, neck and décolletage. Infini uses your body's own healing reaction to stimulate the natural growth of elastin and collagen when its 49 insulated microneedles deliver high intensity energy directly to the dermis. A series of 3 treatments are always recommended, however not a magic number. Treatments are always based on an individual's needs, desires and expectations.

*Post-treatment expectations:*

The effects of Infini can last for years due to your body's ongoing healing process, working continuously to facilitate elastin and collagen growth.

Our patient pictured on the left had three Infini treatments total with each treatment being performed about 4-6 weeks apart. She was looking for textural improvement and reduction in fine lines. I instructed her to pair her treatment with the growth factor serum, Alphaeon Epidermal Serum, Teoxane RHA serum and Teoxane RHA Advanced. She was to use these products pre- and post-Infini treatments. The products were able to address the patient's concern with dry skin due to the Resilient Hyaluronic Acid (RHA), stimulate collagen growth, which helped aid her skin in the healing process and improved overall skin texture. It is evident in looking at her post-procedure pictures; we can see that her skin appears more supple and firm.

## POWER PRODUCTS



Alphaeon Epidermal Serum

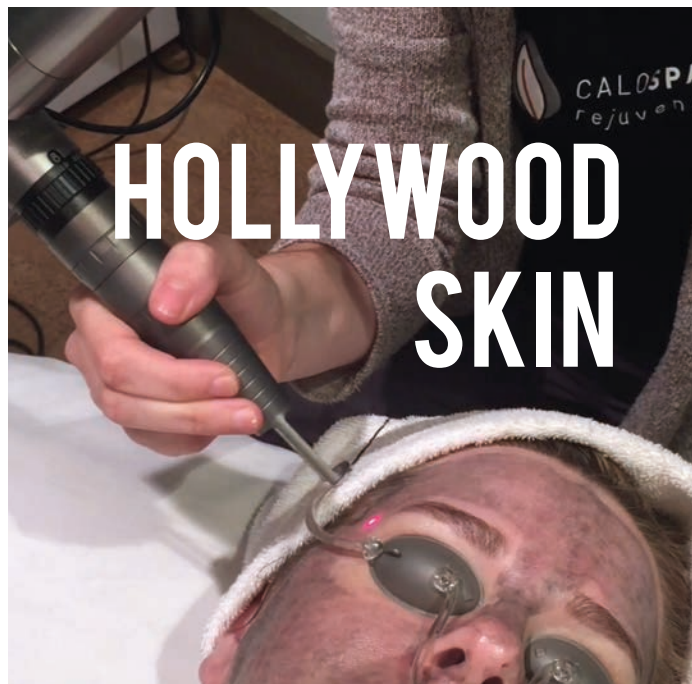


Teoxane RHA Serum



Teoxane RHA Advanced

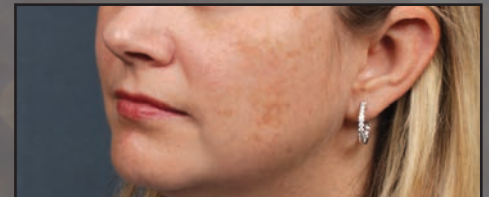
# HOLLYWOOD SKIN



The Spectra Carbon Peel, aka, the Hollywood Laser Peel, is a painless, no-downtime treatment that creates an instant glow. Its carbon lotion base allows the laser's energy to gently heat and ablate the top layer of dead skin, breaking up any pigment, reducing inflamed acne and enlarged pores.

Post-treatment expectations: Patients are left with a glowing youthful look. Skin tone will appear more even and feel smoother. The Hollywood Laser Peel can be performed weekly, monthly, or even just once before a special event. To achieve ongoing collagen stimulation, even skin tone and texture it is recommended having this treatment at least once per month.

**MAKEOVER:** 1 hour, by Karen Stickrod



Top: Before laser peel. Bottom: After. Actual CaloSpa patient.

# Lighten & Brighten

**NEW** Enlighten  
PICO Genesis™

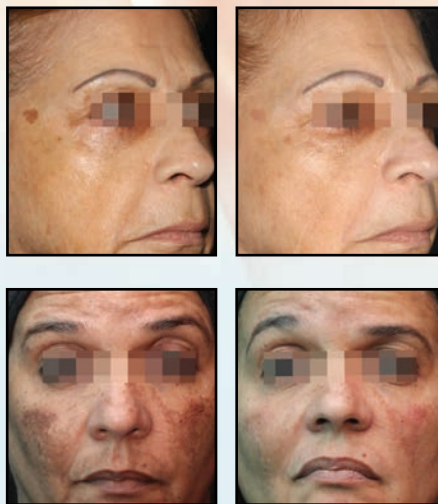


If you struggle with the mask of pregnancy, uneven skin tones, freckles, pigment problems or sun spots, this is the laser for you! We at CaloSpa are excited to introduce Enlighten PICO Genesis™, an entirely new approach to non-invasively get rid of pigmented lesions (melasma, hyperpigmentation, sun spots, blotchy skin) and add skin revitalization for all skin types **WITHOUT ANY DOWNTIME**, and little to no discomfort! PICO Genesis is a great option for those with sensitive skin, those who can't take time off work, are in sports, or in the public eye.

Nearly 40% of the US population are susceptible to pigmentary concerns, and 71% of consumers are seeking tone and texture improvement.\* With other treatments, while results are predictable, 10-15 treatment sessions are needed. But now, the Enlighten PICO Genesis laser is revolutionizing the market with this breakthrough unique treatment that only takes 2-3 treatments with minimal to no downtime. Results include significant improvement in melasma, sun spots, pigmentation, uneven skin tone, and overall collagen stimulation and improved texture.

Why is this laser so special? The reason lies in the fact that pigment particles are very small and dense and can be highly problematic when damaged by heat, that is why most lasers have traditionally been a risky choice with melasma and pigmentation. Enlighten PICO Genesis uses higher peak power with a strong, non-heat, photomechanical effect to shatter the pigment without causing thermal damage to the surrounding tissue. The result will give you a brighter, more uniform complexion in as few as 2 treatments.

## MAKEOVER: 1 hour



**Left:** Before PICO Genesis. **Right:** After. 2 PICO Genesis patients. Pictures courtesy of Cutera.

## POWER PRODUCTS

- Lytera® 2.0 addresses skin discoloration and has been shown to provide noticeable improvements in the appearance of hyperpigmentation.
- Retinol Complex (Available in 3 strengths .25, 0.5, 1.0) is a visible age defense product. It reduces discoloration, diminishes fine lines and wrinkles, and enhances tone and texture.



Lytera® 2.0



Retinol Complex

\*Resource: Cutera.com

# Disappearing Act

We can eradicate tattoos at the highest level available anywhere with our state-of-the-art **Spectra** and **Enlighten lasers**. Each laser offers a unique technology that can be used alone or in combination with each other to treat even the most difficult tattoos. The NEW Enlighten is an upgrade to our previous pico technology utilizing a laser pulse that is 1,000 times shorter than the traditional 'nanosecond' pulse. This allows the treated ink to be blasted down to super fine granules that the body can more easily absorb and discard. The Spectra laser offers 5 different wavelengths to allow the treatment of all ink colors, especially the very difficult reds and yellows. Together our tattoo removal lasers can assure the most effective and significant improvement is clearer tattoo removal results.

## MAKEOVER: Several months depending on the size, color, depth and ink used



**Left:** Before tattoo removal lasers. **Right:** After. Actual CaloSpa Patient.



**Top:** Before tattoo removal lasers. **Bottom:** After. Actual CaloSpa Patient.

# completely refreshed

*Liz*  
Actual Patient



The process of facial aging involves a loss of volume and laxity of facial tissues, resulting in sagging, wrinkled skin. Non-surgical techniques to combat facial aging mainly involve restoring this lost volume. The most popular treatments are the use of hyaluronic acid injectables that provide 6 months to 1 year of volume restoration and botulinum toxins (Botox® and Dysport®) providing fine line and wrinkle reduction for 3-4 months.

Liz, pictured, had prominent tear troughs beneath her eyes which gave her a tired appearance with the dark circles. I used Restylane® Defyne to both of her tear troughs to add the volume and improve her overall appearance. This great product typically provides 1 year of volume to this region.

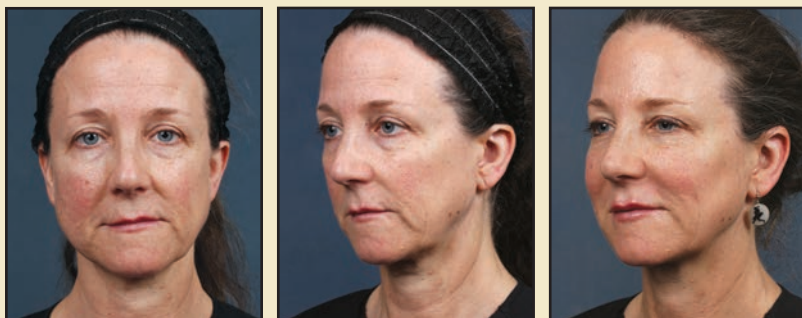
As you move your way down the face we needed to address the volume Liz had lost in her cheeks that caused descent of the tissue, leading to more prominent nasolabial folds and marionette lines. Voluma® was injected into each cheek to give a lift to the midface and soften the facial folds.

To soften the nasolabial folds and marionette lines further we injected Juvaderm® and Restylane® Refyne into the nasolabial folds and marionette lines. As you can see in the post-procedure photo, these lines have been softened in the lower face.

The final injection site was the lips. Liz was seeking more volume in the upper and lower lips. To achieve this goal, I injected Juvaderm® Ultra into each the upper and lower lip to build a natural more voluminous appearance.

Facial injections with fillers are some of our most popular procedures. When making an appointment, factor in 30 minutes for the numbing cream on the injection sites and then another 10-20 minutes for the actual injection. After all injections, I give the patient ice packs to minimize bruising and edema to the injection sites. Avoid strenuous activity that day and expect any swelling or bruising from the procedure to resolve within a few days. Some patients find the herbal supplement Arnica helpful to minimize bruising and can be purchased in our office. — Dr. Mays

**MAKEOVER:** 45 minutes, by Dr. Mays



Left and Center: Before facial injections. Right: After. Actual CaloSpa Patient.

*Products Used*

- Botox
- 2 syringes of Voluma®
- 2 syringes of Juvaderm®
- 1 syringe Restylane® Refyne
- 1 syringe Restylane® Defyne

**POWER PRODUCTS**

Give your skin the hydration it needs topically with our two most popular Hyaluronic Acid skincare products.



HA5

Teoxane RHA Serum

# Perfect POUTS

## INJECTABLES



If you are looking to add a bit more volume to your lips or if you are looking to define the lip line, injectable treatments can offer beautiful, natural-looking results. For added volume, most patients will require 2 syringes to achieve desired results. It is also important to understand that when it comes to any injectable treatment you may have some swelling and bruising that will dissipate over several days.

**CALOSPA'S FAVORITE LIP PLUMPERS AND DEFINERS: Juvederm® and Restylane®**

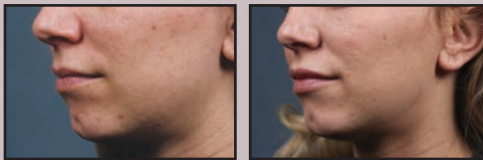
**Post-treatment expectations:** Most hyaluronic acid injectables such as, Juvederm and Restylane, can last up to a year. Many patients will follow-up with an additional treatment in 6-8 months to prolong results.



**OPEN HOUSE GIVEAWAY**

**PRETTY MY POUT MAKEOVER**  
See page 7 for details.

**MAKEOVER:** 45 minutes. All images below are actual CaloSpa patients.



Left: Before lip injectable. Right: After.



Left: Before lip injectable. Right: After.



Left: Before lip injectable. Right: After.

## The Collagen Builder



Global volume loss is an inevitable problem we will all face as we age. To promote collagen building we use Sculptra® Aesthetic. Sculptra works deep within the skin to stimulate your own collagen production, reinforcing the skin's inner structure and restoring its volume. Treatments are done in a series and will require 4-6 vials (2 vials per treatment, done 1 month apart) to achieve optimal results. Additional treatments will be needed as the patient will continue to age and have volume loss.

**Post-treatment expectations:** With Sculptra Aesthetic, results will appear gradually over the treatment regimen. It is the perfect injectable treatment that everyone will notice, but no one will know. Results can last up to 2-5 years.

**OPEN HOUSE GIVEAWAY**

**THE LIQUID MAKEOVER**  
See page 7 for details.

**MAKEOVER:** 1 hour



Left: Before Sculptra. Right: After. CaloAesthetics patient.

"This patient was injected with the full series of Sculptra treatments to the temples, cheeks, midface, and nasolabial folds. Notice the increase in facial volume leaving a more refreshed and lifted look. Of note, she was also injected with 40 units of Botox to the forehead, glabellar and lateral brow region to smooth out some of her forehead lines." - Dr. Mays

# — NO MORE — DOUBLE TROUBLE



Age, genetics, and weight gain are the main culprits to having a double chin and we offer a few options to help minimize and correct that pesky gobble. Our nurse practitioner, Bethany Shively, treated this patient's mild subcutaneous fat with Kybella®. Kybella is the only FDA-approved injectable treatment that offers permanent fat reduction by destroying the fat under the chin leaving the patient with a more sculpted profile.

#### Post-treatment expectations:

Most patients will require 2-3 treatments to achieve optimal results. Results are permanent but weight gain can still occur under the chin. Patients will certainly experience swelling after each treatment that should subside within a few days.

#### MAKEOVER: 90 minutes



Top: Before Kybella. Bottom: After. Actual CaloSpa patient.

## DOUBLE DUTY

While some patients only suffer from a double chin consisting of a pocket of fat, others may have submental fat and skin laxity the dreaded "Turkey Neck." For these types of patients we recommend pairing your Kybella® treatment with ThermiSmooth®. ThermiSmooth® uses controlled radiofrequency energy to heat the treated area improving the appearance of aging skin through tightening and increasing collagen production over a period of time.

### OPEN HOUSE GIVEAWAY

#### THE PERFECT PROFILE MAKEOVER

See page 7 for details.

# TIPS FROM THE PROS

To minimize the chances of bruising we recommend...

### POST-PROCEDURE SKINCARE MUST HAVE:

#### RHA™ Deep Repair Balm



This perfect post-injection balm will leave your skin feeling restored and healthy with its high concentration of Resilient Hyaluronic Acid and arnica.

- Reduces redness
- Minimizes irritation and bruising

Avoid taking one week prior to treatment:

- Non-steroidal, anti-inflammatory drugs
- Vitamin E
- Fish Oil
- Ginkgo Biloba
- Ginseng
- Garlic



# Curve APPEAL

## BODY FAT REDUCTION

CoolSculpting® has revolutionized the aesthetic industry by becoming the only FDA-cleared, non-surgical fat reduction treatment that uses controlled cooling to permanently eliminate stubborn fat. The idea that cold can target fat cells—without damaging the skin or surrounding tissue—was the insight behind Cryolipolysis, the proven science on which the CoolSculpting procedure is based. 2017 has been by far the most innovative and exciting year for CoolSculpting as our practice has acquired the highly anticipated new CoolAdvantage™ applicators. These new applicators give our patients the benefit of a shorter treatment time, greater comfort, and more area treated. CoolSculpting is now more universal than ever and we can customize the treatment based on a patient's individual needs and contour to give them optimal results.

In the last year, truSculpt® has experienced its own 'makeover' and our practice is excited to announce the newly upgraded truSculpt 3D technology, offering up to 24% fat reduction in a single treatment! truSculpt 3D utilizes a controlled, gentle Radiofrequency (RF) technology at double the energy of the previous applicator to deliver targeted, uniform heating to the subcutaneous fat layer to achieve a decrease of density as well as tightening of skin laxity. truSculpt is a great treatment for a patient who has smaller and more concentrated pockets of fat that they would like to target. The new 3D applicators allow patients to experience a gentle gliding along the surface of the area being treated, which gives a more even distribution of internal heating to reach optimal temperatures to eliminate fat cells.



*Brooke*  
Actual Patient

OPEN HOUSE GIVEAWAY

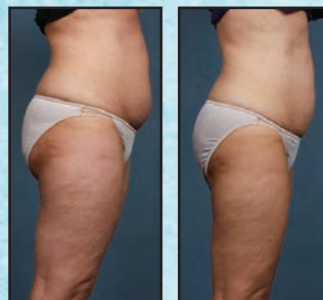
BODY CONTOURING  
See page 7 for details.



Top: Before Body Contouring.  
Bottom: After.  
Actual CaloSpa patient.



Top Left and Bottom Left: Before Body Contouring.  
Top Right and Bottom Right: After.  
Actual CaloSpa patient.



Left: Before Body Contouring.  
Right: After.  
Actual CaloSpa patient.



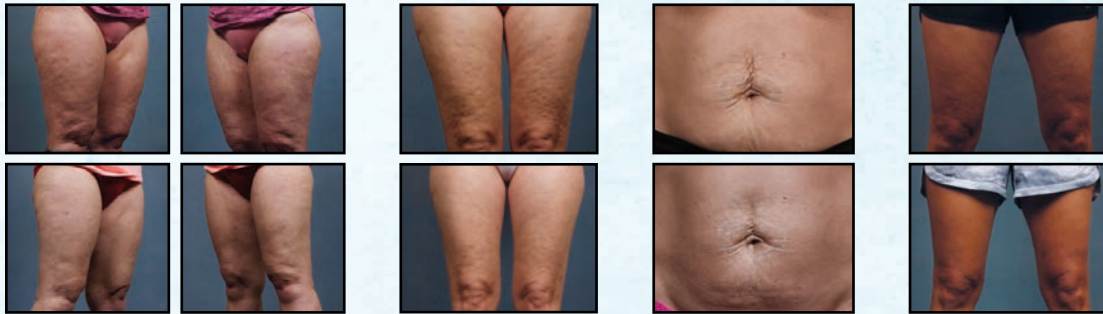
Left: Before Body Contouring. Right: After.  
Actual CaloSpa patient.



SKIN TEXTURE

ThermiSmooth® protocols have been revised over the last year and we now have new techniques exclusive to our office that are giving patients incredible results to improve textural irregularities and tighten skin laxity. ThermiSmooth utilizes a radiofrequency technology to deliver controlled heating to the underlying layers of the skin using multiple electrodes to simultaneously smooth out superficial rippling and tighten skin.

By using multiple applicators to target different depths of the skin we are able to treat a variety of issues within 1 session. It takes skin 8-12 weeks to start initiating collagen production and even after completing a package, your skin will continue to show improvements over time. This is a great treatment for patients who are self-conscious about texture especially on the tops and backs of the thighs and arms. It is also a fantastic option for a patient post-surgically or post-Cellfina® to airbrush and fine tune textural and laxity concerns.



**Top Row:** Before ThermiSmooth®  
**Bottom Row:** After.  
4 actual CaloSpa patients.

CELLULITE REDUCTION

Cellfina® is an office based procedure that directly releases the fibrous bands that cause cellulite. The treatment areas are infused with numbing solution and a handheld device will release the bands through a small puncture. Once the bands are released, the skin will have a smooth appearance. The procedure is well tolerated and some bruising may occur. No sutures are required. The results can be seen as early as a few days but certainly in a few weeks.



**Top Row:** Before Cellfina® **Bottom Row:** After.  
3 actual CaloSpa patients.

POWER PRODUCTS

Did you know that you can increase the efficacy of your body contouring treatments if you pair a power product with them?  
**Check out these body focused products to use alone, with a treatment, or post-surgically.**



**NECTIFIRM**

Nectifirm® is a product utilizing plant based molecules that cohesively work together to help reduce skin laxity. This product not only helps with crepiness, but also texture to reveal a more toned and youthful appearance. Several potent anti-aging peptides work together to create a firmer texture which makes this an ideal product for backs of the arms, tops and backs of the thighs, tops of the knees, and on the abdomen. *This product pairs well with ThermiSmooth® and CoolSculpting® treatments.*



**NEW NECTIFIRM® ADVANCED**

Targeted for patient's experiencing moderate to advanced signs of aging under the neck, Nectifirm Advanced utilizes Microbiome technology which performs and regulates imperative functions of our skin. By tapping into this technology, specifically with aging, we are helping to improve firmness and elasticity, neck lines, excess fatty tissue, dull skin tone, and crepey skin under the neck. *This product pairs well with Kybella®, CoolMini™, and ThermiSmooth®, our neck focused treatments. This is also a great product for a patient post-facelift or post-submental liposuction.*



**ORASER® CELLULITE CONTROL**

Ideal for the hips, thighs, buttocks, and backs of the arms, Oraser Cellulite Control offers instant firming effects while radically reducing the appearance of cellulite. Using a breakthrough blend of ingredients, Oraser diminishes the look of "orange peel" texture on the surface of the skin while increasing cellular metabolism to improve muscle tone and accelerate breakdown of fatty tissue. If that wasn't enough this product also works to prevent new cellulite from forming. *This product pairs well with Cellfina®, ThermiSmooth® and truSculpt® treatments.*



# SURGICAL Facial

As we get older, it is not uncommon for us to not really understand what the changes are, but we just know we are looking older and often more tired. Our skin loses its glow and things begin to deflate and sag. As a plastic surgeon, it is important to diagnose the problems that are creating these unwanted changes. I see facial aging as 3 basic contributors:

1. Changes to the skin itself, such as complexion issues, pigmentation, rosacea, fine lines, wrinkles, etc.
2. Loss of facial volume, which occurs throughout the face but is mostly noticed in the lower lids, as the cheeks fall, and in the temples. The loss around the mouth often creates the “smoker lines” and thinner lips seen in older patients
3. Facial sagging, especially in the neck, jowls, mid-cheek and brow

This evaluation often reveals multiple contributing factors. Additionally, once you understand this, you will understand why skincare is such an important first step. We must fix the canvas. Younger patients often have only skin changes and volume loss. These patients benefit from good skincare products, possibly Botox®, chemical peels or lasers (Laser Genesis, PICO Genesis, Infini) to improve the skin. With ongoing aging, volume loss becomes the predominant feature often seen with the loss of cheek volume, hollowing in the temples, thin wrinkling lips, deepening nasolabial folds (parenthesis) and emerging lines and wrinkles. To correct volume loss, we use fillers such as Juvederm®, Restylane®,

Voluma®, or fat grafting. These procedures can achieve full correction with a youthful, rested appearance. With further aging (often late 40's on), sagging emerges and is best corrected with lifting procedures, such as browlifts, eyelid surgery, necklifts, and facelifts. So, the treatments all patients should consider are correction of the skin, restoration of volume and appropriate lifting procedures when indicated. Even after surgical procedures, longevity of the results is best achieved with ongoing skincare, laser treatments, peels and use of fillers and Botox®/Dysport® to maintain outstanding correction for many years.

— Dr. Calobrace

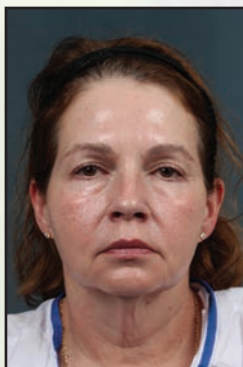
# TURNING BACK TIME



Grace's most significant findings were aged eyelids and relaxed lower face and neck. She underwent a facelift, necklift, upper and lower eyelid surgery and fat grafting. I love the way the surgery opened up her eyes. She looks so much more alert and rested. On her face, the rejuvenation of the lower face corrected the turned down corners of her mouth, creating a happier look. It also changed the shape of her face from a more boxy or squared look to a more oval, youthful look. I think her most significant change is in her neck. The creation of a tight neck with a strong jawline is one of my top priorities when I do facelift/necklifts and it is usually our patients' favorite change.

– Dr. Calobrace

**MAKEOVER:** 4 hours, by Dr. Calobrace



**Left:** Before facelift, necklift, upper & lower eyelid surgery and fat grafting. **Right:** After.

*Grace*  
Actual Patient



"Dr. Calobrace has a reputation in the community of doing superior work. He took one look at my face and we started making plans. I felt like I looked sad and tired before the facelift, and I'm neither of those things. The face lift opened up my eyes and I don't look sleepy any more. With the neck sag, I felt like my chin was connected to my upper chest. Now I have a neck." – Grace

# Youth Restored



Typically, as we age, we begin to look unrested and more aged. Brenda, is a prime example – she had a hooded brow with excess skin in the upper lids, bags and extra skin in the lower eyelids, loss of cheek volume with lower facial jowling and neck sagging. She desired a more youthful, rested appearance, and yet still look like herself. She underwent a full facelift with necklift, a browlift, upper and lower blepharoplasty (eyelid surgery), fat grafting to the midcheek and lower eyelids and juvederm injections around the mouth. She achieved her correction – restored, refreshed, but not overdone! Ongoing care includes skincare, occasional Botox® or fillers, and periodic laser treatments (laser genesis or pico genesis) or to maintain facial tightening (Infini).

– Dr. Calobrace

**MAKEOVER:** 4.5 hours, by Dr. Calobrace

## *Procedures and Products Used*

- Lower Facelift
- Cervicoplasty
- Quad Blepharoplasty
- Browlift
- Fat Transfer
- Juvederm



**Left:** Before full facelift with necklift, browlift, upper and lower blepharoplasty, fat grafting of the midcheek and lower eyelids and injections.

**Top:** After. Actual CaloAesthetics patient.

# The Sweat Stops Here!

Taking the bothersome issues that come from underarm sweat out of your daily life is what miraDry® can do for you. miraDry is a device that uses electromagnetic energy, miraWaves, to PERMANENTLY destroy the sweat glands under the arms to dramatically reduce odor and bothersome sweating, usually in JUST ONE TREATMENT. In fact, 80% of patients require only 1 treatment. The treatment is non-surgical and performed in less than an hour. Patients will typically experience mild swelling and tenderness of the treatment site that subsides within several days. The miraDry treatment is certainly life changing and has received a "WORTH IT" rating of 90% from REALSELF members. This is a great testimonial to the success of this treatment.

## *Who would be a good candidate?*

- Anyone with bothersome, embarrassing sweating under the arms
- Anyone who wants to avoid the chemicals and heavy metals in deodorants
- Anyone who simply doesn't want to mess with deodorants and the mess it leaves on clothes
- Men and Women
- Active, athletic individuals who really deal with a lot of daily sweating
- Anyone who struggles with odor under the arms

**We invite you to schedule an appointment to see if miraDry is right for you!**





Top: Before. Bottom: After.

"I was ready for a fresh look. At the age of 52, I decided it was time to do something special for myself. I started researching plastic surgery in the Summer of 2016 and I had my surgery in February 2017. It was Dr. Calobrace's reputation as a plastic surgeon that led me to choose him. I'm pleased to look in the mirror and see the real me. I have improved self-confidence. I travel frequently in meetings and present presentations throughout the Northeast, this surgery has given me the power to face each day with an improved self-confidence with my appearance." —Brenda

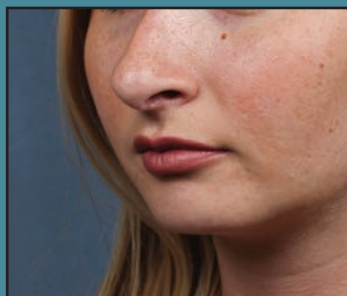
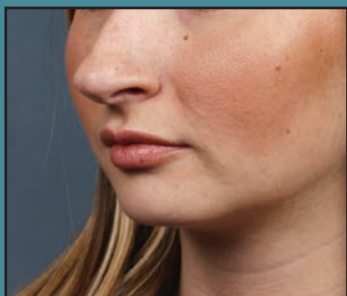


## PROFILE *Perfect*



Rhinoplasty is a perfect procedure to minimize the size of the nose and/or the nostrils. The procedure can correct bulbous, drooping or nasal upturn for a more balanced appearance. It is also great for patients looking to correct their profile from visible depressions or humps, as this patient did.

**MAKEOVER:** 4.5 hours, by Dr. Mays



Left: Before Rhinoplasty. Right: After. Actual CaloAesthetics patient.

## THE "Fat" Lip



Yes, we said it. The "FAT" lip. Did you know that we can harvest fat from areas of the body to be transferred to desired areas like the lips, face, and buttocks? This patient below had fat harvested from her abdomen to be transferred to her lips, providing the fullness and contour she was looking to achieve.



Left: Before fat transfer to the lips. Right: After. Actual CaloAesthetics patient.



# A NEW Hairline



Hair loss, or Alopecia, is an issue that affects both men and women. There is no specific medication that can completely restore male and female pattern baldness. The best treatment with reproducible results is hair transplantation with NeoGraft®. It is known as the scar less hair transplant. Previous methods of hair transplantation involved taking a strip of tissue from the back of the scalp and removing the hair follicles and then closing an incision on the scalp. This would leave the “tell-tale” sign of surgery which was a deterrent for most patients.

Now, with NeoGraft technology, we can harvest follicular units from the scalp and transplant to the areas of hair loss without leaving evidence of a procedure. The procedure can take 6-8 hours in the office with just the use of a local anesthetic to numb the scalp as we transplant thousands of grafts. Patients go home the same day with minimal swelling to the grafting sites. Within a few months of your transplant, the hair grafts will go through the phases of hair cycle with growth, rest, and death. These changes are expected and we do not see the final results of the hair transplant for at least 1 year.

Depending on the patient’s degree of hair loss they may need another treatment to increase the density of the hair. This can be performed after the 1 year mark. The 1<sup>st</sup> step in hair transplantation is meeting with Dr. Calobrace or Dr. Mays to discuss your hair loss and the approximate number of grafts you may need. The pricing of the procedure depends on the number of grafts placed.



**Top Left & Right: After NeoGraft. Bottom Left & Right: Before.**  
Actual CaloAesthetics patient.



**Left: Before NeoGraft. Right: After.**  
Actual CaloAesthetics patient.

## POWER PRODUCTS

Pair your NeoGraft hair restoration procedure with hair care products by Renaissance®. Your hair will instantly feel and look fuller and thicker from roots to ends.



# NO MORE BAGS



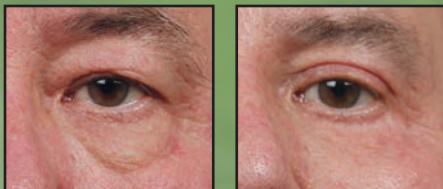
James did not like the bags under his eyes and felt his eyes were barely open. He underwent an upper and lower blepharoplasty with fat grafting of the lower lids and cheeks and a brow stabilization procedure performed through the eyelid surgery. His entire procedure took 90 minutes and had a relatively pain free post-procedure. His sutures were all removed within the first week. He subsequently underwent some laser treatments (Excel V) for his red skin. His bags are now completely gone with an excellent transition to his cheeks without the hollowing often seen after lower eyelid surgery. In my experience, fat grafting with lower eyelid surgery has created superior results and is performed in most of my clients.

His eyes are more open from removing the extra hooded fat in the upper eyelids. By only stabilizing the brow and performing eyelid surgery without a true browlift, he has maintained a masculine appearance and avoided the unwanted feminization too often seen in male aesthetic surgery. — *Dr. Calobrace*

*James*  
Actual Patient

"My overall appearance has changed drastically and the surgery has given me much more confidence. When you look good, you feel good!"  
— *James*

**MAKEOVER:** 90 minutes,  
by Dr. Calobrace



**Left:** Before blepharoplasty, fat grafting of the lower lids and cheeks, and brow stabilization. **Right:** After.



## THE MALE MAKEOVER



There is one thing I know for sure, MEN care what they look like. One only has to look at all the magazines on the shelf such as Mens Fitness and GQ, the fashion industry, colognes, lotions and potions and the ever growing expansion of targeted marketing to men. It has always been strange to me that men have been slow to turn to plastic surgery for self-improvement. But I do believe that this is changing. The continual growth of non-surgical options has helped.

A quick Botox®/Dysport® treatment or some volume restoration in the cheeks, midface, eyelids or lips can create an almost instantaneous more youthful, rested appearance. Additionally, the use of truSculpt® 3D or CoolSculpting® can remove those unwanted love handles or belly fat without surgery. Kybella® can also melt away the neck fat with a few injections. So many options exist without surgery or downtime. I have described my own evolution in treatments in previous magazines, but basically I did skincare at 35, Botox at 40, fillers at 46, and upper eyelid surgery at 49.

Surgery is sometimes necessary to achieve the most dramatic and long-lasting results. Liposuction is extremely common for men – the chest (to remove that “breast” look), love handles, abdomen and neck. Facial procedures include eyelid surgery, nose reshaping (rhinoplasty), fat grafting and facelifts. These procedures are performed to minimize downtime and most patients are back to work in a few days to 2 weeks depending on which procedures are performed. Results are created to look natural, masculine, and rested with minimal scarring. — *Dr. Calobrace*

# *Designer* BREAST AUGMENTATION



Breast augmentation is by far one of our most popular surgical procedures. So it is extremely important that Dr. Mays and I work closely with our patients to ensure that their desired look and expectations are met. I often speak of a “designer breast augmentation”. It involves finding balance and proportionality; choosing the “perfect” implant that will balance the patients overall look, improving her shape, contour and size, whilst respecting her individual frame, skin quality and breast quality. The patient will be left with a very beautiful and natural looking result.

## BREAST AUGMENTATION: DISPELLING THE MYTH

To be certain, breast augmentation and breast surgery have advanced so much over the last 2 decades of my practice. In my first decade of practice, most patients undergoing augmentation were offered only saline implants secondary to concerns over safety of silicone. Since 2006, after evidence clearly demonstrated to the FDA that new silicone implants were

safe, a whole host of new implants and choices have become available, and women are the beneficiary of these enhanced options! Breast implants can be smooth or textured, softer and mobile, or firmer and more stable. Implants also can be teardrop shaped or round and can be more projecting and narrow or more natural with less projection.

I spend much of my time these days traveling around this country and internationally discussing these many new advances available, new techniques in breast surgery and the SAFETY OF BREAST IMPLANTS. My recent and upcoming lecture schedule includes traveling to New York, San Diego, Orlando, San Francisco, Toronto, Montreal, Miami, China, Russia, Hawaii, and Australia (to name just a few), and I began to realize the message is an important one and misunderstandings, myths and misconceptions lead to unnecessary fear. To address this, I have written an important article that has been accepted for publication by the Aesthetic Surgery Journal entitled, “Long-term Safety of Textured and Smooth Implants”. I additionally published chapters in multiple textbooks on breast augmentation, complications of breast augmentation, and techniques in breast augmentation. I believe these articles and chapters will lead to a better understanding so plastic surgeons can provide accurate and compelling evidence to their patients on the safety and effectiveness of breast implant surgery.

For our patients here at CaloAesthetics, we believe every consultation should include a thorough discussion of all aspects of the planned surgery. Our patients review before and after photographs, perform implant sizing in front of a mirror and, finally, see 3D virtual reality imaging to help visualize the final results. We guide and educate each patient based on our experience, knowledge, and thorough understanding of the options available. Our patients are our priority. Additionally, we use breast implants from all 3 manufacturers so we can provide the absolute best choice for each of our clients. We call it our “designer breast augmentation”. One thing is always true, when done well, patients are thrilled with the results. Patient satisfaction with breast augmentation is consistently reported at 98% – and that is certainly no myth.

– Dr. Calobrace



**Left:** 3D virtual reality image of patient before breast augmentation. **Right:** 3D image of recommended breast implants. Actual CaloAesthetics patient.

*Jessica*  
Actual Patient

“I decided to pursue plastic surgery because I felt it was the only way to achieve my idea of the perfect body. My disproportionate breast was something I could not fix myself, so I wanted a breast augmentation. I love, absolutely love, my end result.” – Jessica

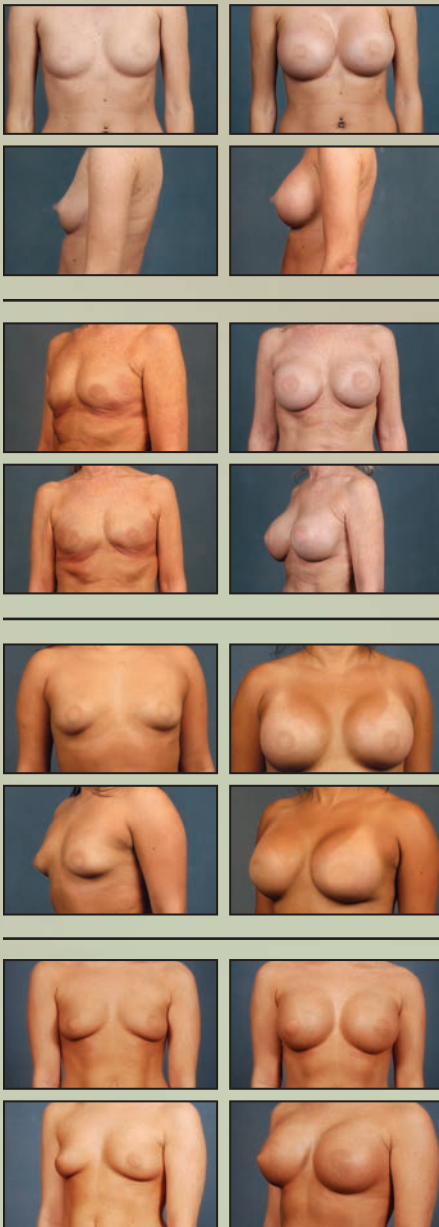


**REALSELF PATIENT REVIEW**

"I had a bilateral breast reduction done by Dr. Mays back in March of 2017. My overall experience was great. Dr. Mays was extremely professional about the whole procedure but also made you feel comfortable about the procedure. He had amazing bedside manner and was very informative about the journey that would be the procedure and the healing process. I'm super happy to have had him as my surgeon. I would recommend him to anyone."

**MAKEOVERS: 1 hour each**

*Below are actual CaloAesthetics patients. Left Column: Before breast augmentation. Right Column: After.*



# Beautifully RECONSTRUCTED



The American Cancer Society estimates 252,710 new cases of invasive breast cancer will be diagnosed in the United States in 2017. The quality of life and psychosocial

benefits of reconstruction after mastectomy are well known. Breast reconstruction can be performed at the same time as the mastectomy or at a later date depending on the patient preference.

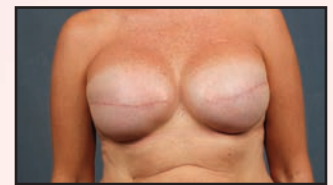
We have noticed a concurrent rise in patient requests for bilateral mastectomy with immediate breast reconstruction. Some of this has been aided by the media, specifically the surgical story of the actress Angelina Jolie.

The 2 main types of breast reconstruction are implant based and autologous tissue transfer. With implant reconstruction a 2-step approach is used with insertion of a tissue expander at the time of mastectomy to help expand a breast pocket. This is followed by a second procedure for the permanent implant exchange a few months later.

In autologous tissue transfer no implants are used, instead the patient's own tissue is brought from somewhere else on the body, commonly the abdomen, and transferred to the chest to make a breast. The autologous tissue transfer is less common and requires a few days to recover in the hospital. — Dr. Mays



**MAKEOVER: 3 hours, by Dr. Mays**



**Top:** Before breast reconstruction. **Bottom:** After.

## Downsizing

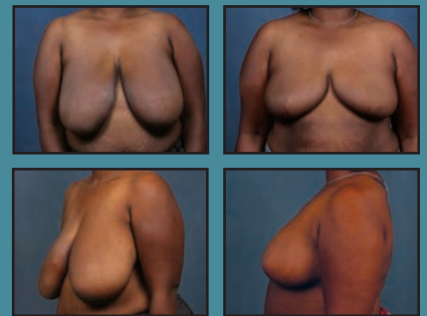


Most patients find their way into my office to discuss breast reduction because they have had neck and back pain or stress that is not musculoskeletal related. Many patients describe grooving in the shoulders from their bra straps digging into the soft tissue secondary to the weight of the breast.

The patient with the large pendulous breast can have limitations in their daily lives due to the breast hypertrophy. The breast reduction, as I tell all my patients, is a form and function procedure. The function of the procedure is getting the weight of the breast off to relieve the symptoms of neck and back pain. The form part of the procedure is the plastic surgery component that designs an aesthetically pleasing breast by lifting the nipples and restoring the breast to their once youthful and proportional size.

A breast reduction is essentially a breast lift but more breast tissue is taken off with a reduction. Some patients may even be candidates for insurance coverage of their breast reduction. — Dr. Mays

**MAKEOVER: 3 hours, by Dr. Mays**



**Left:** Before breast reduction. **Right:** After.

# TOTAL BODY TRANSFORMATION



*Johnnica*  
Actual Patient



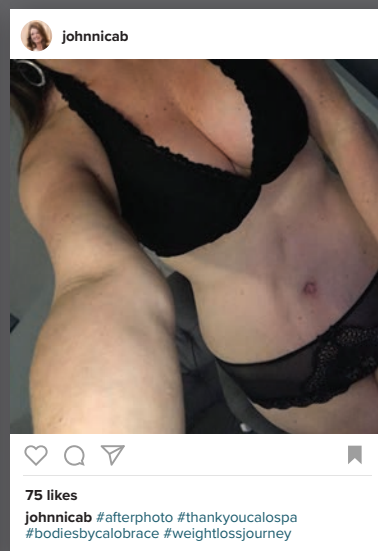
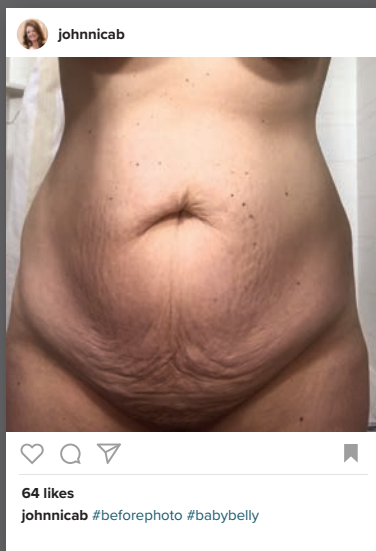
Johnnica came from North Carolina to see me for improvement in her belly and breasts. She had significant changes to her shape affected by not only two pregnancies but also a greater than 50 pound weight loss. Her breasts, which were a 36 C/D prior to pregnancy, grew to a 40 DD with pregnancy, and ultimately after the pregnancy and weight loss were deflated and droopy 36 C cups. Her belly was loose and saggy as well. Johnnica understandably and deservingly desired a flat belly and uplifted 36 DD breasts. We performed a tummy tuck with a simultaneous breast lift with implants, placing a 505 HP Sientra textured implant below the breast tissue with a lift. She recovered and was quickly back in North Carolina living her life with a renewed, restored body image and we are very happy for her. — Dr. Calobrace

**MAKEOVER:** Weight loss - 12 months  
Surgical - 4.5 hours

"I knew after I had children I would want to get my breasts done. Pregnancy is so hard on a momma's body. In 2016 I decided to lose weight and as the pounds started to come off I was more than thrilled. Once I got close to my goal weight, I knew I would need to have surgery in order to get the results I was looking for. I had put in the hard work, and now it was Dr. Calobrace's turn.

I love feeling more confident and comfortable in my clothes (and out of them! Haha!) Today I feel more confident about my body and proud of the work I put in to changing its appearance. Losing weight was such a huge obstacle to overcome in my life. I had gained a lot of weight during my pregnancies and as a mom it was difficult to take the time to work on myself. I know my girls are learning how important it is to invest time in having a healthy lifestyle. There's no monetary value that can be placed on the happiness I feel from the results of my surgery." — Johnnica

## JOHNICA'S PERSONAL BEFORE & AFTER PHOTOS





When Maranda saw me in consultation for a mommy makeover, she was frustrated with the saggy appearance of her breasts, her loose abdominal skin with stretch marks, and that her overall body shape had permanently been altered by her 2 pregnancies 20 years prior. As part of her mommy makeover, we performed multiple procedures in one operation: a tummy tuck, a breast lift with placement of breast implants, liposuction of her thighs, hips and back, and a Brazilian butt lift (BBL). The contouring of her buttocks included

careful sculpting of the desired shape with liposuction around the buttocks followed by augmentation of the central buttocks with fat. For her breasts she wanted to be an uplifted 38 D, so we placed a 435 textured Sientra silicone implant on top of the muscle with a simultaneous breast lift. She achieved a global improvement in her overall look, restoring her pre-pregnancy shape – or possibly making it even just a little better than ever! I love what I get to do on a daily basis – change lives for the better.

– Dr. Calobrace

"I started thinking about having plastic surgery at least 12 years ago. Pregnancy and nursing, of course, changed my body in a way that diet and exercise couldn't fix and due to my constant up and down battle with my weight and the inability to wear clothes that I desired motivated me to have plastic surgery. Now I love being able to wear clothes that I once felt self-conscious in! Looking in the mirror and seeing "Me" the way I have wanted to see myself in years is the best feeling ever!" – Maranda

**MAKEOVER:** 5.5 hours,  
by Dr. Calobrace



**Left:** Before tummy tuck, breast lift with placement of breast implants, liposuction of thighs, hips and back, and Brazilian butt lift. **Right:** After.

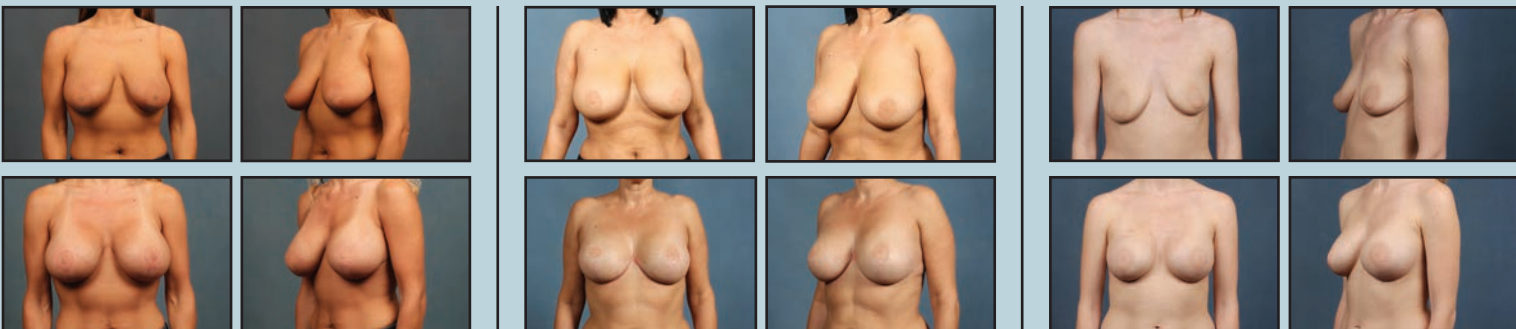
*Maranda*  
Actual Patient



THE  
*Perfect*  
LIFT



To recreate a youthful shape and lift to your breasts, we may recommend a breast lift. A breast lift addresses sagging, decreased volume, drooping and stretched nipples and areolas. If there is too little or too much breast volume, a breast augmentation or breast reduction might be recommended in addition to a lift.



**Top Row:** Before breast lift. **Bottom Row:** After. 3 actual CaloAesthetics patients.

# THE *Best Booties*



In a Brazilian butt lift, fat is removed from unwanted areas and replaced in the buttocks to enhance and improve its overall contour. Liposuction is first performed to remove fat, usually from the hips and thighs. This also enhances your overall body contour. Once the harvested fat is separated from the liquid portion, it is

then injected into different areas of the buttocks to ensure a uniform, smooth and natural appearance. How much fat can be replaced depends on how much fat is originally removed. Patients who have a generous fat distribution before surgery can expect to get fuller cheeks if desired. Repeated treatments can enhance your results and may be recommended.



**Top Row:** Before Brazilian butt lift. **Bottom Row:** After. 2 actual CaloAesthetics patients.

# GOODBYE BAT WINGS



Reduce excess sagging skin that droops downward from the arms with a surgical procedure known as an arm lift, or brachioplasty. Results of an arm lift are dramatic as it tightens and smooths the underlying supportive tissue that defines the shape of the upper arm, while also reducing any localized pockets of fat that may be present in the upper arm region.



**Top:** Before arm lift. **Bottom:** After. Actual CaloAesthetics patient.



**Top:** Before arm lift. **Bottom:** After. Actual CaloAesthetics patient.

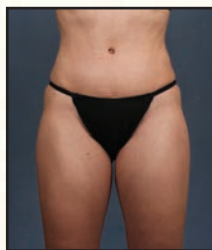
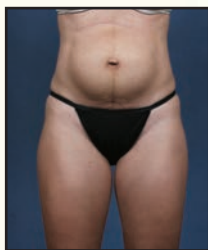


# FIXED & FLAT

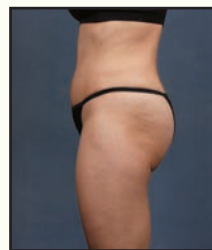
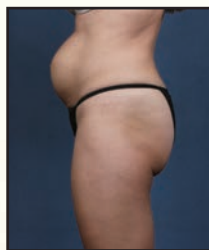
**MAKEOVER BY DR. CALOBRACE: 3 - 5 hours**



The effects of pregnancy can be very disheartening and quite dramatic in some patients. This particular patient, seen below, had zero problem with fat post-pregnancy but described herself as having a “fat belly.” She truly has a consequence of pregnancy – diastasis recti, or separation of the central rectus muscles. This left her with a pseudo-hernia, and the only cure was a tummy tuck. No gym workout would ever fix her problem. We performed a tummy tuck on the patient with a focus on repairing her muscles, removing the excess skin and creating a more beautiful and youthful belly button. She is left with minimal scarring around her belly button and below her bikini line and her results will be permanent. – *Dr. Calobrace*



**Left: Before tummy tuck. Right: After.**  
Actual CaloAesthetics patient.



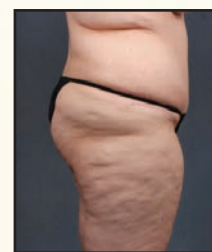
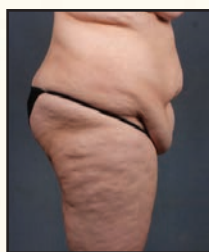
**Same Patient, Side View. Left: Before. Right: After.**

**MAKEOVER BY DR. MAYS: 3 - 5 hours**

This patient, shown below, is now able to wear new clothing sizes that she had only dreamed of. She has also increased her activity due to the removal of the heavy redundant skin that was preventing her from feeling comfortable and confident in the gym.



**Left: Before tummy tuck. Right: After.**  
Actual CaloAesthetics patient.



**Same Patient, Side View. Left: Before. Right: After.**

Restoring the body back to a time when the skin and muscles were tighter is something we do on a daily basis as plastic surgeons. The most common reasons are pregnancy and weight loss. No matter how many hours are spent in the gym or dollars on weight loss plans, the only treatment for removal of skin is surgery. A tummy tuck or abdominoplasty is a procedure in which the extra skin is removed from the abdomen leaving a scar low and hidden underneath the underwear. Commonly we will tighten the abdominal muscles to improve the core strength and reduce the “bulge” of the abdomen. Some of our massive weight loss patients (>100lbs) have so much skin that we must make a vertical incision up the middle of the abdomen to remove the skin. You can see in this patient how her abdominal region has been dramatically trimmed and contoured. She needed the vertical excision, which is called a Fleur-de-lis abdominoplasty, to remove the horizontal and vertical excess skin. These scars will continue to fade with time. Trading skin for scar to get a smooth abdomen, as our patients will tell you, is worth it. – *Dr. Mays*



# Balancing Act

Age Healthier, Live Happier is what we want for our patients. Studies have shown, balanced hormones are necessary for good health and disease prevention for women and men as we age. BioTE® optimizes hormone levels with tiny pellets just under the skin. Not like injectable synthetic hormones and creams that have a roller coaster effect on the body, our hormone pellets release bioidentical hormones into the bloodstream continuously for months.

Our methods of pellet therapy are backed by years of solid research and many of the negative impacts of hormones highlighted in the media are not from bioidentical hormones, but synthetic hormones that we do not use. The positive effects of bioidentical hormones include heart health, bone health, and mental health just to name a few.

The 1<sup>st</sup> step in the process is to have your lab work completed either in our office or in a lab of your choice. The labs will be reviewed by one of our BioTE providers and an individualized treatment plan will be constructed for each patient.

The pelleting procedure is quick and pain free. Allow yourself 30-45 minutes to review your lab work and get the pellets on the same day. The pellets go into the tissue just below the skin in the buttock region. Strenuous activity should be avoided for the first few days after being pelleted. New pellets are placed every 3-5 months depending on your lab work.

The final component of the BioTE treatment plan is to take your Nutraceuticals. These are oral supplements that will optimize your hormone therapy and allow you to get the full benefits of the treatment.

After hormone optimization, many patients report back to their BioTE trained practitioner that it's amazing something so small can make a huge difference in your life.

- Regain energy, muscle strength and greater ability to lose weight.
- Increase mental clarity.
- Feel younger and happier again.
- Increase quality of life while preventing age-related illness.

We are excited to provide this service for our patients and allow them to age healthier and live happier. – *Dr. Mays*



**OPEN HOUSE SPECIAL**

Don't miss out on the opportunity to feel your best! During Open House week we will waive your \$150 BioTE consultation fee when you complete your lab draw (blood test) during Open House Week. Take advantage of this great opportunity to learn more and start on the path to feeling better and living a more balanced life.

## FEM FAVORITES

While many of our services benefit both men and women, we offer several procedures that cater uniquely to women. Cellfina® and ThermiVa® are both extremely effective treatments that address female specific concerns. With minimal downtime and outstanding results, these female focused procedures are undoubtedly 2 of our Fem Favorites.

### CELLFINA

#### What is it

Cellfina is a minimally invasive, FDA-approved procedure used to reduce the appearance of cellulite on the buttocks and backs of the thighs.

#### Treatment time

Treatment time varies based on the number of dimples addressed. Though average treatment time is about 1-2 hours, we take time to assess and mark the treatment areas before the procedure as well as time to apply dressings and review post-care instructions following the procedure.

#### Number of treatments

Cellfina is a single treatment session.

#### How long will results last

Cellfina is currently FDA-approved to last 3 years or longer.

#### How much downtime

Cellfina is minimally invasive with mild bruising and swelling. Recovery simply requires the use of a garment and restraining from exercise for 2 weeks.

### THERMIVA

#### What is it

ThermiVa is a non-invasive, radiofrequency device used to treat various complaints in the vaginal area in women including urinary stress incontinence, vaginal dryness/painful intercourse, internal and external vaginal laxity, and orgasmic dysfunction.

#### Treatment time

Treatment time varies based on patient symptoms and the areas that are being addressed. Each treatment is between 30-60 minutes.

#### Number of treatments

ThermiVa series involves 3 individual treatments, spaced 1 month apart.

#### How long will results last

Results typically last a year or longer. If symptoms begin to return, we recommend a single maintenance treatment between 9-12 months to prolong results.

#### How much downtime

No downtime.



Left: Before Cellfina. Right: After. Actual CaloAesthetics patient.

# THE BIG 5 IN *Anti-Aging* Skincare

What everyone should have in their skincare regimen from age eighteen to ninety-eight; sunscreen, retinol, growth factor, hyaluronic acids, and antioxidants. Skincare products help our skin to fight off the damaging effects of our diet, the sun, and environmental pollutants. And a good, physician directed, skincare regimen can address fine lines, wrinkles, textural issues, and hyperpigmentation while also restoring depleted nutrients, elastin, and collagen.



## SUNSCREEN

Sunscreen is an essential skincare product that can help absorb and reflect ultraviolet radiation. Sunlight is the main source of UV radiation, and it can cause severe skin damage and even cancer. It should be used multiple times throughout the day to help protect the skin from damage and premature aging.

*Product of Choice: Revision Intellishade*



## RETINOL

Another way to combat aging is retinol. Retinol is a vitamin A derivative, and if used under a physician's supervision, it can help prevent fine lines and wrinkles, reduce pore size and promote cellular turnover. Retinol is a product that you must build up a tolerance to use, or you may experience redness, drying, and irritation.

*Product of Choice: SkinMedica Retinol*



## HYALURONIC ACID

Naturally found in the body, hyaluronic acid holds moisture giving your skin the look of youth and fullness. Everyone from extremely dry to oily, acneic patients can benefit from using a hyaluronic acid. When you use a topical HA, it increases your skin's elasticity and gives it a hydration boost. It helps lock in needed moisture, which will give your skin a more youthful appearance and radiant glow.

*Product of Choice: TEOXANE RHA or SkinMedica HA5*



## GROWTH FACTORS

Growth Factors are a peptide enriched protein that goes deep into the dermis and tells our DNA to get busy stimulating more collagen and elastin. They contribute to the repair of damaged skin and are a must-have in any anti-aging regimen if you are looking to reduce the appearance of fine lines and wrinkles, improve the appearance of age spots, skin texture, and elasticity.

*Product of Choice: SkinMedica Recovery Complex or SkinMedica Essential Serum*



## ANTIOXIDANTS

Antioxidants are needed to fight against inflammation that is caused by free radicals, substances that are emitted by the breakdown of food and other internal and external irritants. They are essential to the health and appearance of the skin. They are comprised of vitamins, minerals, and enzymes. By incorporating antioxidants into your skincare regimen, you are slowing down and even preventing the effects of free radicals and keeping your skin cells healthy.

*Product of Choice: SkinMedica Essential Serum*

— by Meredith Steinmetz



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Clinical: 502.899.9979

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### Financing

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

### Weekend Hours

For your convenience, our Medical Spa is open Saturdays and evenings.

### Hours of Operation

Monday: 9 a.m. - 5 p.m.

Tuesday – Friday: 9 a.m. - 6 p.m.

Saturday: 9 a.m. - 4 p.m.

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Main: 859.269.2256

Call for hours of operation.

# CaloSpa's 16<sup>th</sup> Annual OPEN HOUSE

THURSDAY, NOVEMBER 2<sup>ND</sup>  
FROM 12 P.M. TO 8 P.M.

The heart of this annual event is to celebrate what drives CaloSpa Rejuvenation Center to be the best—our clients.

**OPEN HOUSE SPECIALS AVAILABLE ALL  
WEEK LONG (OCTOBER 30 - NOVEMBER 3)**

All week long take advantage of all our 16<sup>th</sup> Annual Open House specials. Simply call 502.814.3000 or stop in to either our CaloSpa Louisville or CaloSpa Lexington location and place your Open House order.

Don't want to wait in the checkout line?

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