

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

PICK A WINNER!

CALOSPA 
rejuvenation center

INVITES YOU TO THE

Winning Looks DERBY EVENT



**WEDNESDAY, MARCH 28, 2012
7 P.M. TO 9 P.M.**


Everyone attending will receive a gift bag with valuable coupons from area stores as well as a chance for the fabulous gift basket raffles. Enjoy spirits and hors d'oeuvres, and see the latest fashions and accessories to get you ready for the races. Also, learn from CaloSpa's specialists about surgical and non-surgical pre-Derby facial treatments.

TICKETS ARE \$25 WITH
PROCEEDS BENEFITING



The Backside Learning Center enhances the lives of the equine workers by providing education, life skill resources and community, ultimately benefiting the horse.

Please RSVP and prepay by March 23, 2012 by visiting calospa.com and clicking on Special Events or by calling 502-899-9982. Space is limited. MUST be on RSVP list at door.

Come and see us for
special Derby deals! 



CALOBRACE
plastic surgery center



COSMETIC
breast center



CALOSPA
rejuvenation center



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.

FROM THE DESK OF DR. CALOBRACE

MEN - ON THE CUTTING EDGE

Why are men turning to cosmetic surgery? There are many factors. For one, there are many non-surgical options available, such as Botox®, fillers and lasers, which provide improvements that are more subtle and possibly a bit “under the radar.” Additionally, advances in cosmetic surgery techniques and technology have allowed for more natural looking results with limited down-time, which is appealing to men. Also, men are recognizing that wrinkles, frown lines, droopy eyes, baldness and saggy chins can make them appear old, unrested and less competitive in the workforce.

Non-Surgical Options:

Botox® is by far the most popular. It is great for reducing wrinkles in the frown lines, forehead and crow’s feet. Often in conjunction with Botox®, men have found fillers (Restylane, Perlane®, Juvederm® and Radiesse®) very helpful in disguising lower eyelid bags, providing fuller lips, and softening unwanted facial lines, wrinkles and deep nasolabial folds.

Surgical Options:

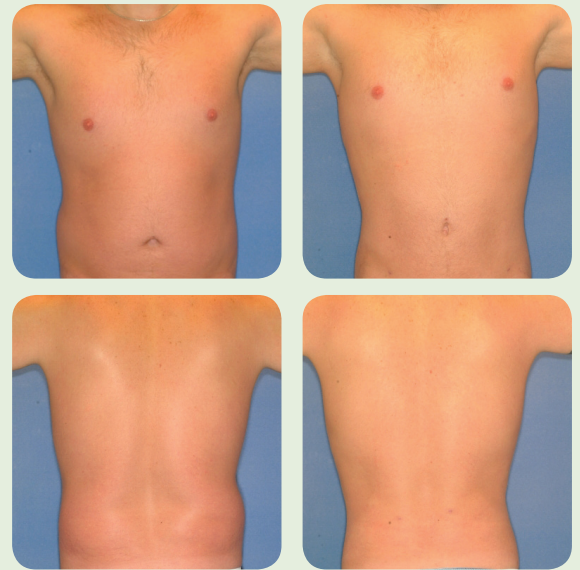
Men are becoming as concerned as women about being fit and trim. Not surprisingly, liposuction is the most common

cosmetic procedure sought by men. The most common areas treated in men include the abdomen, flanks (love-handles), chest and neck. Recovery is rather expedient with most patients returning to work in less than a week. Other body contouring procedures that are sought out by men include tummy tucks, thigh lifts and body lifts, often necessary after significant weight loss. Gynecomastia, or male breast development, is also treated with liposuction or a small removal of breast tissue through a hidden incision in the areola.

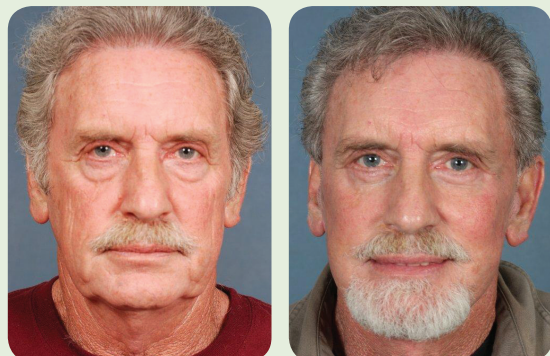
Facial Surgery:

Cosmetic facial surgery has also gained in popularity, with eyelid surgery (blepharoplasty) being one of the most common facial procedures performed by men. The small, inconspicuous scars make eyelid surgery attractive to men who want a more youthful, rested appearance without obvious scars and the appearance of cosmetic surgery.

A necklift or facelift is appropriate for men when facial aging and sagging become bothersome. The design of a male facelift produces a masculine appearance with a strong jaw and neckline. Unique to men is the issue of hair growth from the beard being placed in the ear and/or behind the ear during a facelift. Scars may also be more conspicuous in men due to shorter hair styles and receding, thinning hair and this must be considered in designing the facelift.



2 Left Photos: Actual patient before Liposuction of flanks and abdomen
2 Right Photos: Same patient before Liposuction of flanks and abdomen



Left: Actual patient before lower blepharoplasty and facelift.
Right: Same patient after lower blepharoplasty and facelift.

Finally, a hair transplant can be quite effective in male pattern baldness. Until recently, the options available for men have been less than satisfying. Modern hair transplantation produces natural results by taking small micrografts and minigrafts from the back of the scalp and placing them in the balding areas. Results are natural and permanent.

Dr. Calobrace, Dr. Mizuguchi and the entire CaloSpa team are committed to offering men a wide variety of surgical and non-surgical alternatives in a comfortable and safe environment, and of greatest priority, maintaining the highest level of privacy and confidentiality.

FROM THE DESK OF DR. MIZUGUCHI

BREAST AUGMENTATION

“A PERFECT LOOK”

Breast augmentation is the most requested procedure in my practice today. It is safe, effective and has a high satisfaction rate. The ideal result of breast augmentation is to achieve the “perfect look” for your breasts. The good news is the Cosmetic Breast Center offers world-class service and treatment. Dr. Calobrace and I created the Cosmetic Breast Center to further enhance the experience of cosmetic breast surgery. We wanted to provide cutting edge techniques and technologies in a safe and comfortable environment. The entire process from consultation to surgery is done in the same facility.

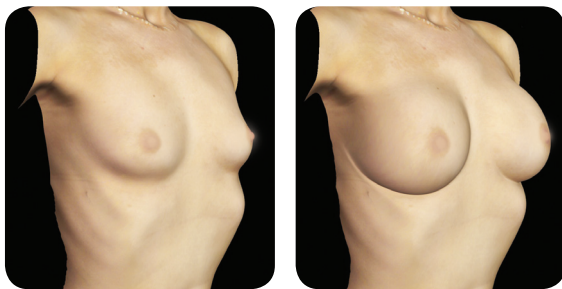
The “perfect look” for breast augmentation surgery is completely personalized. Some patients want full “perky” breasts, others need to be lifted, and some just want to be larger. The majority of women desire breasts that are natural in size and feel, as well as look proportional to their body frame. Other physical determinations are the condition of your skin, amount of natural breast tissue and the location of your breasts. The natural feel and shape of your breasts implants will make you feel even more beautiful and sexy.

There are three key factors that I look for to help achieve the “perfect look” for my patients’ breasts: Size, Shape and Prettiness.



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.



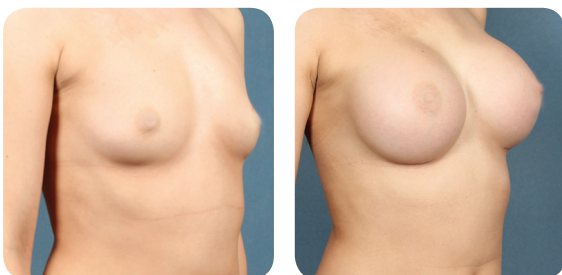
4D of patient before and after breast augmentation

Size

The size of your breasts is an important factor in achieving the “perfect look.” Size is a personal decision and my staff and I make every effort to help you choose the right size. Over the last two years, we have helped develop 4D Breast Imaging that further aids in selecting your breast size. We take measurements of your chest and can show you on a diagram the target size for your body frame and size. There are a range of sizes that can produce beautiful results, and it is my job to listen to your expectations so we can decide together on the ideal size.

Shape

The shape of your breasts is largely dependent upon the type of breast implant, the projection of the implant, as well as surgical placement of the breast implant. Silicone gel breast implants can provide better upper pole fullness while maintaining the roundness of the lower part of the breasts. The type of implant, whether it is wider or rounder, will help determine the shape of your breasts. Projection and width of the implant will aid with cleavage and the lateral silhouette of the breast. Finally, the proper surgical placement with control of pocket creation is the true art of breast augmentation surgery. This is where proper assessment of your skin and breast tissue and precise surgical procedure will inevitably lead to a “perfect look” for your breasts.



Real photos of same patient before and after breast augmentation

Prettiness

The prettiness of your breast augmentation is the most important factor for me when obtaining the “perfect look.” The size of your breast can vary but should be in proportion with the rest of your figure. The breast should have a nice shape with beautiful cleavage and nice lateral shape. The breast should have a perky and youthful appearance. Every patient of mine is like a blank canvas and it is my responsibility to create a work of art with which we are both pleased.

Achieving the “perfect look” for your breasts today is not a dream but a reality. I will help you select the proper implant with the right projection that will improve your overall figure. Proper surgical procedure will give beautiful cleavage and shape to your breast. Your breasts will not only make you feel more confident but more completely satisfied with your decision. The entire staff, Dr. Calobrace and myself are committed to making your experience at the Cosmetic Breast Center pleasant, comfortable and memorable. Call our office today for a consultation 502.899.9979 and visit our website at www.calobrace.com for financing information along with before and after pictures of breast augmentation.



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

2012 CALENDAR OF EVENTS

March 28	Winning Looks Derby Event (7 p.m. - 9 p.m.)
May 10	ZO® Skin Health Event (5:30 p.m. - 7 p.m.)
June 13	Sips and Sculptra (5:30 p.m. - 6:30 p.m.)
August 30	Injectable Evening (5:30 p.m. - 6:30 p.m.)
September 6	Special Speaker: Dr. Obaji (6 p.m. - 7 p.m.)
November 7 & 8	11th Annual Open House (4 p.m. - 8 p.m.)



Please RSVP by visiting calospa.com or by calling 502-899-9982.



ALLERGAN® BLACK DIAMOND AWARD

Allergan® Black Diamond Award—Calobrace Plastic Surgery Center and CaloSpa are longtime and respected providers of Botox®, Juvéderm® and Latisse® and recognized as a trailblazer for commitment to advanced technology and treatments. We are proud to be an Allergan® Black Diamond Award winner.

FLAWLESS AND NATURAL MAKE-UP

BY: MAKE-UP ARTIST SHANE DENNEY



Finding the right make-up for your skin type and color is hard to do with the wide variety of lines offered these days. CaloSpa has used Jane Iredale Mineral Make-up for several years and believe it is a true extension of skin care. The benefits of Jane Iredale from coverage to adherence has made this a **must have** for clients and patients in our practice. Jane Iredale was the first make-up line to be rated by the FDA for its staying power.

Jane Iredale is all natural, made with pomegranate seeds and natural sun protection (SPF) of 15-20. It is made of pure pigment with no fillers. One quick application provides unsurpassed coverage that needs minimal touch-ups during the day. The minerals lay a protective filter on the skin allowing it to breathe. This make-up is essential for our post laser and facial surgery patients to conceal and camouflage bruises, discoloration of skin and even scars.

As a make-up artist with over 20 years of experience, I use nothing but Jane Iredale products. I have found Jane Iredale gives the most natural "airbrushed" finish to the skin. I have used this product line for Derby events, weddings, theater, photo shoots and post-surgery patients. I believe in this one application line consisting of concealers, blushes, eye colors and foundation. It offers a range from soft and natural to fun and colorful—a perfect fit for any woman's every day needs. Call CaloSpa and set up a consultation for color matching or a makeover with me at 502-814-3000.

ZO[®] SKIN HEALTH – EXCLUSIVELY AT CALOSPA

CaloSpa is pleased to announce the newest approach to skin care, **ZO[®] Skin Health** by Dr. Zein Obagi, MD. CaloSpa is the only spa in the state of Kentucky to offer this exclusive system.

Dr. Obagi has yet again revolutionized skin care with his new line and his 5 step approach. Cleanse, Activate, Stimulate, Calm + Nourish and Protect are the basic steps to enhance the effects and benefits of this system. ZO[®] Skin Health uses the most potent ingredients, high concentrations, pure retinol, advanced peptides and powerful anti-oxidants to improve uneven pigmentation, reduce fine lines, reduce collagen degradation and improve the elasticity of the skin.

Instead of expecting topical lotions and creams to provide quick fixes and one-shot wonders, ZO[®] Skin Health products work from the inside out, activating and stimulating your skin's cells to nourish, repair and maintain themselves.



Above, left to right: Effects[®] Exfoliating Cleanser, Ossential[®] Radical Night Repair Plus and Ossential[®] Daily Power Defense

BRING IN THIS COUPON
AND RECEIVE

10% OFF

YOUR PURCHASE OF
ZO[®] SKIN HEALTH.

**One coupon per person*

SUMMER BIKINI SPECIALS BUY ONE, GET ONE HALF-PRICE

Summertime is fast approaching and now is the time to prepare for that perfect bikini body. CaloSpa offers many "Beach Ready" procedures to help you look and feel your best this summer. The following procedures will be offered at **buy one get the second half price** now through May 31st 2012.

Airbrush Tanning – This safe alternative to a healthy glow is a quick fix for those wanting instant gratification. It is customized for your skin type and processes in 6-8 hours. *\$40 per treatment*

Waxing – There are several areas that we hate to shave during the warmer months and waxing is a great option with little downtime. Hair must be at least ¼ of an inch long and results can last up to 4 weeks. *Bikini: \$40 / Brazilian: \$60*



Endermologie Package – Goodbye Cellulite! A series of gentle, noninvasive procedures using a mechanical massage, tissue mobilization and suction to improve the appearance of cellulite, producing a slimming effect on the treated area. *12 sessions: \$950 / 18 sessions: \$1400*

Body Wraps – Firm, tighten, exfoliate and hydrate your body with an Organic Body Wrap. The Cellulite Body Wrap helps melt cellulite through blood circulation followed by a rub down. GREAT to incorporate with Endermologie. *80 minute Body Wraps: \$120*

Exilis RF Therapy – Skin Tightening and Fat reduction offered in a series of 4 treatments with radio frequency. This non-surgical procedure targets fatty deposits on face and body. Combine Exilis with Endermologie for an enhanced result. *4 treatments \$1600 with 5th treatment FREE.*





DOUBLE DIP FOR DERBY

Spring has sprung, so renew that youthful glow and rejuvenate your winter face. Derby is quickly approaching and now is the time to start your springtime regimen and radiate at the big event. CaloSpa suggests combining customized skin care, chemical peels and facials along with your injectables to get that flawless finish.

Botox® and Dysport™ can eliminate frown lines and soften crow's feet giving you a refreshed, natural appearance. Fillers like Juvederm®, Restylane®, Perlane®, Radiesse® or Prevelle™ Silk can provide outstanding cosmetic improvements for cheeks, lips, lip lines and aging hands. These procedures are usually done in under an hour with minimal downtime.

The combination of customized skin care and injectables will give you a renewed sense of confidence to tackle that busy spring social calendar. Let our qualified Skin Care Specialists design a program for your skin care needs and lifestyle. Call 502.814.3000 to schedule a consultation.



Left: Actual patient before Dysport™.
Right: Same patient after Dysport™.



Left: Actual patient before Dermal Filler in the lips and marionette lines.
Right: Same patient after Dermal Filler in the lips and marionette lines.

Brilliant DISTINCTIONS™ PROGRAM

ALLERGAN® CUSTOMER REWARDS PROGRAM

Become a member of the Brilliant Distinctions® Program and receive special offers, exclusive invitations and membership to the Brilliant Distinctions® Points Program where you can earn points on select ALLERGAN® products and services such as Botox®, Latisse® and Juvederm®. These points are then converted to a monetary coupon that you can use at your next visit. Register online at www.brilliantdistinctions.com.

EXILIS RF THERAPY

Exilis RF Therapy 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.



Left: Actual patient before Exilis treatment.
Right: Same patient after 4 Exilis treatments.



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

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.

Four treatment sessions, lasting about 30-60 minutes, are scheduled seven to ten days apart. Schedule your consultation today for a tighter, smoother, more rejuvenated you. Reinvent your look with Exilis RF Therapy.

NOW THROUGH MAY 31ST
**BUY ONE AREA
GET SECOND AREA
HALF PRICE!**

CALO CORNER

THE STAFF AT CALOSPA WEIGH IN ON WHAT IS "TRENDING" FOR 2012

OPI GelColor Nails: Trend Alert! GelColor Base, GelColor and GelColor Top Coat are cured individually using a safe LED lamp, with results lasting up to 2 weeks! All your favorite OPI colors in 30 minutes! – *Dee Miller and Stephanie Hodges, Nail Technicians*

Sculptra™: This non-surgical facelift can help to restore volume and fullness while stimulating lost collagen with no surgery. Results can last up to 2 years. – *Dr. Nana Mizuguchi, Plastic Surgeon*

Micropeels: This combination of dermaplaning (blading), chemical peel and cryotherapy (anti-bacterial) help exfoliate, penetrate and refresh dull skin. – *Gretchen Britt, Patient Coordinator*



Top: Actual patient before permanent make-up.
Right: Same patient after permanent make-up.

Cheek Injections: As we age the volume we once had in those "apple cheeks" has migrated south. Filler in the cheeks gives you a more youthful appearance and helps pull skin laxity up from the lower portion of the face. – *Amy Smith, Surgery Coordinator*

Triniti™ – Renew Fotofacial, MatrixIR and Refirm are combined in one service for the treatment of pigmentation and skin tightening. This procedure is done every 4 to 6 weeks in a series of 5 and must pre-treat with skin care. – *Jessica Anderson, Aesthetician*

Permanent Make-up: Looking for more shape or color to your brows, tired of your eyeliner smearing or need more definition to your lips? Permanent make-up is the solution for you. I achieve excellent results with less downtime and minimal trauma to the skin. CaloSpa offers eyebrows, eyeliner, lipliner and full lips. I can customize the color for you. – *Dana Smallwood, Aesthetician*

CALOSPA FIGHTS ACNE

Acne is a common skin disease characterized by pimples on the face, chest and back. It occurs when the pores of the skin become clogged with oil, dead skin cells and bacteria. Our skin care experts at CaloSpa know how difficult acne can be, not just physically but emotionally. Acne patients experience social, psychological and emotional ramifications at the same level as those with chronic health problems and should not be taken lightly. Surprisingly, adults are more likely than their younger counterparts to feel that acne negatively affects their lives regardless of how severe it is.

Teenagers with acne tend to have a poor body image. It's normal for sufferers to feel self-conscious or embarrassed about their skin. Parents need to understand that even mild acne may have a profound impact on the way their teen feels about themselves. Helping with treatment and support can go a long way in protecting and repairing a teen's self-esteem, CaloSpa can help. Our licensed skin care experts can generate an Acne Treatment Program designed to treat and improve on an individual basis. We have had great success in treating adult and teenage acne on a more intimate and professional level.

The following treatments are offered to improve and eliminate acne or acne scarring:

Skin care: It all starts here. Starting the right skin care program is essential for treatment.

Chemical Peels or Facials-Peels: Can help fight the bacteria causing acne and also help get rid of the top layer of dead skin to help skin care products penetrate better. Facials can help cleanse the pores and incorporate extractions for stubborn acne.

Hydracial with Blue Light Therapy: This will help exfoliate the skin while treating with healing acids and killing bacteria forming acne with Blue Light Therapy.

Fraxel Repair Laser: This CO2 laser goes deep into the dermis to stimulate new collagen growth using small microscopic laser columns. It addresses minor skin laxity, redness, hyperpigmentation, acne scarring, melasma, age spots, fine lines and wrinkles.



Above: Before and After 2 peels with 30% salicylic acid peels.



GIFT IDEAS

GIFT CARDS & CERTIFICATES ARE GREAT FOR:

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 **Saturdays and evenings.**

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 injectable provider is offering Botox® at \$10 per unit and Dysport™ at \$4 per unit.

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



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