

Spring 2013

BODY LANGUAGE

New and Innovative Techniques to Improve One's Body

THE 411

Allergen 410

ZO SKINCARE

Turning Back the Clock

April Event

PEEL IT ALL OFF



CALOBACE & MIZUGUCHI
plastic surgery center



CALOSPA
rejuvenation center

FREEZE IT!

Learn About Body Sculpting

DESIGNER BREAST AUGMENTATION

Introducing
**A NEW WAY TO
TRIM DOWN**

AND THEY'RE OFF!

Race in to Calospa and Learn
How to **LOOK YOUR BEST FOR DERBY**



OLD. NEW.
BORROWED. BLUE.
**AND SOMETHING
JUST FOR YOU.**

RELAX, REJUVENATE AND RENEW AT CALOSPA.

Let CaloSpa take care of you and your bridal party for your special day.
Call 502.814.3000 to schedule your bridal party appointments.



CALOSPA
rejuvenation center

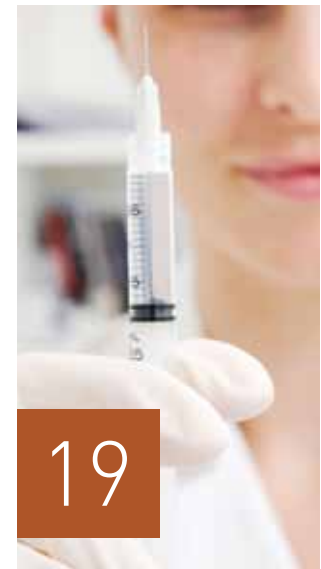
CONTENTS

IN EVERY ISSUE

- 2 The Doctors
- 3 List of Services
- 4 Spa Information
- 5 Calendar of Events

FEATURES

- 6 Jeepers Creepers, Where'd ya get those Peepers?
- 7 Win, Place, and Show... your best look for Derby 2013
- 8-9 Are you on the Proper Skincare for your age?
- 10 Reaping the Benefits
- 11 The New Kids on the Block
- 12-13 CoolSculpting: Freeze Your Fat Away
- 14 Body Sculpting
- 15 Breast Lift
The 411 on the New Allergan 410
- 16 Ageless Beauty
- 17 ZO® Medical and Skin Health
- 18 Ready to Lose Weight?
- 19 Vitamin B12 Boost
- 20 The Benefits of Regular Massage



THE DOCTORS



M. Bradley
CALOBACE
MD, FACS

Doctor Calobrace is board certified in plastic surgery (American Board of Plastic Surgery), is 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. Dr. Calobrace holds a gratis clinical faculty position with the University of Louisville Division of Plastic Surgery.



Nana N.
MIZUGUCHI
MD, FACS

Doctor Mizuguchi has dual board certifications in plastic surgery (American Board of Plastic Surgery) and general surgery (American Board of Surgery). He is a member of the Kentucky Society of Plastic Surgeons and a member of the American Society of Plastic Surgeons. He maintains a gratis clinical faculty position with the University of Louisville Division of Plastic Surgery.



FROM THE DESK OF
Lynn Wade | Director of Operations

Have you ever gone to a department store and asked for help only to get an eye roll and a lukewarm response? Have you ever had a waiter be rude to you or act like you're bothering them when you ask a question?

Well, I have. And every time it happens, I say to myself, "They couldn't work for CaloSpa," or "They must hate their job." At CaloSpa we strive to offer five star customer service from start to finish. Our staff is highly trained to serve our clients in the very best way possible. And in doing so, it makes for satisfied clients and happier employees.

When you come to our facility you see lots of friendly, familiar faces. Our staff makes you feel welcome and takes care of you like you are part of the CaloSpa family. In fact, many of our clients comment on how much fun it seems to work here and before leaving ask, "Are you hiring?"

We want to thank all of our clients for their continued patronage. We welcome your comments so that we can continue to provide five-star customer service. Contact us at 502.814.3000 or info@calobrace.com.



BEST OF
KENTUCKIANA

THE RESULTS ARE IN!

News station WHAS11 viewers voted Dr. Calobrace "Best of Kentuckiana Plastic Surgeon." The winners were announced on **Great Day Live!** during the week of January 14-18 2013. We would like to thank all of the people in our area who nominated and voted for us in the Cosmetic Surgery category.

Menu OF SERVICES



MEDI SPA

Medi Spa Facial Injectables

Belotero
Botox
Dysport
Juvederm
Perlane
Prevelle Silk
Radiesse
Restylane
Sculptra

Facial Laser & Light Treatments

Diolite Spider Vein Treatment
Exilis Facial Tightening
Fotofacial Complexion Treatment
Matrix IR Wrinkle Treatment
NTLS Photo Therapy
Refirme Facial Tightening
Trifecta Total Facial Renewal

Advanced Facial Treatments & Peels

Dermaplaning (Blading)
Echo2 Oxygen Facial
Glycolic/Salicylic Peel
Hydrafacial
Microdermabrasion
Micropeel
Obagi Blue Peel
Permanent Makeup
TNS Illuminize and Vitalize Peel

Body Treatments

B12 Injections
CoolSculpting
Endermologie for Cellulite
Emax Leg Vein Treatment
Exilis Fat Reduction
Ideal Protein
Laser Hair Removal

DAY SPA

(Packages also available)

Anti-Aging Facial
Body Polish
Cellulite Body Wrap
Custom Facial
Deep Tissue/Sports Massage
Facials and Massages
Gentleman's Facial
Lymphatic Massage
Mother to Be Massage
Massage for Two
Organic Custom Body Wrap
Pure Results Facial
Reflexology
Signature Massage
The Perfect Back
Warm Stone Massage

Hand & Foot Treatments

Spa Manicure
Spa Pedicure
Signature Anti-Aging Manicure
Signature Anti-Aging Pedicure
Spa Mani/Pedi Combo
Signature Mani/Pedi Combo
Shellac/Opi Gel

Makeup

Makeup Instruction
Special Occasion Makeup
Physician Directed Skincare Lines Available



SURGERY CENTER

Breast

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

Body

Ultrasonic Liposuction
Lipo Lite Laser Liposuction
Tummy Tuck
Body/Thigh Lifts
Post Bariatric (weight loss) Rejuvenation
Postpartum Rejuvenation
Arm Lift
Labiaplasty

Face

Fraxel Repair Laser Resurfacing
Chin/Cheek Augmentation
Rhinoplasty
Eyelid Surgery
Endoscopic Browlift
Calolift
Mini-Facelift
Facelift
Hair Restoration

SPA INFO

Main | 502.814.3000
Clinical | 502.899.9979

2341 Lime Kiln Lane
Louisville, KY 40222

www.calospa.com
info@calospa.com



FINANCING AT CALOSPA

We accept Visa, MasterCard, American Express, and Discover. Financing options are also available through Care Credit and M~Lend. 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 – Thursday • 9 a.m. – 7 p.m.
Friday • 9 a.m. – 6 p.m.
Saturday • 9 a.m. – 4 p.m.



THE NEW NAME CHANGE



With time comes change and with change comes innovation and excitement. Beginning this year Calobrace Plastic Surgery Center will dawn a new name **Calobrace & Mizuguchi Plastic Surgery Center**.

For the past 16 years Calobrace Plastic Surgery Center has been dedicated to providing the highest level of patient care and client satisfaction. After 5 years as an associate partner Dr. Mizuguchi was named full partner. The commitment and passion both doctors have for their skilled profession is steadfast. Their partnership in this community is unparalleled. Both doctors communicate and challenge each other to push through barriers that might not happen individually. They conference on surgical cases together and collaboratively manage the practice as friends.

Nationally known, both Dr. Calobrace and Dr. Mizuguchi understand that combining technical skills and creative ability will attain the best results possible. What makes these doctors such a dynamic duo is not just their distinguished surgical skills, but the passion they have for continued education and patient guidance. They travel across the country lecturing, teaching and taking educational courses to further enhance their technique and further perfect the art of plastic surgery. Dr. Calobrace

and Dr. Mizuguchi are very involved with periodic evening educational seminars and monthly Lunch & Learn programs held at CaloSpa. Patient awareness and product knowledge is what drives these doctors to be the leaders in their industry.

Both doctors take pride in giving back, sponsoring Dress for Success, The Clifton Center, Fund for the Arts, Fairness Campaign, The American Red Cross, American Heart Association, Home of the Innocents, Backside Learning Center, and Leukemia & Lymphoma Society are also close to their hearts. Dr. Calobrace says "Give from the heart; to those whom much is given, much is expected."

Both doctors contribute the success of their practice to the dedicated, outstanding staff and the fact that their combined goal is to achieve paramount results for their patients.

Prominent, prestigious, and progressive; Calobrace & Mizuguchi Plastic Surgery Center continuously brings its patients the highest level of care and an unparalleled partnership they can trust.

You're INVITED

CaloSpa brings education to its patients through its Lunch & Learns, Evening Gatherings and Annual Open House. With so many options available, choosing the right procedure or service can be a bit daunting. So, CaloSpa would like to invite you to learn more about the wonderful world of aesthetics.

*Event dates are subject to change.

Please stay connected by visiting
www.calospa.com.



2013-14 CALENDAR OF EVENTS

May	1-12	Mother's Day Special
	15	Skincare Lunch & Learn with Karen Stickrod
	22	CoolSculpting Lunch & Learn
June	1-16	Father's Day Special
	6	CoolSculpting Evening with Dr. Calobrace & Dr. Mizuguchi
	13	Sips & Sculptra Evening with Dr. Calobrace & Dr. Mizuguchi
August	14	All About the Pout Lunch & Learn with Tina Carroll
September	18	All About the Eyes Lunch & Learn with Tina Carroll
November	7	CaloSpa 12 th Annual Open House

Call 502.814.3000 to reserve your spot!

Lunch & Learns 12pm-1pm
Evening Event 6pm-7pm

EVENT ATTENDEES WILL ENJOY:

Special VIP Product & Service
Pricing and a chance to win
a CaloSpa Giveaway

Peel It All Off

- Event Date: Friday, April 12, 2013 -

On Friday, April 12th, CaloSpa is offering an amazing peel package. Schedule your appointment to take advantage of this great deal. At your appointment you will receive your first treatment, post-procedure care products and **10 FREE units of Botox!**

Underneath the surface layers of your skin is a complexion that is brighter, more refined and smooth that can only be brought out by removing those outermost layers of dead skin. Chemical peels can rejuvenate your complexion instantly. Chemical peels noticeably improve skin texture, tone, clear up breakouts, and reduce the appearance of fine lines and wrinkles.

Chemical peels disband the connection between the dead skin cells on the surface of your face from the new skin cells just beneath and natural exfoliation occurs (the peeling process), while mild stimulation of new cells begins. Chemical peels vary in their penetration depth: mild, moderate, and deep. The condition of your skin will determine the type of peel to be used.

* Cannot be combined with any other discounts.
* Manufacturer Promotion. Special valid while supplies last.
* Other restrictions may apply



RESERVE YOUR SPOT

Call 502.814.3000, a \$50 deposit is required.

PEEL PACKAGE INCLUDES

3 TNS Vitalize Peels

2 Dermaplaning Treatments

Post-Peel Care

(SkinMedica Ceramide Treatment Cream,
SkinMedica Travel Size Cleanser, and SPF)

And 10 Units of Botox for FREE!

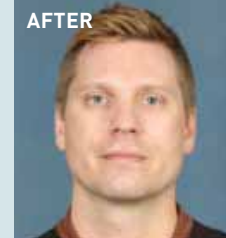
ALL FOR ONLY \$499*

(A \$768 VALUE) YOU SAVE \$269!!

BEFORE



AFTER



ACTUAL PATIENT



JEEPERS CREEPERS, WHERE'D YA GET THOSE PEEPERS?

Louis Armstrong sang this famous little tune about a beautiful pair of eyes. He must have been serenading a young twenty something! For once I passed the big 3-0, I have noticed that my eyes have lost some luster. They are not as “wide-eyed”, little crows have left their foot prints on my face, and I am constantly carrying luggage. So on a mission to turn back the hands of time, I have focused on several treatments that have helped me combat my peri-orbital aging. My regime included: *Laser Treatments, Fillers, Latisse, and Skincare.*

ACTUAL PATIENT



The Laser Wrinkle treatments I had were the most aggressive. I completed a series of **four MatrixIR treatments (\$1400)** over the course of several weeks. The laser uses precise heat to target the collagen in the skin around my eyes. The aftermath was incredible. My crow’s feet diminished drastically and the skin around my eyes looked and felt firmer.

Next step was to address the bags “Luggage” under my eyes. Little did I know that the loss of volume in my cheeks created the appearance of having tired looking eyes. With a **Dermal Filler** I was able to augment my cheeks. This not only created fullness and evened out the skin just under my lower lids,

taking away my tired appearance; it gave me a more defined cheek bone. Fillers for cheek augmentation per syringe are **Radiesse (\$700), Restylane (\$525), Sculptra (\$800), and Perlane (\$675).**

Botox (10 units \$100) was my next weapon. Injections were strategically administered to my brow line to gently create lift to the outer-most corner of my brows. This gave me the appearance of having a non-surprised, wide open eye. It was very subtle and natural; it brightened my face and softened my crow’s feet.

Skincare was the final step to my eye rejuvenation plan and Latisse was the icing on the cake. After working towards correction, I wanted to ensure prevention. With the help and knowledge of CaloSpa Aesthetician, Jessica Anderson, I was put on **Avene Retrinal 0.05% (\$61)** and **NeoCutis Lumiere Eyecream (\$80)**. The Retrinal is a form of Vitamin A (stimulates collagen) and is clinically proven to be effective in smoothing away fine lines and wrinkles. The **Lumiere Eyecream** is magic in a bottle. I notice the skin under my eyes is brighter and if I wake up with a little puffiness, it diminishes it significantly. And then **Latisse (\$120 3ml)**. Ah Latisse, it has given my eyes a whole new look, even after all my treatments. It’s amazing what longer, fuller, and darker lashes can do to enhance ones appearance.

Article by | *Trina Holmes* | RN

Each treatment can be done a la carte or in combination. For best results it is important to speak with a doctor, nurse, or aesthetician to assist you in choosing the proper and most effective treatments based on your needs.



WIN PLACE *and show...*

**your best look for Derby 2013
and take advantage of two
specials you don't want to miss!**

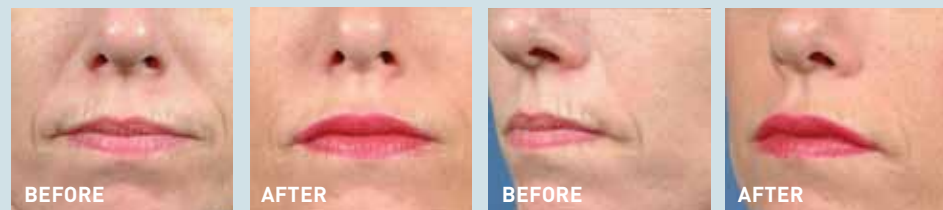
SUPERFECTA

When you purchase 1 area of Botox and 1 syringe of Juvederm get a second syringe of Juvederm for **\$139 (\$386 Savings)**.

TRIFECTA

Purchase 1 area of Dysport and 2 syringes of Restylane or Perlane and receive **\$250 OFF**.

ACTUAL PATIENT



ACTUAL PATIENT



**SPECIALS ARE AVAILABLE
APRIL 1ST-30TH**

Make sure you are Derby
ready. Call to schedule your
appointment today!

502.814.3000

Injectable fillers are ideal for individuals who are looking to smooth facial creases, add fullness to the cheeks and lips, or to create greater definition and contour around the mouth. They are also great for hand rejuvenation. Injectable treatments can usually be done in under an hour and results are generally visible immediately. CaloSpa nurse injectors are skilled and very detailed to ensure a subtle, natural look.



20



TWENTIES

Women in their 20's are most likely faced with regular breakouts and have the beginning signs of skin discoloration from sun exposure. The number one issue at this age is protecting their youthful skin from further damage. **It is extremely important to use sunscreen with both UVA/UVB protection.** Julia K., age 21, uses **SkinCeuticals, Physical Fusion UV Defense Sunscreen**, a broad spectrum SPF 50. This gives her full protection throughout the day. She accompanies her SPF with **SkinCeuticals LHA Gel Cleanser and Blemish + Age Defense** to help keep her skin free from breakouts. Each product is formulated for problematic skin and helps keep oil under control.

30



THIRTIES

At 30, skin regeneration slows down and skin discoloration is more prevalent. **It takes about 35 days for our skin to naturally exfoliate as opposed to around 15 days in our 20's.** This is a good time to add a retinoid to your skincare regime. Jacqueline G., age 32, uses **ZO® Ossential-Radical Night Repair Plus** which has a full 1% concentration of retrinol to stimulate new cell activity and alternates with **ZO Brightenex** (skin bleaching with NO hydroquinone) to correct her mild discoloration and to brighten the skin. In your 30's is a perfect time to get a little more aggressive with prevention treatments such as Botox and Dysport; routine injections soften fine lines and wrinkles around the eyes, mouth, and between the brows.

Are you on the PROPER SKINCARE for your age?

Article by | *Jacqueline Grimm*

With all the products and services available on the market, we easily become obsessed with thinking we need them all. What we need to realize is different ages create different skin issues and when we try to fool Father Time, sometimes less is more. What products are right for your age? CaloSpa shares the products you should consider using when you are in your 20's, 30's, 40's, or 50's.



**PRE-DERBY
COMPLIMENTARY
SKINCARE
CONSULT!**

FOR THE MONTH OF APRIL

Schedule your complimentary skincare appointment and find your perfect regimen with the help of CaloSpa experts.

Call 502.814.3000 to save your spot!

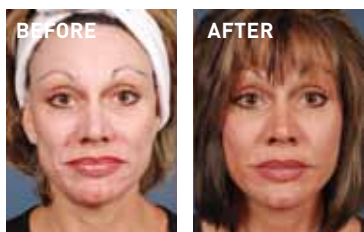


ACTUAL PATIENT | FRAXEL REPAIR



FORTIES

In our 40's our skin tends to hold less moisture and the lines caused by movement have increasingly become more evident. **Using products that build collagen and add moisture are very important in our 40's.** Karen S., age 41, uses **SkinMedica Ultra Sheer Moisturizer**. This lightweight and oil free moisturizer will not block or clog your delicate pores. To build collagen Karen relies on laser treatments, such as, **Fraxel Repair** skin resurfacing treatment. Fraxel causes precise fractional incisions that naturally kick starts your collagen production during the healing process. After a short period of post procedure down time, you will find your skin to be red and very flaky. Once you have gone through the healing process your skin will be more supple and firm. Remarkable improvements in acne scars, pigmented lesions, irregular texture, fine lines, and wrinkles can be seen and felt.



ACTUAL PATIENT | SCULPTRA



FIFTIES

Two of the biggest issues we face in our 50's are lack of moisture and loss of collagen. In our 50's our hormone levels change and their production slows down. Hormones can affect skin moisture, thickness, wrinkle formation, and collagen production. **To maintain the balance and structural integrity of our skin at this age it is important to think about adding products and services that foster collagen production and moisture conservation.** To build and sustain collagen, Gretchen B., age 50, uses **SkinMedica-TNS Essential Serum** in conjunction with her **Sculptra Aesthetic Treatments**. **TNS Essential Serum** is a powerful patented growth factor serum that is packed with peptides and antioxidants, supporting the building blocks of our skin! **Sculptra** is an injectable that replaces lost collagen and results can last for more than 2 years. Treatments are based on individual needs but typically patients are given three treatments over the course of a few months.

HEY MEN!

NO MATTER THE AGE it has become increasingly more important to men, that they too, have healthy youthful looking skin.

A man's skin tends to be oilier with larger pores. Their skin attracts dirt and impurities more easily and they sweat more frequently due to higher hormone production, all of which can cause havoc to the skin's surface.

Jeff G., age 34, uses **ZO Skin Health Products** for his skincare regimen. Being a guy on the go and continuously exposed to the harsh environmental elements, Jeff wanted to make sure he had a simple skincare program that would protect and promote good skin health. Jeff's skincare regimen includes:



OILACLEANSE, a dual-action cleanser and exfoliator used to remove excess oil and impurities.

CEBATROL-Oil Control Pads, to control oil buildup and mild breakouts. These emollient complex pads soothe and calm the skin, minimizing redness and irritation.

DAILY POWER DEFENSE, which uses DNA repair enzymes that increase the skin's ability to recover from damage created by environmental factors and active ingredients such as, time-release Retinol and anti-oxidants to protect and restore the skin.

OFFECTS Exfoliating Polish, uses fine, round magnesium crystals to polish and stimulate skin cell turnover creating a fresh, more even-toned, smooth complexion.

Treatment plans are based on individual needs and can be tailored even further to accommodate your skin type. Call **502.814.3000** to get started on a skincare treatment plan.

Ask about our
Liquid Facelift today!

Reaping THE BENEFITS



Over the years Dr. Calobrace and Dr. Mizuguchi have established renowned partnerships with the Aesthetic Pharmaceutical Companies which they do business. So how do they rank?

Valeant the creator of Sculptra Aesthetic (poly-L-lactic acid injectable) can replace lost collagen and over time patients will see correction in shallow to deep facial wrinkles, and folds. Known as the "Liquid Facelift", Sculptra has given patients a minimally invasive way to achieve facial rejuvenation. CaloSpa is the 7th largest volume account in the nation, ranking them in the top 4%. Boasting Diamond Member Status, Dr. Calobrace and Dr. Mizuguchi are the most experienced Sculptra injectors in a 12 state radius.

Medicis manufactures Dysport, a neurotoxin used to soften fine lines and wrinkles, and products such as Restylane and Perlane, hyaluronic acid based dermal fillers used to create volume and fill deeper lines and wrinkles around the mouth and under the eyes. CaloSpa ranks as a Double Diamond account holding a spot among the top 7% of all accounts in the nation.

Allergan, creator of the most recognizable neurotoxin on the market, Botox, and the creator of Juvederm, hyaluronic filler, has been a leader in aesthetics pharmaceuticals for over a decade. Allergan promotes an excellent patient rewards program, Brilliant Distinctions, where patients can earn

points to redeem dollars off their next CaloSpa treatment. CaloSpa has grown with Allergan and is often ranked in the nation's top 50 tier. As a Black Diamond provider, CaloSpa is the #1 provider in the state of Kentucky. (www.brilliantdistinctions.com)

These rankings are among the highest on both a local and national level, but what does this mean? How do these rankings benefit the patient? I asked the doctors.

DR. CALOBACE

Bottom line, experience absolutely matters! These products are incredible in the right hands and can be a disaster in the wrong hands. It seems everyone wants to offer these services, general practitioners, dentists, non-supervised medical spas and even hair salons. Unfortunately, the results are often not optimal or even downright poor with associated complications.

For this reason, it is important at CaloSpa to set ourselves apart. I have been performing Botox and fillers for over 16 years. Many of our injectors have been performing these procedures with me for over a decade. Our nurse injectors are also educators throughout the country. This experience is invaluable in assuring our clients that we are highly experienced and are dedicated to achieving the absolute best result with safety as a priority. Hopefully, our

partnership and rankings with these companies help set us apart and provide confidence for our clients.

DR. MIZUGUCHI

Calobrace & Mizuguchi Plastic Surgery Center is a leader in Sculptra Aesthetic injections; to what do you attribute this success? I was fortunate to recognize how volume loss contributed to the aging face. Back in 2004, many new injectable fillers became available and I tried most of them. I was looking for an injectable filler that not only provides volume to the face but also had longevity. Sculptra was the perfect fit. Sculptra can be placed in most areas of the face and will gradually restore volume. Since then, Dr. Calobrace and I have become leading injectors of Sculptra. Most recently, I have been asked to be a Faculty Trainer and Speaker Consultant for Valeant.

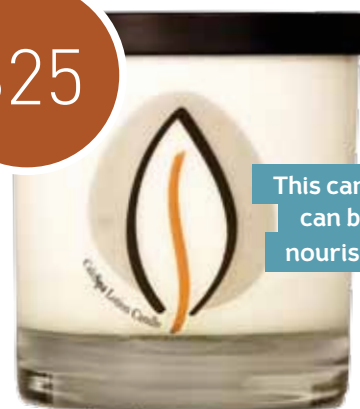
Article by | *Jacqueline Grimm*

THE NEW KIDS ON THE BLOCK

CaloSpa Lotion Candle

With scents to suit your mood, the **CaloSpa Lotion Candle** is not only for enjoying the warm light of the flame and filling the air with a calming aroma but it can be used to nourish your hands, feet, and body. Each candle contains cosmetic-grade soy, grapeseed oil, shea butter, almond oil, coconut oil, and Vitamin E. Enjoy the warm, satin feel of the candle lotion. You can use it to completely moisturize your entire body or it can be used to achieve a perfect massage. Bedside, bathroom, or allover, the **CaloSpa Lotion Candle** is a perfect complement to your room and your skin.

\$25



This candle can be used to nourish your skin.



\$185

Clarisonic Opal

Clarisonic Opal is a new form of luxurious anti-aging system focusing on the fine lines and wrinkles around the eyes and mouth. What does it do? The Opal infuses an anti-aging serum into the fine lines and wrinkles; with a gentle pulse it helps smooth and firm the fragile skin in those areas. Created by the revolutionary Sonicare Company that was made famous with its Sonicare toothbrush, **the Opal** has become one of the most popular skincare devices on the market. The quality and attention to detail will be sure to please you, as will the results of a firmer and brighter appearance. We recommend using Neocutis Bio Serum or Skinmedica's TNS Essential Serum for a long lasting result.

Tokyo Milk

Tokyo Milk is a lavish line of body luxuries, candles, par fumes and cosmetics that can fire up the senses. These perfect little objects of desire come in an aromatic array of Cherry Blossom, Honey, Deep Vanilla, Ebony, Jasmine, Sandalwood, and White Orchid. Pair your par fumes, collect your candles, and bundle your body luxuries – you cannot just choose one. Each product is meant to complement the other, perfectly wrapped in delicately detailed packages, you will find no end to the lovely surprises found within. Take your senses on a journey and discover the world of **Tokyo Milk** available here at CaloSpa.

range up to
\$30



Great gift idea!



EXPERIENCE A FREEZE AND BE HOT

IT'S CALLED STUBBORN FAT FOR A REASON.

No matter how much you eat healthy and exercise, it's virtually impossible to lose those annoying muffin tops, love handles, and belly pooch. Surgery can be a great option. Lipolite, Liposuction, and Tummy Tucks can provide outstanding results for many patients, but maybe you are just not ready to take the plunge! That's exactly why **CoolSculpting** was developed. Only **CoolSculpting** targets fat cells alone, eliminating them in an easy, non-intrusive fashion that exercise and diet can't achieve as quickly or as effectively. Here's the skinny: developed by Harvard scientists, this unique, patented, clinically proven and FDA-approved procedure involves freezing fat cells without damage to your skin. There's no knife. No suction hoses. No needles. No lasers. After your treatment, you can get on with your busy day. The procedure is non-surgical, non-invasive, and comfortable. No anesthesia or pain medication is required. Patients can return immediately to their normal routine, even if that means engaging in strenuous exercise. There may be some redness in the treated area, though this will clear within a few hours, and some bruising, which will disappear within a few weeks. Some patients have also reported a temporary dulling sensation, itching, or prickly skin in the treated area. It is the coolest, most innovative, non-surgical and natural way to quickly lose those annoying bumps and bulges of stubborn fat.

COOLSCULPTING TREATMENT AREAS INCLUDE:

the abdomen, hips, outer thighs (saddlebags), inner thighs, flanks (love handles), back rolls, banana roll (below buttocks), and arms.

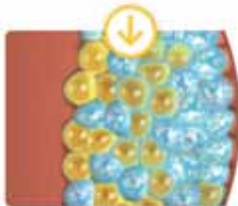
We invite you to call 502.814.3000 for your **complimentary consultation** to see if CoolSculpt is right for you!



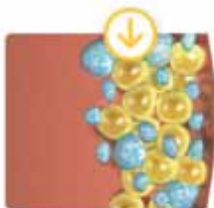
Mother Nature, lifestyle or gravity. No matter the culprit, many of us have bulges of stubborn fat.



Those unwanted bulges contain fat cells which can be resistant to diet and exercise, but not to CoolSculpting.



CoolSculpting uses controlled cooling to target and crystallize fat cells.



Crystallized fat cells gradually die off, then are naturally eliminated from your body.



In the weeks and months following treatment, remaining fat cells condense, reducing the fat layer.



CoolSculpting lets you say goodbye to stubborn fat.

COOLSCULPTING | PATIENT REVIEWS

"I was slightly skeptical at first that the **CoolSculpting** would yield any results. I have done more crunches and sit-ups than I can count, and I have never been able to shrink my lower stomach. Within a few weeks of my first **CoolSculpting treatment**, I noticed my pants were looser, and my lower abdomen was shrinking. After the second treatment, the results were even more dramatic. I'm very happy I went through with the treatments!"

CoolSculpting Patient | *Adam A.*

ACTUAL PATIENT



"Over the years I have lost a lot of weight but still had that stubborn area in my lower abdomen that just didn't want to go away. When I found out about **CoolSculpting** I was elated and I knew it would be the best option for me."

CoolSculpting Patient | *Erin S.*

ACTUAL PATIENT



BODY SCULPTING

Ultrasonic Liposuction
and LipoLite™

While **FREEZING** may be a great non-surgical alternative, our surgical options just keep **HEATING UP!**



MALE AND FEMALE ARE BOTH ACTUAL LIPOSUCTION PATIENTS

The newest and most advanced liposuction techniques add laser energy and heat to the unwanted fat and loose skin to help “sculpt” and “tighten”. **LIPOLITE™** involves lasering the fat and skin from the inside along with the liposculpting. The laser heating promotes melting of the fat and simultaneously firming of the overlying skin to achieve an improved final result. This is great for double chins, moderately loose neck, arms, and tummys, although it can be used anywhere that has an unwanted pocket of fat with some loose skin. **ULTRASONIC LIPOSUCTION** heats up the overlying skin as well to give a more gentle removal of fat with mild skin tightening. These two advanced techniques are often combined to deliver dramatic results with limited recovery. Most patients can return to normal daily activities in a few days.

Article by | *Dr. Calobrace*

Breast LIFT

Many of our patients complain about the droopiness of their breasts especially after pregnancy. Over time, factors like age, pregnancy, and simply gravity can take a toll on your breasts. As your skin loses its elasticity, your breasts can begin to sag, becoming less firm and losing their shape. Loss of breast volume especially in the upper part of your breast can exacerbate this problem. Typically, the position of the nipple areola complex moves downward.

Breast lift surgery can help restore and reshape your breasts to a more youthful appearance. Droopiness of your breasts can be caused by loss of volume, loose stretched out skin, or both. The stretched out loose skin is addressed by repositioning the skin and nipple areolar complex to a more youthful and attractive position. Incisions are placed on the breasts but only in areas that are necessary to obtain the best possible results. Unsightly scars are rare after breast lift surgery. Volume loss of the breasts can be addressed in several ways. If you have adequate breast tissue, repositioning your own breast tissue can help to reshape your breasts. Breast tissue can also be removed for patients with larger breasts and still obtain beautiful breast contour. Breast implants can help to reshape your breasts by creating a natural shape at the base and at the same time, enhance the upper pole of your breasts. Breast implants can also provide better cleavage definition. Today, we have various implants available to suit your needs including round and shaped silicone breast implants.



THIS IS AN ACTUAL PATIENT. 3 MONTH POST-OP.

The goal is to restore your breasts to a more youthful appearance. Dr. Calobrace recently published an article in the *Journal of Plastic Surgery* where he discussed how a breast lift with breast augmentation can be performed simultaneously and safely with great results. At Calobrace & Mizuguchi Plastic Surgery Center, we perform well over 600 breast surgeries each year while providing the expertise and surgical skills to give the best possible results.

Article by | *Dr. Mizuguchi*



THE 411 on the New Allergan 410

The U.S. Food and Drug Administration, on February 20, 2013, announced the approval of **Allergan's Natrelle 410 silicone breast implants**. This implant, sometimes referred to as the "gummy bear" implant, is a firmer implant than the standard silicone breast implant. This implant is the second shaped "tear drop" silicone gel breast implant approved by the FDA. The **410 breast implants** have a thicker gel so they have minimal risk of leakage, if a rupture should occur. These shaped implants are also able to retain their shape better than the standard round silicone gel breast implants. Dr.'s Calobrace and Mizuguchi have been involved in the clinical trials for this implant for the last 6 years and are thrilled to offer the new **410** as another breast implant option.

Article by | *Dr. Mizuguchi*

AGELESS Beauty

You can have flawless looking makeup at any age. By using Jane Iredale skincare you can have skin that looks radiant and smooth. Jane Iredale is truly a skincare makeup line that helps heal and protect your skin. From the natural plant and fruit extracts to sun protection, you will have a flawless look.

CaloSpa Makeup Professional | *Shane Denney*



IF YOU ARE IN YOUR 20'S

Try using the **Glow Time BB Cream**. This product is an all in one concealer, foundation, and sunscreen, a great product for hiding those imperfections while giving you a fantastic finish. Top off your look with the **In Touch Cream Blush** to give those cheek bones a touch of shimmer and highlighting.



THRIVING IN YOUR 30'S

Keep your skin glowing with **The Amazing Base Foundation**. This foundation has a medium to heavy coverage depending on application. **Amazing Base** is a loose powder foundation that is a great way to give glow to your skin and gently hide imperfections. Need a little shimmer and a splash of color? Try **Jane Iredale's Bronzers**. They have a soft shimmer and color for all skin types. From a soft bronze pink to a golden glow, you can brighten your look and have the look of a celebrity with little effort.



FABULOUS IN YOUR 40'S

Keep your skin at its finest. Try the **Dream Tint** tinted moisturizer paired with the **Purepressed Foundation**. The **Dream Tint** is a tinted moisturizer that is oil free and evens out any discoloration also giving you sun protection. Layering the **Purepressed** over the **Dreamtint** gives you a soft finish similar to the appearance of airbrushing. **Purepressed** is a matte finish with an SPF of 20 giving you a light to medium coverage. My favorite way to add color that has longevity is **Lip Fixation** lip stains. We have everything from soft and neutral to bold and colorful. The formulation of the stains are alcohol free so your lips won't become dry and has a lip gloss that keeps your lips shiny and hydrated.



WHEN COMING INTO YOUR 50'S

Your skin can become dry and lose volume. Jane Iredale's **Liquid Minerals** are the key. The **Liquid Foundation** is an oil free gel base with beads of powder suspended in the gel. This formulation will hydrate and plump with ingredients such as hyaluronic acid, seaweeds, and Vitamin C. To give a little more coverage to this sheer product add the **Purepressed Foundation** over the liquid and mist with **D2O, Pommist**, or the **Balance Spray**. Need more color? Try the **Purepressed Blush** – a little goes a long way. This blush is easy to apply and travels well as it comes in a small gold compact. The colors range from cool to warm, some even have some shimmer with flecks of 24-karat gold to give you a nice pop of color and sheen.

ZO[®] MEDICAL AND SKIN HEALTH

Over twenty years ago Dr. Zein Obagi created the concept of skin health science. When it comes to the usage of meaningful daily skin care and prevention, **ZO[®] Skin Health** is adequate in providing skin with the tools to maintain skin health and prevent skin deterioration. When patients need a more aggressive approach to combat hyperpigmentation, acne, melasma, and aging, **ZO[®] Medical** is prescribed. Patients need to use ZO Medical under physician supervision and when treatment is completed, ZO Skin Health can be used for maintenance after stopping the medical components. Another great advantage to Dr. Obagi's revolutionary skincare program is the products' ability to slow down the aging process and turn back the hands of time.



Below Dr. Obagi discusses how ZO Products can help turn back the hands of time.

“Turning back the clock is definitely possible and I strongly believe that we can keep people looking young indefinitely. To do so, here is my advice:”

Start aging prevention early (age 25-30). At this age the cells that make collagen, elastin, and water capturing agents go to sleep, and the existing elements (these substances) are consumed without replacement, leading to the appearance of wrinkles and skin becomes loose (laxity).

Start activating these cells – we can wake them up and resume production of all these elements. The essence is to use active Vitamin A [retinol] in proper concentration, amount, and formulation [not many products that contain retinol fulfill these criteria].



ZO Skin Health products provide **two heroes** that achieve this:

For the mild approach (**Prevention**): **Growth Factor Serum** which contains retinol, peptides, growth factors and anti-inflammatory agents is highly recommended for skin aging prevention and is mild, comfortable and well-tolerated.

For the strong approach (**Correction**): **Ossential[®] Radical Night Repair Plus** contains a potent 1.0% retinol – six times the industry average to reduce wrinkles, even skin tone, and restore elasticity.

“Most anti-aging products on the market are not scientifically proven for efficacy (they contain trace amounts of key ingredients, with weak penetration) and depend only on temporary improvement by hydrating the skin's surface.”

Interview courtesy of *StyleBlueprint Louisville*

CaloSpa is an exclusive provider of ZO Medical and ZO Skin Health. Both Dr. Calobrace and Dr. Mizuguchi are esteemed faculty members of ZO Skin Health and ZO Medical. To schedule your skincare consultation call **502.814.3000**.



**GET 20% OFF
SPF PRODUCTS
IN MAY**

MAY IS **SKIN CANCER AWARENESS MONTH**

For the entire month of May, CaloSpa will be encouraging patients to protect their skin. **Come in and get any SPF at a 20% OFF discount**

Ready to **LOSE** Weight?

How many of us, at some point in our life, have been on the search for the perfect weight loss system? I know I have! You find yourself searching for the perfect program that is healthy, easy to follow, and helps you lose and maintain your goal weight.

Well, you may have found your answer in the **Ideal Protein Weight Loss Program** we now offer at CaloSpa. Supervised by Dr.'s Calobrace and Mizuguchi, the program teaches your body to selectively burn fat while preserving your much needed muscle mass. The program was developed over two decades ago for Olympic athletes who were striving to lose body fat and simultaneously build muscle. The **Ideal Protein Weight Loss Program** has been FDA approved in the US since 2008.

The program includes prepared meals that are all natural, medical-grade protein isolate foods, and supplements which encourage fast, safe, and effective weight loss. The **Ideal Protein** food and product line is specifically formulated to protect muscle mass while burning fat and maintaining a proper balance of nutrient levels and hydration. This program is designed to reach beyond simple BEAUTY, and promote HEALTH, and so much more.

This diet program can improve vitality and energy while suppressing appetite. This low carbohydrate diet combined with normal protein intake is designed to reduce pancreatic insulin production, leading to improved blood sugar levels, better cholesterol levels, and reduced blood pressure in most patients. During your initial visit, you will be evaluated and the appropriate **Ideal Protein** weight loss program will be selected to meet your desired goals. Ongoing consultations will occur weekly through your weight loss program. After your weight loss, a maintenance program is specifically designed for you. The supplements and meals are selected for your breakfast, lunch, and you usually eat a normal (BUT SMART) dinner!

I look forward to meeting you during your initial consultation and look forward to helping you meet your goals for weight loss and a healthier future!

Health Coach | *Karen Stickrod*



vitamin **B12** *Boost*

Can B12 shots give you the BOOST you need?

Without knowing it, many of us are deficient in **B12**, especially as we age.

Vitamin B12 is a water soluble vitamin important to us in so many aspects of our health like tissue repair, DNA replication, blood cell production and maintenance of healthy neurologic function. When **B12** is deficient, one may experience weakness, fatigue, difficulty with concentration, pale skin, constipation, confusion, and memory loss.

So why take **B12** shots? For many, **B12** can boost energy and mood, increase metabolism leading to more energy and potential weight loss, improve memory and ability to concentrate, and enhance immunity.

B12 shots are also recommended as an enhancement to our **Ideal Protein Weight Loss Program**. CaloSpa is now offering **B12** shots administered weekly initially, followed by monthly injections.

Cost is \$35 per injection, a package of 5 for \$150 (save \$5 per injection).

Call today for your consultation and learn if B12 is just the BOOST you need!

Certified Nurse Injector
Tina Carroll | RN | CPSN



FATHER'S DAY - Gift Card Special -

Purchase \$100 gift card and receive a \$20 coupon

Dad's To Do List

- ✓ Relax
- ✓ Rejuvenate
- ✓ Renew





Meet CaloSpa Certified Massage Therapists
Amy Green, Jordan Cox, Leslie Huddleston,
and Cindy Richmond

CALOSPA MASSAGE OPTIONS

Signature Massage

Warm Stone Massage

Deep Tissue | Sports Massage

Lymphatic Massage

Reflexology

Mother-to-be Massage

Massage for Two

THE BENEFITS OF REGULAR MASSAGE

Massage may feel like a luxury, but it actually has many health benefits. Massage helps relieve stress and tension, lowers blood pressure, improves circulation and acne by stimulating blood flow and can reduce swelling after liposuction or surgical procedures. Expectant mothers can also benefit from regular massages with shorter labor and hospital stays. Besides increasing relaxation and decreasing anxiety, massage helps you to sleep better and can increase your concentration. It reduces fatigue and gives you more energy to handle stressful situations.

Call 502.814.3000 to schedule your massage with one of CaloSpa's certified Massage Therapists!

LASER HAIR REMOVAL SPECIALS!
30% OFF ANY AREA NOW THROUGH **MAY 31, 2013**
Treatments good for one year, 6-8 weeks apart.

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.

Buy one, get one half price.
May 1st - 31st, 2013

CoolSculpting

Cellulite Treatment

(Endermologie Package)

Body Wraps

Exilis RF Therapy

(Skin Tightening)



**A CALOSPA
GIFT CARD
IS THE
IDEAL GIFT!**



SPRING IS FILLED WITH HOLIDAYS WORTH CELEBRATING

Whether it's Easter, Mother's Day, Father's Day, Birthdays, Anniversaries, or Graduation, come into CaloSpa and purchase a Gift Certificate or Gift Card for that special someone. No better way to say thank you, I love you, or just because!

Watch for Gift Card Specials for **Mother's Day** and **Father's Day**. When you purchase a **\$100 Gift Card** you will receive a **\$20 CaloCard** and when you purchase a **\$50 Gift Card** you will receive a **\$10 CaloCard**.



PRSRT STD
U.S. POSTAGE
PAID
LOUISVILLE, KY
PERMIT 879

2341 Lime Kiln Lane | Louisville | KY | 40222

Relax, Rejuvenate and Renew this **Mother's Day** at **CaloSpa Rejuvenation Center**



Mother's Day Specials

Purchase a \$100 gift card and **receive an extra \$20 CaloCard AND a box of gourmet chocolates.**

Purchase a \$50 gift card and **receive a \$10 CaloCard.**

* Offers valid May 1st, 2013 through May 13th, 2013. Online gift card purchases do not include CaloCard or chocolates.



WINNING TICKET
★★★
facial and body rejuvenation

\$525
VALUE
APRIL
1-30

PURCHASE
- ONE AREA OF-
COOLSCULPTING
RECEIVE
- TWO SYRINGES OF-
JUVEDERM
FOR THE PRICE OF ONE
* Other restrictions may apply and offer valid while supplies last