

Fall 2014

BODY LANGUAGE

New and Innovative Techniques
to Improve One's Body

THE DOCTORS

Get Advice and Insight From
the Doctors Themselves

WE'RE OFF! IN LEXINGTON

CaloSpa Opens a New Office

ANALYZING ALL ANGLES

The New Visia System Gives a
Clear View of Your Skin

The Genius BEHIND GENESIS

LASER POWER

Get Rid of Tattoos with Our
PicoSure Laser

Revitalize YOUR SKIN

With Our PicoFacial

VANISH VASCULARITY

Learn About Excel V

LOSE FAT *Permanently*

GET RADIANT

With Our New TEOXANE Skin Products

MicroNeedling

Reduce Fine Lines and Wrinkles with
this State-of-the-Art Technique



CALOBRACE & MIZUGUCHI
plastic surgery center



CALOSPA
rejuvenation center



YOUR BEST YOU IS CLOSER THAN YOU THINK.

With the Alphaeon Credit Card, **you will find the widest array of monthly payment options** to help you reach your individual wellness, beauty, and performance goals.

With Alphaeon Credit you can finance self-pay lifestyle healthcare procedures through board-certified specialty physicians.

- + Cosmetic Surgery
- + Non-Surgical Cosmetic Procedures
- + Skin Care Products

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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 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
Jennifer Rice | Director of Operations

It is an exciting time at Calobrace & Mizuguchi Plastic Surgery Center and CaloSpa.

We will be opening our first satellite office in Lexington this fall, the Annual Open House spectacular takes place on November 6, and Louisville community's wonderful holiday season is fast approaching. Our providers and staff are dedicated to making your experience at our state-of-the-art facility one that you will always remember. We are committed to creating a "One Practice Approach" for our clients. Whether you are a surgical patient or a guest in our state of the art medspa, feeling your best is our goal.



CHOOSE WISELY!

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

Did you also know that **less than 7% of those are qualified Expert Injectors™** – the only organization of its kind to be endorsed by the prestigious American Society for Aesthetic Plastic Surgery?

Drs. Calobrace and Mizuguchi are among that 7%!

www.expertinjector.org

Menu OF SERVICES

Packages Also Available



MEDI SPA

Facial Injectables

- Belotero
- Botox
- Dysport
- Juvederm
- Perlane
- Prevelle Silk
- Radiesse
- Restylane
- Sculptra
- Voluma

Facial Laser & Light Treatments

- Fotofacial Complexion Treatment
- Matrix IR Wrinkle Treatment
- Facial Tightening
- Trifecta Total Facial Renewal
- Laser Genesis
- Excel V – Vascularity Treatment
- PicoFacial

Advanced Facial Treatments & Peels

- Chemical Peels
- Dermaplaning (Blading)
- Echo2 Oxygen Facial
- Glycolic/Salicylic Peel
- Hydrafacial
- Microdermabrasion
- MicroNeedling
- Micropeel
- ZO Blue Peel
- Permanent Makeup

Body Treatments

- B12 Injections
- Laser Hair Removal
- Tattoo Removal
- Picosure

Fat Reduction & Cellulite Treatments

- CoolSculpting
- truSculpt
- Endermologie
- Ideal Protein

DAY SPA

- M'lis Cellulite Treatments
- Facials
- Body Polishes
- Massages
- Raindrop Therapy
- Hand, Foot & Scalp Treatments
- Makeup
- Physician Directed
- Skin Care Lines



CaloSpa Favorite

SURGERY CENTER

Breast

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

Body

- SafeLipo
- Brazilian Butt Lift
- Ultrasonic Liposuction
- Lipo Lite Laser Liposuction
- Tummy Tuck
- Body/Thigh Lifts
- Post Bariatric (weight loss) Rejuvenation
- Postpartum Rejuvenation
- Arm Lift
- Labiaplasty
- ThermiGen
- PRP Platelet Rich Plasma

Face

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





The Details

Thursday, Nov. 6, 2014 | 12-8pm

As the #1 provider in Kentucky for injectable fillers, CaloSpa will be offering an exclusive special on Botox® and Dysport®. **Buy 2 areas and get 1 free!**

Event to include:

- + 20% OFF Products & Services
- + 10% OFF Medi & Day Spa Packages
- + Complimentary Visia Skin Analysis
- + Live Demos of Services
- + Over \$16,000 in Prizes & Giveaways
- + Exclusive Botox®/Dysport® Special
- + Mini-Consults with Expert Providers
- + Education on All Products & Services
- + Complimentary Mini-Massages
- + Complimentary Hand & Foot Massages
- + Hors d'oeuvres by Corbett's
- + Champagne & Wine
- + Music by Coxx Events

Will you be out of town or unable to attend our Open House? Don't worry, the **Pre-Sales start on Monday, November 3rd**. You can still take advantage of our 20% OFF special by calling 502.814.3000 or stopping in. Don't miss out!

Don't get stuck waiting in line at our Open House.

Call 502.814.3000 any time during the week of Open House (November 3-6) to take advantage of the 20% OFF special.



CaloSpa would like to take the opportunity to say "Thank You" for all your years of patronage and loyalty. Join us in celebrating our 13th Annual Open House on Thursday, November 6 from 12-8 pm. As an honored guest you will enjoy spirits, hors d'oeuvres by Corbett's, music by Coxx Events, as well as our annual tradition of 20% OFF products and services.*

CaloSpa Rejuvenation Center continues to be a leader in providing advanced aesthetics services in both cosmetic surgery (Calobrace & Mizuguchi Plastic Surgery Center) and medspa treatments, making individuals' vision of beauty come true. It has been our pleasure to serve you and we look forward to serving you for many years to come.

So please mark your calendars and join Drs. Calobrace and Mizuguchi and the entire staff of CaloSpa Rejuvenation Center and let us celebrate YOU, our honored guest.



*Excludes Botox® and Dysport®

Use the map below to find events throughout our building during the Open House.

1. BREAST IMPLANTS

We invite you to learn more about breast implants. We will have representatives from each of our implant pharmaceutical companies here to answer your questions.

2. INJECTABLE HALL OF FAME

The Injectable Hall of Fame is where guests can meet the pharmaceutical companies we work so closely with to bring our patients top aesthetic products like Juvederm, Restylane, Radiesse, Voluma, and Sculptra.

3. OUR SURGICAL CENTER

During the Open House, come visit our nurses and see where the doctors transform lives. During Open House guests get an exclusive peak into our state-of-the-art surgical center.

4. VISIA

Capture your skin's health and discover your true skin age, with a complimentary Visia Skin Analysis.

5. FREE MINI-MASSAGE

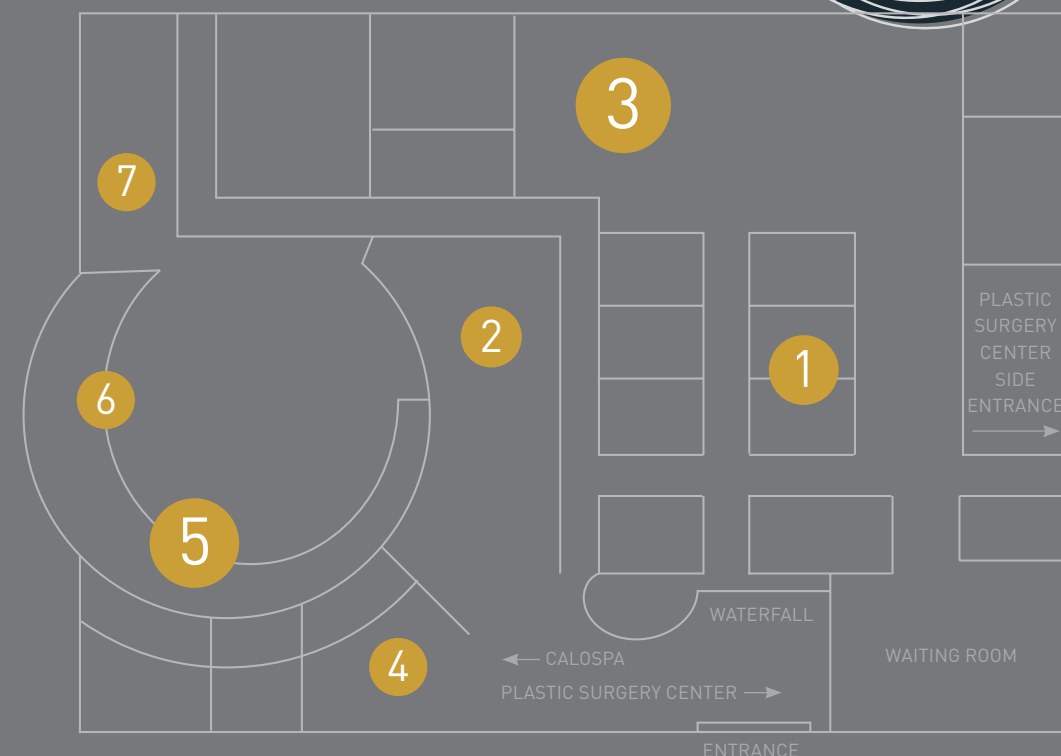
Follow the CaloSpa waterfall down to receive a complimentary mini-massage and discover how therapeutic day spa treatments are essential to our general health and well being.

6. TEOXANE

Backed by science, discover the only skin care line with cross-linked hyaluronic acid and learn why TEOXANE cosmeceuticals are the the perfect skin care to complement your advanced aesthetic procedures.

7. THE MAKE-UP ROOM

Shane Denney will be giving mini-makeovers, discussing what's hot for the holidays and sharing make-up tips you can't live without.





NEW LEXINGTON LOCATION!



We are very excited to announce the opening of our new offices in the Chevy Chase area of Lexington!

Unfortunately, water damage from a broken pipe over our new offices has delayed our opening, but we will definitely have our doors open for the holidays.

CaloSpa Lexington and Calobrace and Mizuguchi Plastic Surgery will provide nonsurgical and surgical cosmetic procedures, convenience in post-operative care and follow-ups, and a wide variety of skincare products and medspa treatments. Drs. Calobrace and Mizuguchi will perform consultations at our new location for all of our clients throughout Eastern Kentucky and West Virginia. As the leading provider of fillers and Botox® in Kentucky, we will offer the highest level of expert care to all our clients for injectables, facial and body treatments and laser therapies.

We hope you will join us for our Holiday Open House this December (we will announce the time and date in the near future). Gift cards and certificates will be available in time for the holidays! Our Lexington office number is 859.269.CALO (2256). We look forward to seeing you soon!

ALPHAEON LIFESTYLE HEALTHCARE OF DOCTORS, FOR PATIENTS



What is Lifestyle Healthcare? It is something more than the latest cosmetic procedure - it is about partnering with each of you to help make the most of your life! Here's how we look at it.

Wellness

It's all about FEELING your best!

Beauty

It's all about LOOKING your best!

Performance

It's all about BEING your best!

With your lifestyle in mind, you will start seeing the Alphaeon brand showing up on many products and services offered at Calobrace and Mizuguchi Plastic Surgery. You may already be aware of our new financing option available to all our clients, Alphaeon Credit. Teoxane skin care, an innovative product from Geneva, is also an Alphaeon offering.

Dr. Calobrace has partnered with other leading physicians in their field from around the country to create a LIFESTYLE COMPANY that invests in bringing new and innovative products and services to our clients. When you see the name Alphaeon, you will know that only board-certified, leading physicians have hand-selected each and every product.

We are proud to be Alphaeon, which literally means "new beginning", and we are committed to providing innovative products and services that will ultimately enhance your life.

LEADING THE WAY IN BREAST SURGERY



It is not a widely known fact that patients from all over the country come to our center for breast surgery. Dr. Calobrace has become one the most recognized authorities on cosmetic breast surgery and newly designed breast implants. He is especially sought by patients for more difficult breast revision cases. Published extensively on the subject of breast surgery, Dr. Calobrace has four important publications this year in the Plastic and Reconstructive Surgery Journal. Additionally, Dr. Calobrace has been traveling the country as a visiting professor and speaking at many national meetings. His recent itinerary includes:

January 2014

Atlanta Breast Surgery Symposium – Performed live surgery (Atlanta)

March 2014

Miami Society of Plastic Surgeons Meeting (Miami)
Broward County Society of Plastic Surgeons Meeting (Ft. Lauderdale)

April 2014

American Society of Aesthetic Plastic Surgery (San Francisco)

August 2014

Santa Fe Breast and Body Contour Meeting (Santa Fe)

October 2014

American Society of Plastic Surgeons Meeting (Chicago)
North Carolina Society of Plastic Surgeons Meeting (Asheville)

November 2014

Illinois Society of Plastic Surgeons Meeting (Chicago)

February 2015

Advanced Plastic Surgery Workshop (Melbourne, Australia)

We were also proud to host a Preceptorship event in our center this September, where Plastic Surgeons from around the country traveled to Louisville to learn from and observe advanced breast surgery from Dr. Calobrace.

At CMPSC, we are leading the way in providing the best breast care for each and every one of our patients. All breast implants available in the US are used at our center which allows us to customize every breast surgery through our "Designer Breast Augmentation". From the most challenging breast surgery reconstructions to breast lifts, reductions, and augmentations, our patients deserve to have their surgery performed by our doctors, who not only read the most recent articles on breast surgery, they write them.

Advanced Sientra Breast Implants

by Dr. Calobrace

Breast implants have come a long way over the past 50 years, and recent advances have made them even better. As most may remember, a majority of breast augmentations in the U.S. from 1992 through 2006 were performed with saline implants. This was due to concerns over the previous types of silicone implants used in the 1970's and 1980's. However, a major change in the U.S. occurred in 2006 when new silicone breast implants once again became available. Since that time, the majority of our breast augmentations have been with silicone implants.

Over the last couple of years, a new version of breast implants have come on the scene sometimes referred to as 5th generation implants. These implants are slightly more cohesive and stable in shape, allowing all three manufacturers (Mentor, Allergan, Sientra) to offer anatomically (tear-drop) shaped versions. Known as the **Mentor MemoryShape**, **Allergan 410**, and **Sientra HSC+ Shaped implants** (some refer to these as "gummy bear implants"), all of these implants are textured to stabilize their position.

Sientra has also created a 5th generation round implant with and without texture, becoming a favorite of mine for many of my patients. In a paper I had published last November, I showed the low capsular contracture rates with these implants, especially the textured version*. The more stable, slightly firmer silicone gel gives my patients reliable shape and contour that stays over time with a certain "youthful firmness". Therefore, if someone desires a more natural appearance, I used shaped implants to achieve their perfect look. However, if a more rounded upper shape is desired with more fullness in the top of the breast, a **Sientra Round implant** is a perfect choice.

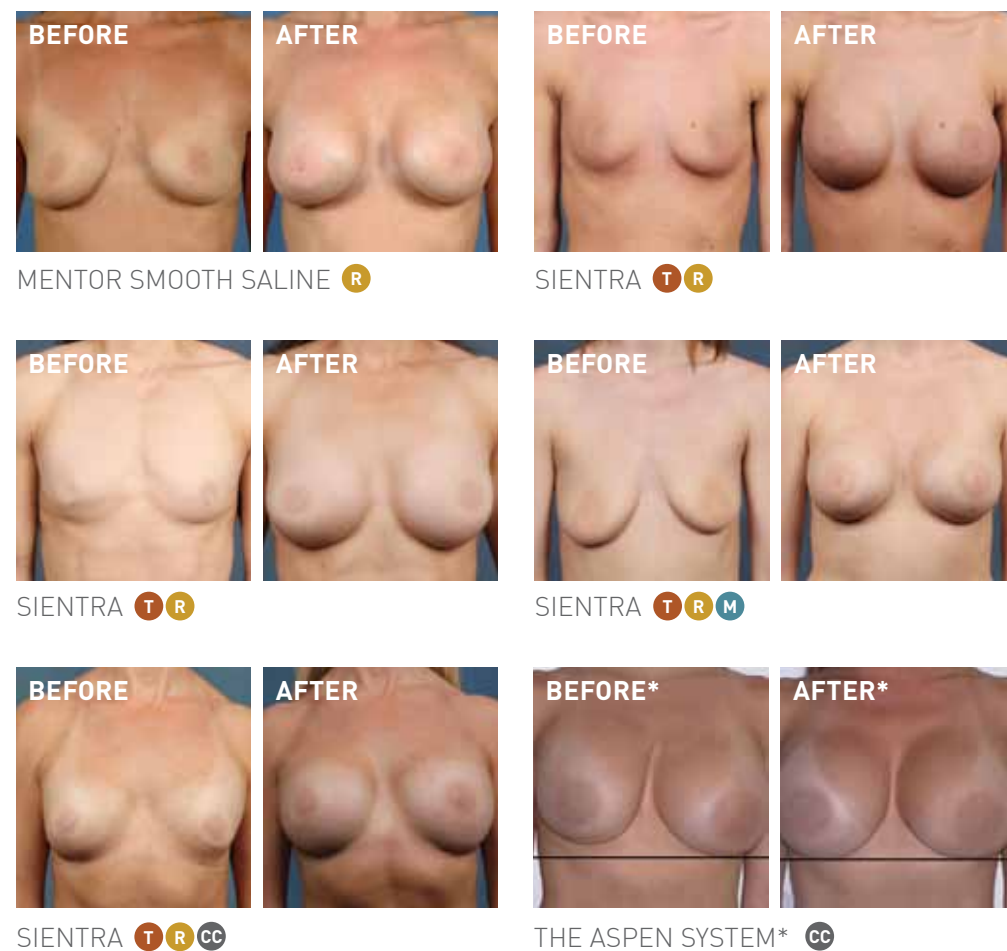
Even more incredible today, we have **Vectra 3D Imaging** that allows our patients to "virtually" try on implants. Our computer-generated imaging will show them how they look with different types of implants. This is amazingly helpful in choosing the right implant for each of our patients. As I often tell my patients during consultation, "you have so many options today in breast surgery to create your perfect look, and because of that...YOU WIN!"

*PRS, Nov 2013

Before & After

All images shown at right are actual patients of Calobrace & Mizuguchi Plastic Surgery Center with descriptions of the manufacturers, implant types and procedures.

- T** Textured
- R** Round Implant
- M** Mastopexy/Breast Lift
- CC** Capsular Contracture



Aspen Ultrasound Technology

by Dr. Mizuguchi

The Aspen System, an external ultrasound generator, is now available exclusively at Calobrace & Mizuguchi Plastic Surgery Center. External ultrasound has been used in our office for many years to treat scar tissue, especially for breast surgery. Ultrasound energy also helps to decrease swelling after facial surgery and show faster absorption of small bruises.

The **Aspen System** harnesses a proprietary technology that allows the ultrasound heads to be left in place during the treatment process. A microprocessor controls the delivery of the ultrasound energy without the use of transducer gel and can treat a much larger area than the traditional ultrasound technique. The treatment is painless and often combined with lymphatic massage to increase the effectiveness.

A breast capsule is a normal pocket surrounding a breast implant after breast surgery. Capsular contracture occurs when scar tissue around the breast implant becomes thicker and tightens. Capsular contraction can lead to hardening of the breast which in more severe cases can be painful and distort the shape of your breast. The exact cause of capsular contracture is still being researched but bacterial contamination may play a role. Although rare, capsular contracture after breast implant surgery is a difficult problem to treat. We are very aggressive about medical management of capsular contraction, which includes oral medications and external ultrasound.

Clinical evidence shows that ultrasound helps the antibiotics to penetrate the capsule to stop or to reverse the process of capsular contraction. Now with the **Aspen System**, we are able to provide a more complete and effective ultrasound treatment than ever before. For the treatment of capsular contraction, we also combine it with lymphatic massage which helps to keep your capsule soft. The combination of medication and **Aspen System** offers you the best opportunity to treat capsular contraction without surgical intervention. Ultrasound energy can also be used for treatment of scar tissue any place on your body. We now have the traditional wand for small places such as for the treatment of your face and larger areas with the **Aspen System** (breast and body).

Innovative Approach to Gynecomastia

by Dr. Calobrace

Commonly referred to as "man-boobs", gynecomastia is a common condition that affects men of all ages, from puberty to mature adulthood. The appearance of breasts in a young male is usually breast tissue that has become enlarged due to increased hormones from puberty. Many of these resolve without any medical intervention, but in some instances surgical removal is required. Development in men later in life is usually the result of fat build up in the chest or skin excess, and is generally referred to as pseudogynecomastia (translated as false gynecomastia since it is not really due to breast tissue enlargement).

In young men, treatment is usually a small incision under the areola with removal of the swollen excess breast tissue. When skin or fat is the culprit (sometimes with some excess breast tissue as well), treatment often includes liposuction and in rare instances some skin removal.

Today, my approach has advanced well beyond simply flattening the breast but also creating the contours and sculpted look of an ideal male chest, where the pectoralis muscle with the nipple-areolar complex is located near the bottom of the pec muscle. I generally perform this procedure with **SAFELIPO** by advanced liposuction, combined with breast tissue removal through a tiny incision, pec shaping with fat grafting, or occasionally a pectoralis implant. This novel approach results in minimal scars and creates a look far more impressive and satisfying for my clients.



INJECTABLES

One of the hallmarks of the aging face is the loss of volume. Early on as you age, your skin has the remarkable ability to adjust to the mild volume loss and maintain youthfulness and beauty. Progressive aging leads to further volume loss and at some point your skin, which is also aging, can no longer support the underlying structure. This leads to the classic appearance of aging including heaviness of your brow, tear trough deformity, deepening of the nasal labial folds, jowls, marionette lines, lines in your lip, and sagginess of your face. The most common complaints among patients are that they look tired or look angry. Volume loss in the face is difficult to quantify and it is not just the fatty tissue. It is also muscle and bone loss. **The goal of facial rejuvenation is not to replace all the volume loss, but to focus on areas that can restore youthfulness and beauty with minimal intervention.**

In the aging face, volume can be replaced by either injectable dermal fillers or autologous (your own) tissue. Dermal fillers including the hyaluronic acid based (Restylane®, Perlane®, Juvederm™, Voluma™) family and Radiesse® are perfect for mild to moderate volume loss (early stages of aging). They are predictable, reproducible, forgiving, and temporary. They can be performed with minimal discomfort, with little to no downtime, and the results are essentially immediate and look very natural. Dermal fillers can last up to one to two years. Dermal fillers are best used to address focal volume loss, such as cheeks and lips.



LEARN MORE ABOUT INJECTABLES AT OUR OPEN HOUSE

* Photos Courtesy of CaloSpa: Actual Patient
** Photos Courtesy of Juvederm Voluma XC



SCUPLTRA™ is a dermal stimulant that can address moderate to severe volume loss. **Sculptra™** is not a filler so results are not immediate. Instead, **Sculptra™** causes your body to produce your own collagen and therefore, the results are gradual. Unlike other dermal fillers, **Sculptra™** is given as a series of treatments (usually 3) and can treat multiple areas at the same time. Temporal hollowing, cheek, tear trough, lateral cheek, and jaw lines are common areas treated. The results are gradual and can last for several years.

Calobrace & Mizuguchi Plastic Surgery Center is **#1 in the state of Kentucky for injectables!**



JUVEDERM VOLUMA XC is the newest of the **Hyaluronic Acid (HA)** based injectable fillers from Allergan. It is the first and only FDV-approved filler for the mid-face (cheek area) to correct volume loss in the aging face and results can last for up to two years. The proprietary **VYCROSS technology** contributes to the gel's lift capabilities which is unique amongst the HA fillers. In our practice, we have found that **Voluma XC** has the best skin and soft tissue lifting ability without creating excess bulk in the cheek area.

FAT TRANSFER to the face is an alternative to temporary fillers for moderate to severe volume loss in the face. Fat is harvested from donor sites such as stomach or thigh areas using special harvesting tools and filtered and mixed with **PRP (Platelet Rich Plasma)**. This mixture is then placed in the temporal, brow, cheek, lateral cheek, tear trough, jaw line, marionette lines and lips through tiny puncture incisions. The advantage of fat is that it is your own, readily available, and that larger volumes can be replaced at the same time. Fat transfer is a surgical procedure but does not require anesthesia (although many will elect to do so). Recovery time is about a week. The results are dramatic but soft and natural. Fat can also be used to enhance or improve other areas of your body including buttocks (Brazilian Buttlift) and breasts. The great news for you today is that we here at C&M Plastic Surgery Center can not only offer you a variety of options but the experience and the artistic vision to give you the best possible results. Even small amounts of volume restoration can make a meaningful difference.



PLATELET RICH PLASMA (PRP) contains stem cells and growth factors that stimulate the growth of collagen and blood vessels to help the body to regenerate new tissue. A small amount of blood is drawn on the day of the procedure and placed in a specialized centrifuge that spins and automatically separates the red blood cells from the plasma and concentrates the platelets. PRP has many clinical applications for plastic surgery. For fat grafting to the face, PRP is mixed with the fat prior to transfer and will enhance fat survival, decreasing bruising and swelling. PRP is also used in face lift surgery and can also be applied to the face after Fraxel laser treatment and micro needling to decrease swelling and bruising.

CHIN *Up!*

by Dr. Calobrace

Noticed in a recent photo of yourself, or worse yet, looked at your phone during a "Facetime" chat to see your jawline has disappeared or the skin is hanging well beyond what you thought was possible? How does this happen?

At age 51, as far as I am concerned, it is always "Chin up"! In reality, the chin and neck contour can be as much from anatomy as it is from aging. Chin and neck procedures are quite common in teenagers and young adults. However, aging does worsen the problem, and today the "turkey neck" or "waddle" is the number one complaint of men and women coming to see me for a facelift.

Here are a few procedures we commonly perform to improve your chin and neck. Many of these procedures are combined to give a more dramatic result. We invite you to schedule a consultation to determine the perfect procedure for you.

Trusculpt Neck Contouring

Non-invasive "fat melting" to shrink away the fat and tighten the skin (no anesthesia, no downtime).

Chin Augmentation

Common in young men and women, often combined with liposuction.

ThermiTight Neck Contouring

Minimally invasive procedure to tighten the skin by applying radiofrequency heat internally under the skin, often combined with liposuction.

Submental Liposuction

Suctioning the fat from under the skin can dramatically improve the contour of the jawline and neck.

Platysmaplasty (Anterior Neck Lift)

Liposuction of the neck combined with muscle tightening through a small incision under the chin.

Neck Lift

Combined incision under the chin and behind the ears to tighten the neck.

Lower Facelift or Calolift

Incisions around the ear with or without a chin incision to provide dramatic improvement in the contour of the neck, jowl, and lower face.



Dr. Calobrace at the Zein Obagi Institute

Dr. M. Bradley Calobrace was presented with the esteemed honor of being elected as one of the first faculty members at the Zein Obagi Institute.



New Beauty

NewBeauty Magazine, known as the ultimate cosmetic enhancement guide, features Kentucky surgeons Dr. M. Bradley Calobrace and Dr. Nana N. Mizuguchi.



ALPHA EON Physicians

As ALPHA EON physicians, Dr. M. Bradley Calobrace and Dr. Nana N. Mizuguchi offer innovative solutions tailored to meet your individual needs. Their exceptional training and experience in plastic surgery and non-surgical cosmetic treatments set them apart. Personalized, patient-centered care is the foundation of ALPHA EON medical practices. Patients who choose an ALPHA EON specialist have unique access to hand-picked, advanced skin care and cosmetic products and services that enhance your wellness, beauty, and performance.



Top 5 Best Spas in Louisville

Each year Louisville consumers join together to vote for their favorite local businesses on the Louisville A-List and CaloSpa Rejuvenation Center was honored to be announced as one of Louisville's Top 5 Spas in 2014.



Louisville Magazine's 'Top Docs' — Drs. Calobrace & Mizuguchi

Dr. M. Bradley Calobrace and Dr. Nana N. Mizuguchi have been chosen by their peers and named a "Top Doc" for 2014 by Louisville Magazine. The prestigious listing in the magazine's August issue represents disciplines in 39 categories — from primary-care doctors to allergists to vascular surgeons.



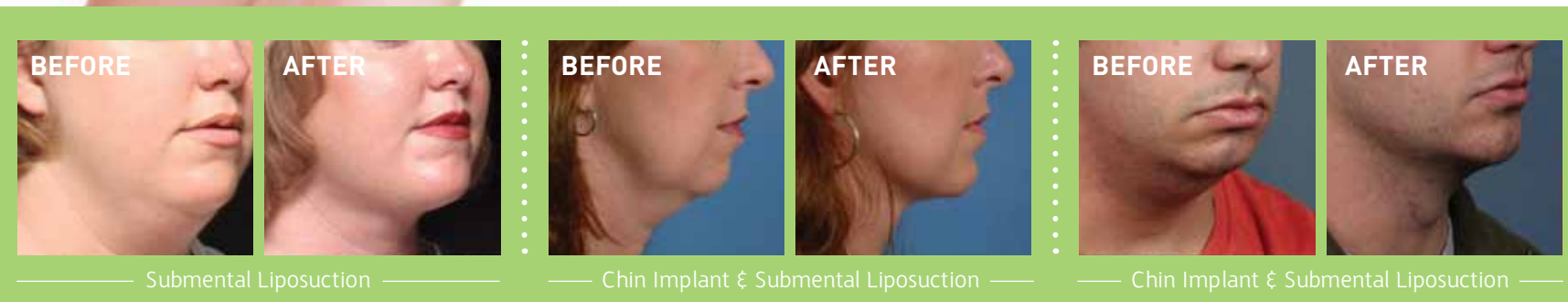
The ExpertInjector™ Program

Dr.'s M. Bradley Calobrace and Nana N. Mizuguchi have been chosen by NewBeauty Magazine and founding partner, The American Society of Aesthetic Plastic Surgery, as ExpertInjectors™. The ExpertInjector™ program is committed to patient safety, public awareness and the pursuit of reliable consumer education to help patients seeking aesthetic injectables, find appropriate, well-credentialed providers in the core specialties of plastic surgery, facial plastic surgery, dermatology and oculoplastic surgery.



Ranked Top 50 Practices in the Nation by Allergan

CaloSpa & CMPSC is ranked as one of the nation's top 50 practices with Allergan Pharmaceutical. Allergan, creator of the most recognizable neurotoxin on the market, Botox and the creator of Juvederm, a hyaluronic filler, has been a leader in aesthetics pharmaceuticals for over a decade. Being a Top 50 practice is an invaluable indication for our clients that we are highly experienced and are dedicated to achieving the absolute best result with safety as a priority.



Submental Liposuction

Chin Implant & Submental Liposuction

Chin Implant & Submental Liposuction

A CLEAR VIEW THROUGH VISIA

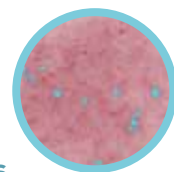
ANALYZING ALL ANGLES

COMPLEXION ANALYSIS



HOW THE VISIA SYSTEM WORKS

- + Captures key visual information of the skin surface and subsurface. You will clearly see the factors that are affecting your complexion health and appearance.
- + Compares your skin to individuals of the same ethnicity, sex and age to determine your true skin age.
- + CREATES A SKIN CARE REGIMEN THAT IS RIGHT FOR YOU.
A CaloSpa Beauty Expert will help you in understanding your VISIA Complexion Analysis and based on your results, a truly individualized facial rejuvenation and skin care regimen will be created to match your unique complexion profile.

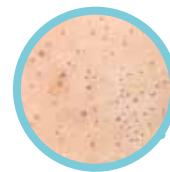


Redness

Vascular conditions usually caused by broken capillaries.

What you should think about doing:

- + Excel V™

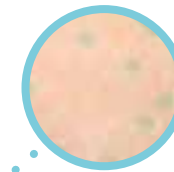


Pores

Small to moderate surface openings of oil and sweat glands.

What you should think about doing:

- + MicroPeel
- + Laser Genesis
- + ZO Olicleanse



Brown Spots

Representing various forms of hyperpigmentation.

What you should think about doing:

- + SkinMedica Lytera
- + ZO Brightenex

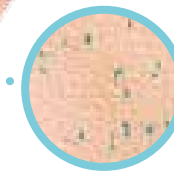
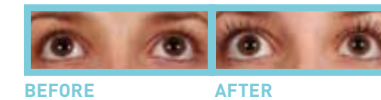


Lashes

Gauge the length and fullness of your current lashes.

What you should think about doing:

- + If you think your lashes are diminishing in fullness or losing length, try Latisse.



Texture

Measuring the skin's surface for smoothness. Raised areas caused by pimples, dead skin cells, wrinkles, open pores and black heads create identifiable texture issues.

What you should think about doing:

- + Laser Genesis Facial
- + Teoxane RHA™ Skin Refiner

Porphyryns

Natural oil and bacteria that can become excessive.

What you should think about doing:

- + ZO Cebatrol Pad



Wrinkles

Furrows, folds and creases created by age, sun damage and decreased skin elasticity.

What you should think about doing:

- + Botox®/Dysport®
- + Dermal Fillers
- + NeoCutis Eyecream



UV Spots

Coagulating melanin below the skin surface as a result of sun exposure over time.

What you should think about doing:

- + PicoFacial
- + SkinMedica Lytera
- + SPF Protection

Spots

Skin irregularities that appear on the surface of the skin including freckles, scars, age spots and blemishes.

What you should think about doing:

- + Laser Genesis
- + Vitamin A



WHAT IS YOUR SKIN AGE?

VISIA'S patented comparison to norms allows you to see your true skin age.

HOW OFTEN DO I NEED A VISIA ANALYSIS?

Based on your initial complexion analysis, aka your baseline profile, your facial rejuvenation program will also include ongoing VISIA check-ups to ensure skin care health, with follow-up imaging as an aid in monitoring your complexion's vitality and checking the effectiveness of your skin care regimen over time.



THE GENIUS BEHIND GENESIS



The Laser Genesis Facial is a non-invasive laser treatment used to stimulate the production of collagen from the deeper layers of the skin, naturally promoting a healthy look and feel to your skin.

- + Shrink Pore Size
- + Fade Acne Scars
- + Reduce Facial Redness
- + Smooth Facial Texture
- + Reduce Facial Breakouts
- + Minimize Fine Lines and Wrinkles
- + Restore Youthful Glow

What areas are treated?

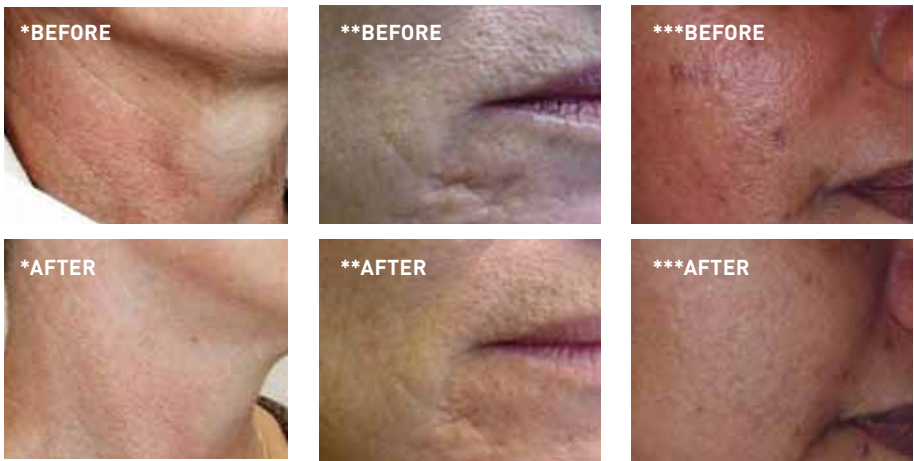
Laser Genesis is used to globally treat the entire face.

What kind of experience should I expect?

The gentle warming of the skin's surface during a Laser Genesis Facial treatment is often described as relaxing and therapeutic.

How many treatments will be needed?

Individual treatment results are subtle. For more dramatic and optimal results, it is best that a series of six treatments be completed.



Quick Facts:

- + No Pre-treatment Numbing Needed
- + Treatment is Non-Invasive
- + FDA Approved
- + Safe For All Skin Types



Who said ink had to be permanent?

PicoSure™ is here for **your mistakes.**



PicoSure™ is the world's first and only picosecond laser for aesthetic use.

Unparalleled by any other laser available in the market for aesthetic purposes, the PicoSure™ technology delivers ultra-short pulses of energy to the skin in trillionths of a second. Its powerful pulse is 100 times shorter than nanosecond technology, thus resulting in better clearance with fewer treatments.

TATTOO REMOVAL

How It Works

- + Delivers ultra-short picosecond pulses of energy to the affected area of the skin
- + A photomechanical effect occurs, aka the Pico PressureWave
- + This powerful PressureWave shatters ink and skin discoloration into minute particles
- + The body then eliminates these dust-like particles, resulting in clearer skin

Did you know?

With the traditional nanosecond laser it can take up to 20+ treatments for effective tattoo removal.



Quick Fact

Smokers may have a harder time getting their tattoos removed. Based on a study conducted by the American Medical Association, smoking can reduce the chances of having a successful tattoo removal treatment by 70% after 10 treatment sessions.

Things that can affect the number of treatments you may need:

Skin Tone

Darker skin tones may be harder to treat. PicoSure™ recognizes pigment, whether it is the pigment of your tattoo or the natural pigment of your skin. So, for those who have darker skin tones we have to be very careful in how we treat your tattoo or pigmented lesion. We have to ensure the integrity of your skin by moderating the laser's energy.

Ink Density

There are many different brands of tattoo ink and every tattoo artist has their own technique of tattooing. Some are more conservative with the application of ink, while others are a bit more liberal. So, ink density plays a big role in your tattoo removal process. Tattoo ink is removed in layers and the more

layers you have the more treatments you may need. Cover-up tattoos are very heavy in ink coverage. These tattoos typically take more treatments.

Amateur Tattoo

These are tattoos that are not typically done in a professional setting with professional tattoo equipment. These tattoos can usually be removed in fewer treatments.



* Photos Courtesy of Kevin Smith, MD
** Photos Courtesy of Irene Slutsky, RN
*** Photos Courtesy of Muhammad Tome, MSc
© Ashraf Badawi, MD

The PicoFacial

HOW IT WORKS

PicoFacial is the next generation in skin revitalization. Using the unique Focus Lens Array, high energy picosecond pulses are used to target 10% of the skin at a precise depth, while the remaining 90% of the skin is being treated with lower levels of energy. This is to ensure deep penetration of the dermis to advance elastin and collagen production while stimulating the surrounding tissue in a non-traumatic manner to promote the natural healing response.

TARGETED AREAS

- + Fine Lines & Wrinkles
- + Crow's Feet
- + Frown Lines
- + Lip Lines (Smoker Lines)
- + Skin Texture
- + Skin Tone
- + Laxity
- + Hyperpigmentation (Birthmarks, Freckles, Sun Spots, Age Spots, Liver Spots)
- + Melasma (Pregnancy Mask)

YOU CAN ALSO TREAT

- + Hands
- + Neck
- + Chest
- + Arms

HYPERPIGMENTATION 101

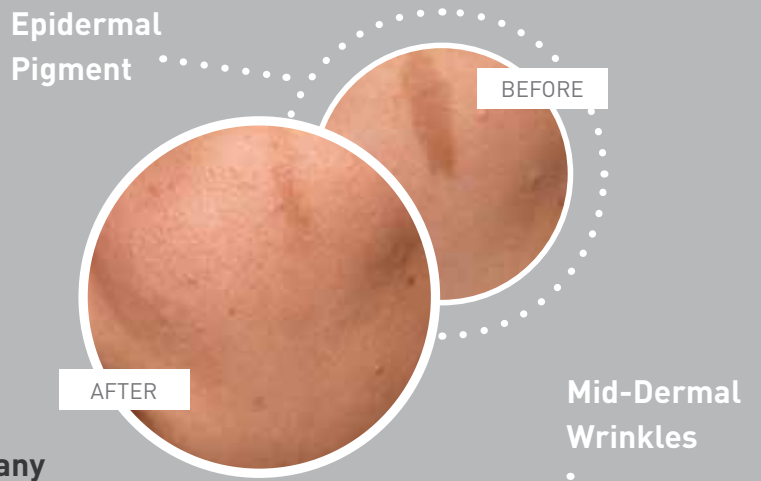
What is hyperpigmentation?
Excess melanin in the epidermis (outer layer) and/or dermis (inner layer) of the skin.

Causes

- + Overexposure to the Sun
- + Heredity
- + Picking at the Skin
- + Hormonal Changes
- + Medications: Antibiotics or Hormone Treatments
- + Inflammation and Skin Injuries



Global facial treatment that targets **all three layers of photodamaged skin.**



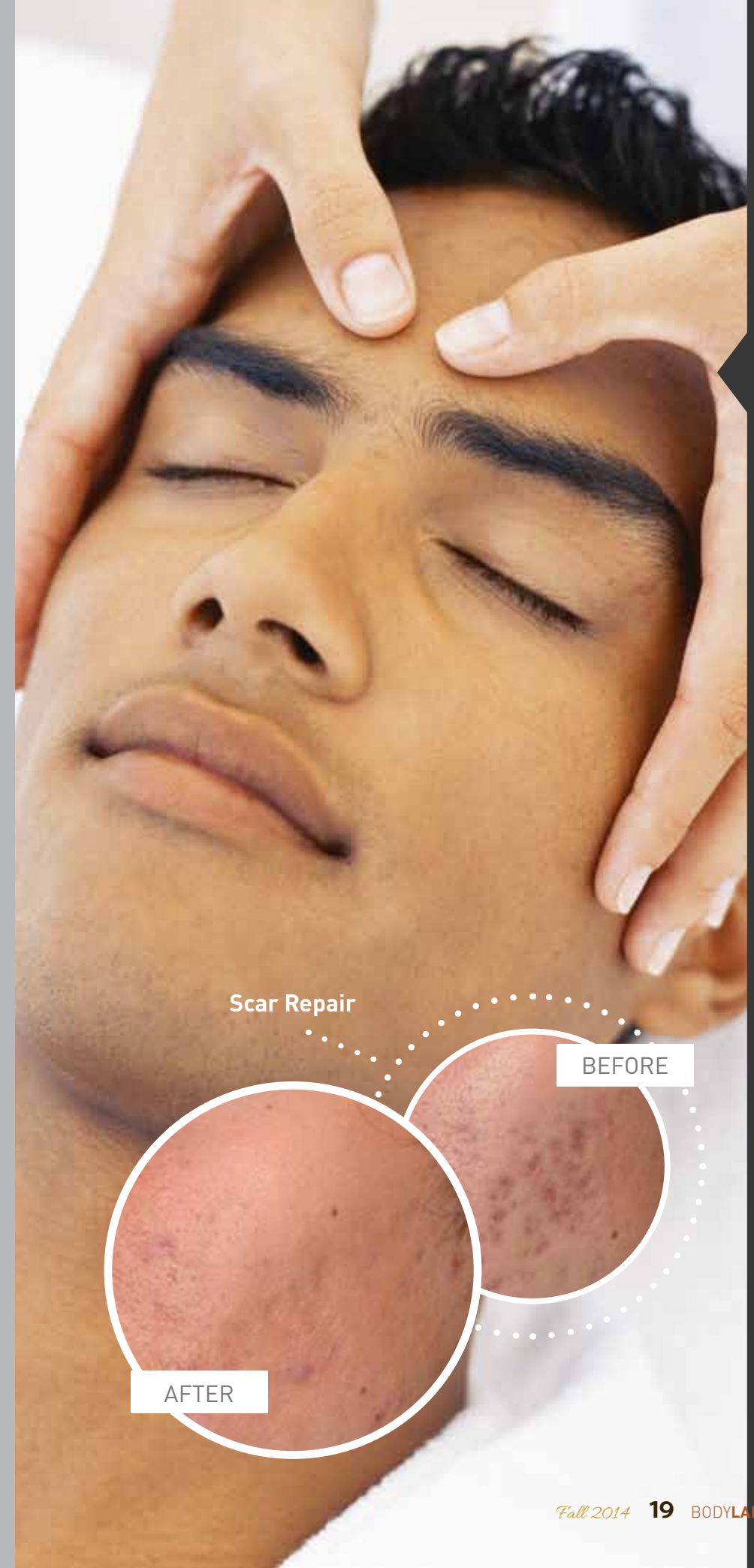
How many treatments are needed?

A series of 4 treatments are needed to obtain optimal results. It is recommended that treatments be scheduled every 3-4 weeks.

Note:

After each treatment you may experience some tenderness of the treatment area as well as slight redness, which should subside within a few days.

* Before and after photos are courtesy of PicoSure.



Scar Treatments

HOW IT WORKS

Ultra short pulses of laser light are used to target the skin's deep sub-layers causing an abrasion to the support structure. The body's natural healing process kicks into gear, eliminating damaged skin and rebuilding new skin through the production of elastin and collagen.

DID YOU KNOW?

Elastin and collagen are the building blocks to healthy looking skin.

HOW DO SCARS FORM?

When the underlying deep layers of skin, called the dermis, are damaged. The body will naturally try to repair itself through the production of collagen, resulting in a scar.

TYPES OF SCARS

Most scars are flat and pale. However, raised scars (hypertrophic or keloid scars) can occur when the body, in its healing process, produces too much collagen. Raised scars are more common in younger and dark-skinned individuals.

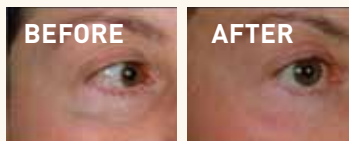
EXCEL V™

Excel V™ is a new laser system for providing treatment of a variety of vascular and benign pigmented skin conditions.



Excel V™ treats vascular conditions by administering a unique, high powered green laser that is absorbed by the abnormal blood vessels causing the vein walls to collapse and seal shut. Over time, the vessels will no longer be visible. Several treatments may be necessary to achieve desired results.

The new Excel V™ laser can be applied to the skin to treat spider veins, reticular veins, and small varicose veins on the legs, face, and trunk. The laser emits a specific wavelength of light that heats up the damaged vein without injuring nearby tissues.



Periorbital Blue Veins

Can be caused by heredity, aging or localized inflammation. The number of treatments and when to see results would be the equivalent to facial and leg vein treatment timing.



Rosacea

It often begins with a tendency to blush or flush more easily than other people. The redness can slowly spread beyond the nose and cheeks to the forehead and chin.

Physiologic signs and symptoms of rosacea include:

- + Redness or flushing on the cheeks, nose, chin or forehead
- + Small visible blood vessels on the face
- + Bumps or pimples on the face
- + Change in size, shape or skin thickness on the nose or chin

Trigger factors include:

- + Botanicals (mint, menthol, peppermint and eucalyptus)
- + Spicy foods
- + Harsh exfoliates
- + Products heavy in fragrance



Facial and Leg Veins

Spider veins are very small, fine red, blue, or purple veins that are close to the skin surface. They can be found on the face and legs. They often look like a thin line or tree branches. Reticular veins, or feeder veins, are blue or green veins beneath the skin surface. Reticular veins can be found on the face, body, and legs. They enlarge due to increased pressure in the vein. Many factors can lead to the development of a spider and reticular veins. While some clients may be happy with just one treatment, two or more treatments may be needed to achieve desired results. **Most patients find the majority of the treated veinss show significant improvement within two to six weeks of treatment.**



Poikiloderma

Poikiloderma is a skin condition that consists of areas of hypopigmentation, hyperpigmentation, telangiectasias and atrophy. Poikiloderma is most frequently seen on the chest or the neck, characterized by red-colored pigment on the skin that is commonly associated with sun damage. **Again, results can be seen in two to six weeks based on the number of treatments and severity of condition.** Genesis would be a great maintenance for Poikiloderma and Rosacea. **[see page 12]**



ANISHING VASCULARITY

Before and after photos are courtesy of Cutera and Drs. Groot, Kauer, Waslen and Smith.



What specific conditions does Excel V treat?

Excel V has been shown effective at treating a number of conditions, including **rosacea, spider leg veins, port wine stains, telangiectasia, cherry angiomas, and benign pigmented lesions such as sun spots.** Excel V treats both mild and severe forms of these conditions. The system may also have a cosmetic benefit for patients who have **skin lesions or scars** from past injuries or surgeries.

How many treatments are needed?

The number of treatments depends on various parameters, including the size, thickness, and color of the vascular lesion. Superficial vascular lesions are usually easiest to treat; **some patients might see significant improvement after just one treatment.**

Do the treatments hurt?

Most patients experience a stinging sensation as the pulses of energy are delivered through the handpiece. Following the treatment, the pain is minimal to nonexistent.

What are the possible side effects?

Although many patients report few if any side effects, those most commonly noticed are slight reddening and swelling of the skin. Some patients may experience bruising and in rare instances, blistering may occur.

When will I see results?

Most patients find that the majority of the treated veins have shown significant improvement within two to six weeks of treatment. However, your final results may not be apparent for several months.

A new approach to treat vascular and benign pigment conditions.



FAT FACTS

Choosing the Perfect Treatment for Permanent Fat Loss

OPEN HOUSE SPECIAL
10% OFF BODY CONTOURING PACKAGES*

*Does Not Include Surgery

Note

Fat Reduction is NOT the same as weight loss! The misconception that weight loss and fat reduction are one in the same is very common, but don't be fooled. They are, in fact, very different.

Fat Reduction = Reducing the amount of fat cells that are in a particular part of the body being treated.

Weight Loss = Reducing the SIZE of the fat cells in the body but maintaining the same amount of fat cells.

Inside Tip

truSculpt™ is a perfect post treatment care for liposuction to even out any irregular fat deposits for an even smoother result.



BEFORE*



AFTER*



- + Uses cooling to eradicate fat cells
- + Non-invasive, non-surgical
- + Reduces bulges
- + Best for "pinchable" fat without skin laxity issues:
 - Abdomen
 - Flanks
 - Back fat
 - Banana roll (Just Under the butt cheeks)
- + No downtime
- + 20%-25% reduction in fat
- + 2 treatments are recommended for optimal results
- + Results are permanent

* Photos Courtesy of CaloSpa: Actual Patient
** Photos Courtesy of truSculpt™
*** Photos Courtesy of CaloSpa: Actual Patient



BEFORE**



AFTER**



- + Uses heat (Radio Frequency) to eradicate fat cells
- + Non-invasive, non surgical
- + Reduces bulges & tightens
- + Best for small to moderate areas of fat and areas that are prone to cellulite:
 - Inner thighs
 - Outer thighs
 - Arms
 - Neck
- + No downtime
- + 20% - 30% reduction in fat
- + 3 treatments are recommended for optimal results
- + Results are permanent

LIPOSUCTION

BEFORE***



AFTER***



- + Uses suction
 - + Surgical
 - + Treat any area of the body
 - + Creates dramatic body contouring results**
 - + Best for moderate to large fat deposits
 - + Anywhere on the body
 - + 7-10 days of downtime
 - + 70% reduction in fat
 - + Results are permanent
- Liposuction is the pinnacle treatment for individuals who need more extensive reshaping and contouring or have multiple areas of the body with larger fat deposits they would like to treat.

TEOXANE

TARGETED RESPONSE TO AGEING

RHA™ *What it is...*

Developed for dermal injectables such as Voluma®, Juvederm®, and Restylane®, RHA™ or Resilient Hyaluronic Acid and is now finally integrated into our skin care.



RHA™ Skin Refiner

RHA™ Resurfacing Ingredients Novhyal G

The combination of high concentration resurfacing agents and RHA™ make this product effective in evening out your skin tone and making the skin look and feel smoother. Every evening, after cleansing the skin, apply 1-2 pumps to the face and neck. Avoid the sensitive areas around the eyes and mouth.

RESULTS

In 15 days new cells are revealed, pores are visibly refined, and complexion is more luminous and radiant.*



RHA™ DEEP REPAIR BALM

RHA™ ARNICA

For soothing, ultra-comfort Deep Repair Balm is indicated for:

- + Sensitive, dry or irritated skin
- + Post aesthetic procedures
 - Injectable Fillers (Juvederm®, Restylane®, Perlane®, Voluma® and Sculptra®)
 - Facial Lasers
 - Chemical Peels
- + Helps minimize and prevent bruising
- + Reduces redness caused by certain skin disorders

Apply as needed to sensitive, dry or irritated areas of the skin.



RHA™ ADVANCE FILLER

for NORMAL SKIN or DRY SKIN
RHA™ Dermo-Restructuring Complex 7% Novhyal G*

Anti-wrinkle cream has never been so effective until now. TEOXANE's Advance Filler boosts the synthesis of hyaluronic acid and collagen in the deep layers of our skin to stimulate new tissue growth and fill in wrinkles. Apply 1-2 pumps to the face and neck morning and/or evening after applying RHA™ SERUM.

RESULTS

Skin is hydrated, smoothed and instantly matte. After several applications, the complexion appears lifted and brightened with diminished wrinkles.



RHA™ PRIME

RHA™ Rose Water Dermo-Restructuring Complex Novhyal Biotech G*

Prep and cleanse - Perfect for even the most sensitive skin. Apply to face and eyes without rinsing to cleanse and remove make-up.



RHA™ SERUM

High dose RHA™ Novhyal G Antioxidants Combination

Deep regeneration for cell renewal and tissue reform. Apply 1-2 pumps to face and neck, morning and evening. Note: A little goes a long way.

RESULTS

After 14 days skin appears smoother and brighter.¹ Within several applications, the complexion appears lifted, and fine lines and wrinkles diminished.^{2,3}

¹ Results after 15 days. Evaluation carried out on 24 volunteers.

² Evaluation carried out on 31 volunteers by an external laboratory.

³ Results after 28 days.

RHA™ 101

There are three main building blocks to our skin – collagen, elastin, and hyaluronic acid. Hyaluronic acid holds on to water/moisture which gives our skin volume. In fact, hyaluronic acid can hold 1,000 times its weight in moisture. In our youth, hyaluronic acid can be found in abundance around and in between our collagen and elastin cells. As skin ages, the presence of hyaluronic acid diminishes substantially leaving the skin looking flat and deflated; hence the popularity of anti-aging treatments such as injectable fillers. With TEOXANE you are treating your skin with hyaluronic acid from the outside-in and with injectable fillers you are treating your skin from the inside-out, giving your aging skin the hyaluronic acid it needs for complete volume building and moisture retention.

The Dermo-Restructuring Complex*— A combination of 3 antioxidants, 8 amino-acids, 2 minerals and vitamin B6.

TEOXANE information and results courtesy of ALPHAEON Corporation.

LABORATORIES
TEOXANE
GENEVA

Confident in your skin, Confident in your life™



Visibly transforms skin within
14 days



MICRO NEEDLING

What is MicroNeedling?

MicroNeedling has been shown to increase the remodeling of the skin by creating thousands of microscopic channels in the skin, increasing the formation of new tissue by activating the body's healing cascade. Promotes scar-less healing and the deposition of normal woven collagen, rather than scar collagen. Triggers the release of growth factors by introducing a controlled wound into the skin, with minimal downtime.

What is PCIT?

The technical name for MicroNeedling (Percutaneous Collagen Induction Therapy).

What can I expect from my treatments?

Treatments may leave your skin pink or red and feeling a little tight. You may also get bronzing that lasts 2-3 days, but skin should be back to normal within a week.

Acne Scarring +

Scarring +
Stretch Marks +

Skin Tone +
Oiliness +
Skin Texture +
Fine Lines +
Wrinkles +



Great with Growth Factors. Why?

Growth Factors, called PRP, Platelet Rich Plasma, are released with MicroNeedling. Then, when Growth Factors are applied topically, it causes a heightened "immune response." Wounds treated with Growth Factors enhance wound repair (rapidly helps you heal), but also possess a more even layer of collagen that pushes to the surface. MicroNeedling causes microscopic holes in the skin, thus making the Growth Factors much easier to penetrate and absorb.

ON POINT TO HEALTHIER SKIN



About the Device

Hand-held with a detachable, disposable needle cartridge.

What does the treatment feel like?

We typically numb the area to be treated 15-20 minutes before the treatment to minimize discomfort. The hair line can sometimes be uncomfortable, but the rest is very comfortable.

How many treatments are needed?

A series of 3-6 treatments depending on concern, 2-4 weeks apart for initial results. Maintenance treatments as needed.

2014-2015 CALENDAR OF EVENTS

OCTOBER

1-31 Breast Cancer Awareness Month

NOVEMBER

6 13th Annual Open House – Receive 20% off select products and services
28 CaloSpa Black Friday Deal

DECEMBER

6-23 12 Days of CaloSpa

FEBRUARY

1-14 Valentine's Day Gift Card Special

MARCH

26 Get Derby Ready – CaloSpa Injectable Evening with Drs. Calobrace & Mizuguchi

MAY

1-10 Mother's Day Gift Card Special

JUNE

1-14 Father's Day Gift Card Special

JULY

1-31 Teacher Appreciation

* Event Dates are Subject to Change

SPA INFO

Main | 502.814.3000

Clinical | 502.899.9979

2341 Lime Kiln Lane
Louisville, KY 40222

www.calospa.com
info@calospa.com



FINANCING

We accept Visa, MasterCard, American Express and Discover. Financing options are also available through Alphaeon Credit, Care Credit and BBET. 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.



2341 Lime Kiln Lane | Louisville | KY | 40222

Renew. Capture. **Win.**

Using the popular photo app **Instagram**, snap photos from your viewpoint of your CaloSpa Rejuvenation Center and Calobrace & Mizuguchi Plastic Surgery Center experience.

When you post to Instagram, use **#caloview** to be entered into a **monthly drawing where one winner will receive a special gift** from now until our Open House in 2015. Look for our favorite pics in the Fall 2015 Body Language magazine.



WATCH FOR GIFT CARD SPECIALS

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 Open House, Holidays and Valentine's Day. When you purchase a **\$100 Gift Card** you will also receive a **\$20 CaloCard.***

*restrictions may apply