

BODY LANGUAGE

New and Innovative Techniques to Improve One's Body

Issue #8

Snap Shot

BOOTY AMBITIONS
ACHIEVING THE PERFECT PEACH

OPEN HOUSE

CALOSPA'S 18TH ANNUAL
Thursday, November 7th from 12 p.m. to 8 p.m.

GUYCODE

BEYOND BREASTS

ABSolutely Flattering

*Here's the Skinny on Achieving a
Flat and Firm Stomach*



Beauty in Focus
#nofilterneeded

 **CALOSPA**
REJUVENATION CENTER

 **CALO AESTHETICS**
PLASTIC SURGERY CENTER

CALOSPA'S 18TH ANNUAL OPEN HOUSE

THURSDAY, NOVEMBER 7TH 12 P.M. TO 8 P.M.

LOUISVILLE LOCATION

Let CaloSpa Rejuvenation Center guide you through your journey to achieving your aesthetic goals, #nofilterneeded.

RSVP: TEXT 502.899.9979 OR CALL 502.899.9982

CHARITABLE BENEFICIARY:  DRESS FOR SUCCESS[®]
LOUISVILLE

SHOWCASING THE BEST IN SURGICAL AND NON-SURGICAL AESTHETIC PROCEDURES

Open House Week – NOVEMBER 4TH - 8TH

EXCLUSIVE OPEN HOUSE SPECIALS

- › 20% Off All Skincare and Body Products
- › 20% Off Select Medi and Day Spa Services
- › Special Pricing on Jeuveau[®], Botox[®], and Dysport[®]
- › Additional 5% Off for CaloPerks Diamond Members

ATTEND TO EXPERIENCE

- › New Treatment Options
- › Complimentary VISIA Skin Analysis
- › Live Demonstrations
- › Mini-Consults with Expert Providers
- › Education on All Products and Services
- › Complimentary Mini-Massages
- › Gifts with Purchase
- › \$20,000 in Door Prizes & Giveaways
- › CaloSwag
- › Social Stations

A TASTE OF CALOPERKS

Discover what it means to be a CaloPerks member in the new Perks Tent offering, an unprecedented lounge experience with live music, private seating, signature cocktails, cigar zone, special swag and one-of-a-kind giveaways.

PRESALES

Starting Monday, October 14th pre-purchase all your favorite CaloSpa treatments and services.

Sale ends November 9th.

- › Stop in to Any CaloSpa Location
- › Call 502.814.3000
- › Order Online at calospa.com

2019-2020 CALENDAR of Events

OCTOBER

1-31 Breast Cancer Awareness Month

NOVEMBER

7 18th Annual Open House
29 CaloSpa Black Friday Deals

DECEMBER

9-21 12 Days of CaloSpa

JANUARY

1-31 New Year, New You

FEBRUARY

1-14 Valentine's Day Gift Card Special
10-14 Love Your Skin Week

MARCH

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

APRIL

1-30 Spring Beauty

MAY

1-10 Celebrating Mom – Mother's Day Specials

JUNE

1-30 Man Month
1-12 Father's Day Gift Card Special

JULY

1-31 Summer Skin is In

AUGUST

1-31 Back to School Savings

SEPTEMBER

1-30 Fall in Love with Your Skin

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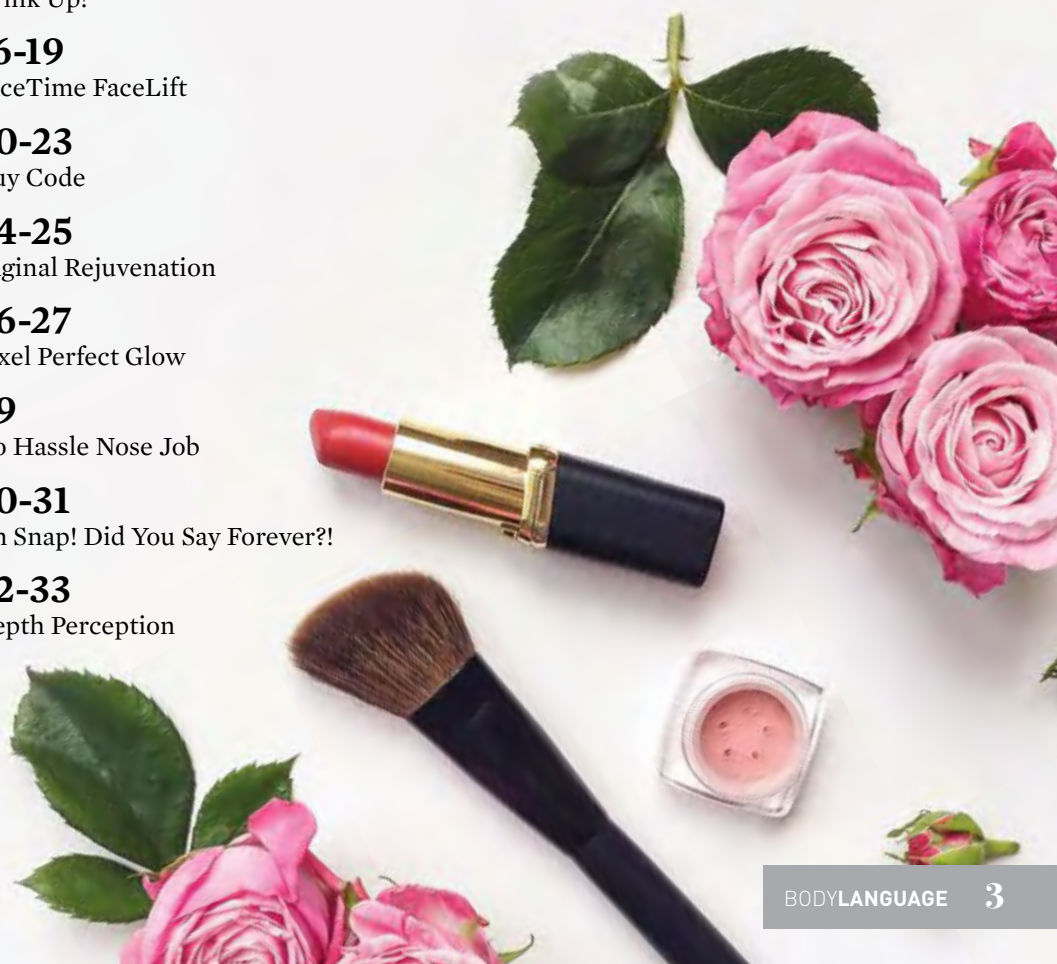
Smooth Operators

54-55

Yessss! Tighten it up!

CREDITS & THANKS

Special thanks to Social Influencer,
Kaitlyn Hubert: @kaitlyn_hubert



THE DOCTORS

**M. BRADLEY CALOBRACE,
MD, FACS**

Dr. Calobrace is board certified in plastic surgery (American Board of Plastic Surgery), a Fellow of The American College of Surgeons and an active member of The American Society of Plastic Surgeons, The American Society for Aesthetic Plastic Surgery, and The Kentucky Society of Plastic Surgeons. He is nationally and internationally recognized as a leader and educator in breast surgery and holds a gratis clinical faculty position with the University of Louisville and the University of Kentucky. Dr. Calobrace performs over 1,000 cosmetic surgeries a year including breast, facial and body contouring procedures. Dr. Calobrace travels the U.S. and world educating on breast surgery, publishes extensively, and is completing his textbook on breast augmentation mastopexy (Breast Lift and Augmentation).

CHET MAYS, MD

Dr. Mays is a board certified plastic surgeon by the American Board of Plastic Surgery and a member of the American Society of Plastic Surgeons. He completed his medical degree (cum laude) at the University of Louisville School of Medicine and went on to complete a 6-year integrated plastic surgery residency, training under surgeons from such prestigious institutions as Johns Hopkins, NYU, Memorial Sloan Kettering Cancer Center, MD Anderson Cancer Center, and Manhattan Eye, Ear, and Throat Hospital. Dr. Mays is a Key Opinion Leader publishing extensively for some of the leading plastic surgery journals and textbooks. Dr. Mays and Dr. Calobrace are currently completing their textbook on augmentation mastopexy. Dr. Mays performs a range of procedures in the field of plastic surgery with a special interest in face, breast and body cosmetic surgery.

Photo by Nickoli Neville

**DID YOU
KNOW?**

**BOTH, DR.
CALOBRACE
AND DR.
MAYS, ARE
“TOP DOCS”.**

“We recognize doctors who share our mission to empower patients with reliable information. RealSelf Top Contributor status is awarded to a select group of doctors who have demonstrated an ongoing commitment to answering consumer questions, and are transparent about their level of service by encouraging their patients to post unbiased reviews and ratings.” – RealSelf, Inc.



The ExpertInjector™ Team



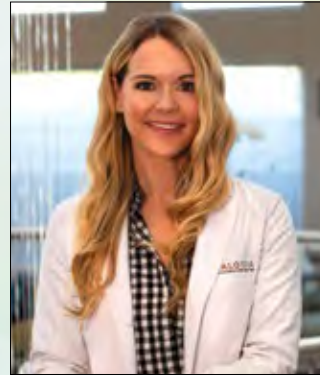
Looking your best doesn't always require surgery. Many of CaloSpa's advanced medical spa treatments were pioneered by our own plastic surgeon Dr. Bradley Calobrace. Offering patients consistently great results and ensuring the highest quality in care, CaloSpa nurse injectors have over 40 years combined injector experience. CaloSpa is accredited as an ExpertInjector practice through American Society of Aesthetic Plastic Surgery. The Nurse Injector staff performed over 10,000 treatments last year, adhering to stringent injectable standards. CaloSpa offers a variety of injectable products and non-surgical treatments to ensure we can build customizable treatment plans that can meet the expectations and beauty goals of each patient.



BETHANY SHIVELY
APRN, DNP



KAITLYN HICKS,
APRN



LACEY MCCAULEY,
MMS, PA-C



DAWN RECKTENWALD, RN



TRINA HOLMES, RN



NICOLE BEAMS,
RN, BSN



LISA ABRAMS,
RN, LEXINGTON

CALL
502.814.3000
TO SCHEDULE
YOUR CONSULT
TODAY!

CALOSPA
REJUVENATION
CENTER PERFORMED
OVER 14K INJECTABLE
TREATMENTS IN 2018.

Explore Our Financing Options to Make Your Aesthetic Surgical and Non-surgical Dreams a Reality.

Our financing options put our patient's best interest first. Each program is designed to offer patients flexible and easy payment plans that are customized to fit the patient's lifestyle and budget.

DISCOVER THE POSSIBILITIES:



app.patientfi.com/caloaesthetics



www.comenity.net/ALPHAECOSMETIC



www.carecredit.com



MENU OF SERVICES

Packages Also Available

DAY SPA

SERVICES

Facials
Make-up
Massages
Physician Directed Skincare Lines

SURGERY CENTER

BREAST

Breast Enlargement
Breast Implant Removal
Breast Lift
Breast Reduction
Breast Reconstruction
Gender Confirmation – Top Surgery
Gynecomastia – Male Breast Reduction
Revisional Breast Surgery

BODY

Arm Lift
Body/Thigh Lifts
Brazilian Butt Lift
Fat Transfer
Labiaplasty
Post-Bariatric (Weight Loss) Rejuvenation
Mommy Makeover
Platelet-Rich Plasma (PRP)
SafeLipo
ThermiTight®
Tummy Tuck
Ultrasonic Liposuction
Vaginoplasty

FACE

Calolift
Chin/Cheek Augmentation
Contour TRL™ – Deep Skin Resurfacing
Ear Pinning
Endoscopic Brow Lift
Eyelid Surgery
Facelift
Fat Transfer
Fraxel Repair Laser Resurfacing
Lip Lift
Lip Implant
Mini Facelift
Neck Lift
NeoGraft® Hair Restoration
Rhinoplasty

MEDI SPA

FACIAL INJECTABLES

- Belotero®
- Botox®
- Dysport®
- Xeomin®
- Jeuveau™
- Juvéderm® Family of Injectables
- Kybella®
- Radiesse®
- Restylane® Family of Injectables
- Sculptra®
- Voluma®

FACIAL LASER & LIGHT TREATMENTS

- excel V™ – Vascularity Treatment
- Forever Young BBL™
- FotoRejuvenation Complexion Treatment
- Facial Tightening
 - INFINI™
 - SkinTyte™
 - Ultherapy®

HALO™

- Hollywood Laser Peel
- Laser Genesis™ – Skin Glow
- PicoGenesis™
- Spectra® – For Pigmentation

ADVANCED FACIAL TREATMENTS & PEELS

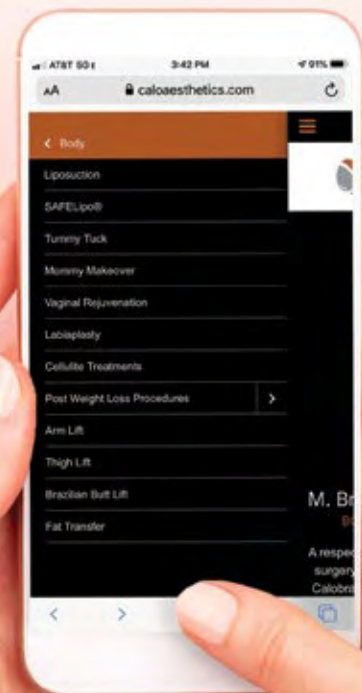
- Chemical Peels
- Dermal Infusion
- Dermaplaning (Blading)
- Glycolic/Salicylic Peel
- HydraFacial®
- MicroLaserPeel®
- Microdermabrasion
- Microneedling
- Micropeel
- NanoLaserPeel®
- PRP Facial

BODY TREATMENTS

- BioTE® Hormone Replacement Therapy
- IM B12 Shot
- Forever Bare BBL™
- Laser Hair Removal
- miraDry® Sweat Treatment
- SkinTyte™ Body
- Tattoo Removal
- ThermiVa® – Vaginal Tightening

BODY CONTOURING & CELLULITE TREATMENTS

- Cellfina®
- CoolSculpting®
- EmSculpt® Muscle Building + Fat Reduction
- Ideal Protein Weight Loss
- ThermiSmooth®
- truSculpt® iD



Looking Good Just Got *Easier*

**JOIN OVER 600 MEMBERS AND EXPERIENCE
YEAR-ROUND SAVINGS AND ALL THE PERKS.**

We have taken our focus on beauty and wellness to the next level. Understanding that consistency is key to maximizing the results of your products and services, we have created a rewards program, CaloPerks, to help you achieve your beauty and wellness goals with savings year round.

**A simple monthly payment can unlock all the Perks
you need to a confident new you!**

ALL THE *Perks*

- Save up to 20% on all CaloSpa products and services.
- Save up to 10% on CaloAesthetics surgeon's fees.
- Special member pricing at Open House event.
- Includes comprehensive skin and wellness consultations.
- No RSVP fees for CaloSpa events.
- Exclusive CaloPerks events.
- Discounts are valid with other reward programs (Aspire, Brilliant Distinctions, Swiss Rewards).
- Credits never expire.

CALOPERKS MEMBER QUOTE

"I am so glad to be a Perks member! I am able to budget for my favorite routine treatments while saving some money. Taking care of my skin, body and health has always been very important to me. So to become a Perks member was an easy decision. I will always be a CaloSpa patient, and I absolutely love my Botox®, now Jeuveau™, and Sculptra® treatments! I will not go anywhere else, and when it's time for surgery I will only go to see CaloSpa's doctors." H.D.

ARE YOU READY TO *Get Perky?*

**CALL 502.814.3000 TO LEARN MORE
AND SIGN UP TODAY!**

**CALOSPA HAS SAVED CALOPERKS
MEMBERS OVER \$177,558.00!**

Sign up for CaloPerks during Open House and receive a complimentary Micropeel and a chance to win a comprehensive skincare bundle, \$500 value.*

*Offer available to members who sign up during CaloSpa Open House event. Member can choose a single Micropeel treatment which can only redeem after 6 months of good membership standing.

PICK YOUR *Perk Status*

GOLD, PLATINUM OR DIAMOND

MEMBERSHIP BENEFITS	GOLD	PLATINUM	DIAMOND
MONTHLY PAYMENT	\$75-\$245	\$250-\$445	\$450+
Save on Spa Products and Services	10%	15%	20%
Complimentary Treatment Plans			
No RSVP Fee for Events			
Special Gifts and Promotions			
Exclusive CaloPerks Events			
Save 10% on Surgeon's Fees			
Additional 5% Open House Discount			



OPEN HOUSE

CALOSPA REJUVENATION CENTER

IS CELEBRATING ITS

18TH ANNUAL OPEN HOUSE EVENT

THURSDAY, NOVEMBER 7TH

12 P.M. TO 8 P.M.

RSVP: TEXT 502.899.9979 OR CALL 502.899.9982

IT'S A BEAUTY SOCIAL!

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

This year's event themed **Beauty in Focus** brings our expert knowledge and years of experience to the forefront for our clients, friends and family. We will be showcasing the best in surgical and non-surgical aesthetic procedures CaloAesthetics Plastic Surgery Center and CaloSpa Rejuvenation Center has to offer. We will be offering mini-consultations and physician-directed skincare regimen recommendations throughout the entire day.

As our guest, you will get to enjoy key education provided by our award-winning physicians and staff, exclusive discounts, live demonstrations, complimentary services, and CaloSwag. Let us FOCUS on you! We will guide you through your journey to achieving your aesthetic vision, #nofilterneeded.

Beauty in Focus
#nofilterneeded

Guests are welcome to mix and mingle throughout the entire facility, visiting popular areas such as the CaloSculpting Curve, Injectable Hall of Fame, the Perks Tent, CaloAesthetics Operating Suites, and the new CaloSelfie Social stations.

Hors d'oeuvres by Anoosh Bistro. Music by DJ Brios and Dean Heckel. We also offer complimentary valet parking to all guests.

IN ADDITION TO THE 20% OFF OPEN HOUSE SPECIAL, CALOPERKS DIAMOND MEMBERS WILL RECEIVE AN EXTRA 5% OFF (25% OFF TOTAL) ON ALL OPEN HOUSE PURCHASES.

GIVING BACK:

CHARITABLE BENEFICIARY



We are excited to announce this year's esteemed charitable beneficiary will be Dress for Success Louisville (DFSFL). Their admirable mission is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life. This is why this year's charitable partnership has come with great honor. Like DFSFL, we understand the value of creating confidence. Everyday we help our clients by offering services that improve how they view themselves and feel about their appearance. We are both here to help our people achieve a higher sense of satisfaction and greater self-esteem.

During our open house event we will be raising money for DFSFL through guests' generous donations. We welcome donations of any denomination; however, with a small donation of \$20 the attendee will be entered into our charitable drawing for a chance to win one of our newest treatment options HALO™, or Forever Young BBL™ (up to \$4500 value in services). All proceeds from the drawing will go directly to Dress for Success Louisville.

Come and enjoy an evening of pure indulgence with Dr. Bradley Calobrace, Dr. Chet Mays and the entire staff as we revel in BEAUTY and SOCIAL. We would love to thank you for your continuous support and patronage.

While Open House Week starts Monday, November 4th, our annual celebration will take place on Thursday, November the 7th from 12 p.m. to 8 p.m. The event is complimentary, but reservations are required by October 25th by calling 502.814.3000 or texting 502.899.9979.

EXPERIENCE:

- › NEW TREATMENT OPTIONS
- › COMPLIMENTARY VISIA SKIN ANALYSIS (\$125 VALUE)
- › LIVE DEMONSTRATIONS
- › MINI-CONSULTS WITH EXPERT PROVIDERS
- › EDUCATION ON ALL PRODUCTS AND SERVICES
- › COMPLIMENTARY MINI-MASSAGES
- › GIFTS WITH PURCHASE
- › SELFIE & SOCIAL STATIONS
- › 20K+ IN DOOR PRIZES & GIVEAWAYS

EXCLUSIVE 18TH ANNUAL OPEN HOUSE

SPECIALS

- › 20% OFF ALL SKINCARE AND BODY PRODUCTS
- › 20% OFF SELECT MEDICAL AND DAY SPA SERVICES

EXCLUSIVE OPEN HOUSE

DISCOUNTS

- › JEUVEAU™ - \$10 PER UNIT
- › BOTOX® & XEOMIN® - \$11 PER UNIT
- › DYSPORT® - \$4.5 PER UNIT

PRESALES*

PURCHASE ALL YOUR CALOSPA SERVICES
AND PRODUCTS EARLY!

BEGINS MONDAY, OCTOBER 14TH THRU NOVEMBER 9TH

STOP IN TO ANY CALOSPA LOCATION

CALL 502.814.3000

ORDER ONLINE AT CALOSPA.COM

CALOPERKS TENT

TENT OPENS AT 3:00 PM

CaloPerks members delight in an unprecedented lounge experience with live music, private seating, signature cocktails, cigar zone, special swag and one-of-a-kind giveaways. Get a chance to meet the exclusive Perks Concierge Team that is committed to fulfilling every perk-member request. Our Perks Concierge team is devoted to nurturing and building valued relationships with our members, and to best understand every member's individual needs and aesthetic aspirations, so that every recommendation made is perfectly tailored to your lifestyle and desired outcome.

GET A TASTE OF PERKS

Not a Perks member? You are invited to stop by the CaloSpa Perks tent to speak with a dedicated Perks Concierge who will walk you through all the benefits and savings you, too, can experience.

Sign up for CaloPerks during Open House and receive a complimentary Micropeel treatment and a chance to win over \$500 in physician directed skincare!

DIAMOND MEMBERS WILL RECEIVE AN ADDITIONAL 5% OFF
(25% OFF TOTAL) ON ALL OPEN HOUSE PURCHASES.

*Individual treatment results may vary. Open House pre-purchases cannot be rendered until Open House Week, starting November 4th.



SNAP SHOT

@CaloSpa



Preceptorship with Visiting Surgeons



Dr. Calobrace at 2019 breast meeting, London, England

Many of you know how involved Dr. Mays and I are in education and how we demonstrate leadership nationally and around the world. I thought I would share with you our last year — it has been a busy one for sure!

- Clinical Faculty (gratis) , University of Louisville and University of Kentucky
- Fellowship in Aesthetic Surgery at CaloAesthetics Plastic Surgery – began this year.
- Co-authored Textbook on “Augmentation Mastopexy”– Springer publishing , scheduled to be published in 2020
- Authored 10 chapters on breast surgery for multiple textbooks
- Authored multiple publications in peer-reviewed journals on breast surgery
- Publication “Safety of Smooth and Textured Silicone Breast Implants” in *Aesthetic Surgery Journal* and won best Article of the Year 2018 (Dr. C lead author)
- Scott Spears Award for the Best Breast Lecture at ASAPS 2018 (Dr. C)
- Traveled nationally and internationally (Sweden, Israel, Russia, Australia, England, Puerto Rico) lecturing on the subject of aesthetic breast surgery. Belgium, Italy, Sweden, Israel and more for the coming year.
- Dr. Calobrace and Dr. Mays perform over a 1000 cosmetic procedures per year, in all aspects of breast, body, face, hair restoration and female genital surgery
- Contributing editor of the *Aesthetic Surgery Journal*. (Dr. C)
- Chair of the BIA-ALCL task force for the Aesthetic Society (Dr. C)
- Testimony at the FDA during the hearings concerned breast implants in March (Dr. C)
- Named one of Sientra’s Key Opinion Leaders (Dr. Mays)
- Contributing reviewer for the *Aesthetic Surgery Journal* (Dr. Mays)

Since someone recently said to me “with Plastic Surgeons, it is all about the money,” I thought it would be worthwhile to mention the above is all done without any financial compensation. We have waived all of our fees for many years to insure our voice and opinions are our own and not paid for by industry. We are dedicated to the role of EXPERTS in our profession — knowing this expertise and leadership helps us better care for each and every one of our patients here in Kentucky. We believe our patients deserve the BEST — so, we are committed to being the BEST!

//

We are dedicated to the role of EXPERTS in our profession — knowing this expertise and leadership helps us better care for each and every one of our patients.



**ALLERGAN
BLACK
DIAMOND**

Less than 1% of all practices in the nation receive this honor. What does it mean to be a Black Diamond Practice? It means that CaloAesthetics Plastic Surgery Center and CaloSpa Rejuvenation Center are among the top 1% of all Botox® Cosmetic and Juvéderm® filler injectors in the U.S.



**EXPERT
INJECTOR™**

Less than 3% of all doctors in the U.S. are qualified to be an ExpertInjector. Our practice has earned the distinction of ExpertInjector for our excellence in safety, results, patient education, and choice of injectable products.



TOP 100

CaloSpa has been named a Top 100 volume injector for popular Restylane® injectables Silk and Lyft. This recognition is a testament to our experience and expertise with the Restylane products and procedure, making our practice the destination of choice for high patient satisfaction with quality outcomes.



**NEW BEAUTY
TOP BEAUTY
DIRECTOR**

Drs. Calobrace and Mays have been named a Top Beauty Doctor in one of the nation's leading beauty magazines dedicated to cosmetic enhancement and skincare. Regarded as “The Beauty Authority”, New Beauty magazine provides its readers with cutting-edge content on all things aesthetic.



**REALSELF
TOP DOCTOR**

Awarded to only a select group of doctors who have demonstrated an ongoing commitment to answering consumer questions, educating and are transparent about their level of service by encouraging their patients to post unbiased reviews and patient experience.

DID YOU KNOW?

You can view Dr. Calobrace's and Dr. Mays' CVs by visiting caloaesthetics.com.

PHOTO FINISHED

Written by Meredith Steinmetz, Clinical Cosmetologist

CaloSpa offers quick and easy no-downtime treatments that can have you looking and feeling your best for any special occasion, life event, wedding, or gala.

Photo Finished Worthy Treatments:

HYDRAFACIAL® AND DERMALINFUSION

Each treatment offers a unique approach to exfoliation, extraction, and serum infusion. Skin will feel and look fresh and supple.

DERMAPLANING

Dermaplaning is an amazing exfoliation method that removes dull, dead skin and has the added benefit of removing unwanted hair 'peach fuzz' on the face. Don't worry; the hair does not grow any thicker or darker when it grows back in. The skin is left super smooth and clean, offering a perfect canvas for make-up application.

THE MICROPEEL

This procedure includes dermaplaning, and a customizable peel and mask based on your skin needs. Skin is left feeling super smooth with a glow that can last up to 4 weeks.

THE HOLLYWOOD PEEL

The Hollywood Peel is a gentle laser that evens skin tone and reduces the appearance of pigment, fine lines and acne scars. The gentle resurfacing of your treatment will leave your skin looking vibrant and refreshed.

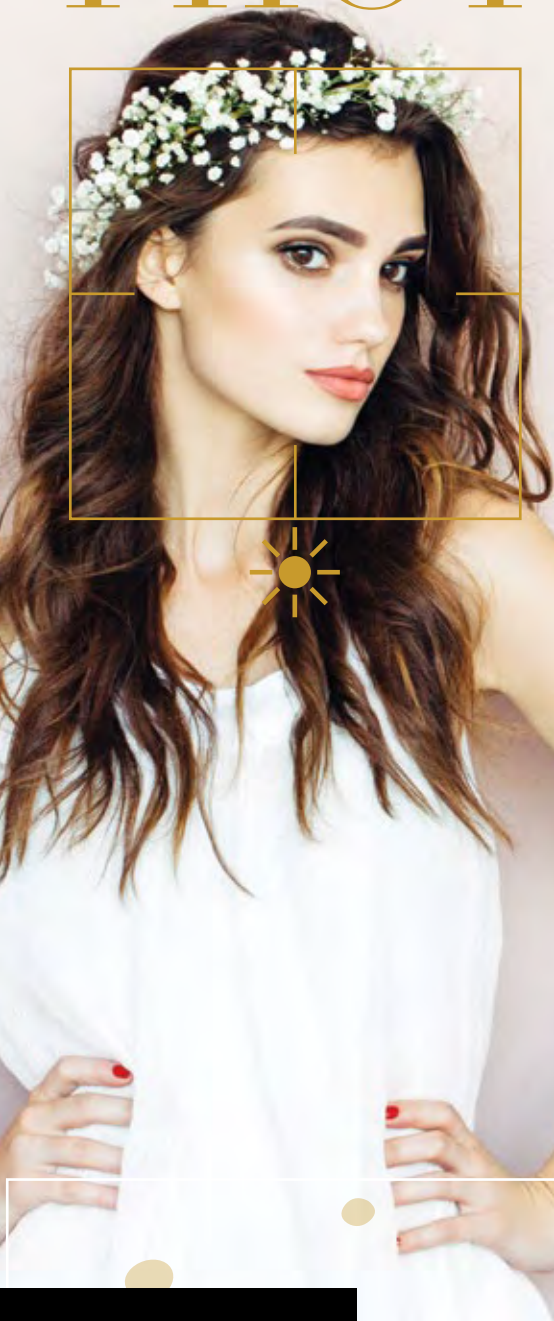
LASER GENESIS™

Laser Genesis™ delivers gentle heat to the epidermis, causing open capillaries to constrict and kick-start the skin's collagen production. Treatments help to improve elasticity, reduce pore size, fine lines and help with rosacea.

Pair your photo finished facial treatments with:

Physician-directed Skincare has a higher percentage of active ingredients, which for the patient means the results of the desired outcome are seen sooner and last longer.

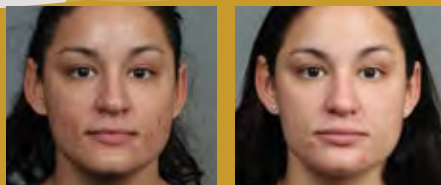
Jeuveau™ – Our newest neurotoxin has patients raving over its quick onset (2-3 days), giving patients smoother looking skin on the forehead, around the eyes and mouth.



#PHOTOFINISHED

PHYSICIAN-DIRECTED SKINCARE CHEMICAL PEELS AND LASER GENESIS

CaloSpa Patient



BEFORE

AFTER

PHYSICIAN-DIRECTED SKINCARE

CaloSpa Patient

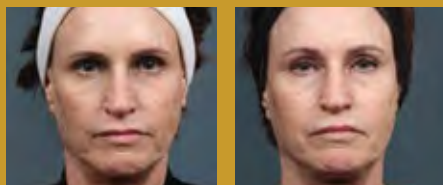


BEFORE

AFTER

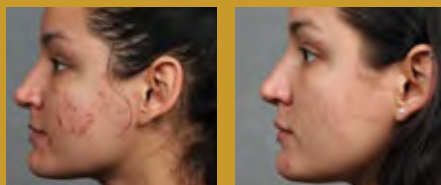
MICROPEEL

CaloSpa Patient



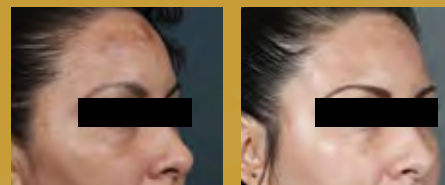
BEFORE

AFTER



BEFORE

AFTER



BEFORE

AFTER



Written by Dr. Bradley Calobrace

BREAST SURGERY

Never did I think I would see the day when so much has been written about breast surgery and breast implants — on social media, television, magazines, and newspapers. A friend recently said to me; “What the Hell is going on”. Of course, my friend was aware I have spent my life performing, writing and teaching about breast surgery — and I guess figured I may know something. Well, I do so I thought this may be a good way to dispel some myths and provide some thoughtful guidance for each of you.

First, some breast implants, the vast majority being Biocell textured implants sold by Allergan (previously Inamed or McGhan), have been associated with a rare type of lymphoma called BIA-ALCL (breast implant associated-anaplastic large cell lymphoma). I happen to chair the BIA-ALCL task force for the Aesthetic Society in the U.S. and actually gave testimony to the FDA back in March. Allergan voluntarily recalled these implants world-wide, deciding not to sell them or allow them to be used in the future. This recall, however, does not mean women are required to have their implants removed (not that kind of recall) but they should know of this rare risk and should be evaluated on an ongoing basis by having a discussion with their plastic surgeon about if and when any treatment would be appropriate. Smooth breast implants have no association with this lymphoma. Other textured implants have had a few cases of BIA-ALCL, but are much more rare. Due to the rarity, the implants may still be used after considering the risks and benefits. Dr. Mays and I like to see all of our breast implant patients once every one to two years for ongoing evaluation and care. If myself, Dr. Mays or Dr. Mizuguchi placed implants in you in our office, we have your records and can provide guidance and would love to see you for evaluation. **We also want all breast implant patients to know we would be happy to see any of you and help you continue to monitor and manage your breast implants regardless if placed by another surgeon.**

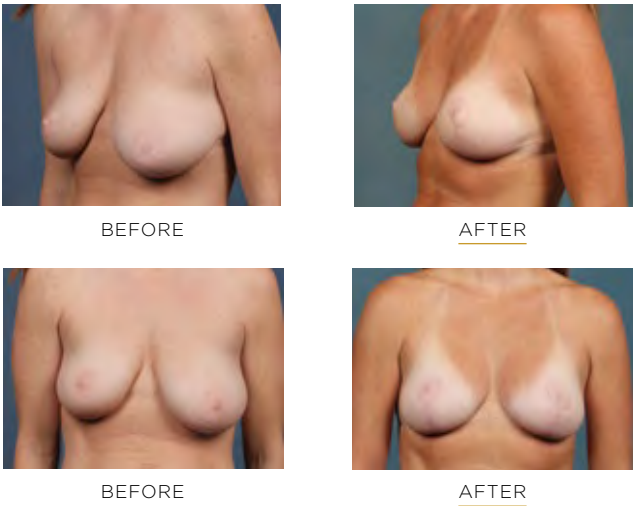
Secondly, there has been a new entity described in social media as “Breast Implant Illness”, even though that is not a medical term and there is no associated diagnosis in the medical literature. Nonetheless, this is a condition with a wide array of symptoms (fatigue, joint pain, headaches, brain fog, rashes, etc) that many very capable and compassionate women believe may be associated with their breast implants, which includes smooth and textured, saline and silicone. The challenge as a plastic surgeon (and one that publishes extensively, lectures throughout the world, and has treated nearly 10,000 breast patients) is at this point, we have no data and no information to help guide us in how best to manage these patients. We are always mandated to treat by science, knowledge and evidence-based medicine, and in BII (Breast Implant Illness), we step away from all of that. Almost all studies show implants have no connection to these symptoms, but there

are a few emerging studies that may point to some rare association. SO WHAT TO DO? Well, Dr. Mays and I do what we always do. Listen to our patients and support them and honor them and believe them. Educate them on what we know — then together make a decision for the right path. Women chose to have implants placed initially with no real indication other than a desire to look and feel better. And so for us, if patients want their implants removed in hopes of feeling better (with no guarantees...but honest hope), then we believe that is our patients' right. It is our responsibility to provide all of the appropriate information and guidance, but the decision is 100% the patient's, and we honor that.

It is important to know that we continue to follow our patients closely, and we also continue to be involved in clinical studies such as the post-approval studies, designed over a 10-year period. The vast majority of our patients absolutely love their implants and would never consider removing them. Patients continue to choose breast augmentation, and we believe in their right to do so, for the vast majority this will be an amazingly positive decision. But it is fair for patients to know although we do not understand it, there may be a link to this type of illness

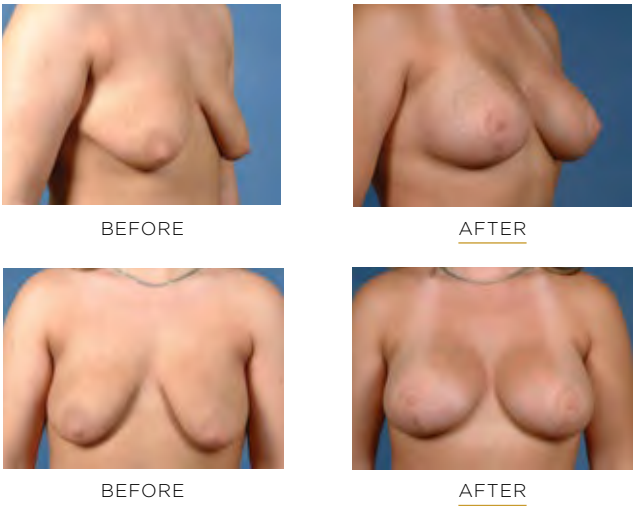
MASTOPEXY (BREAST LIFT),
BREAST REDUCTION LEFT BREAST

CaloAesthetics Patient



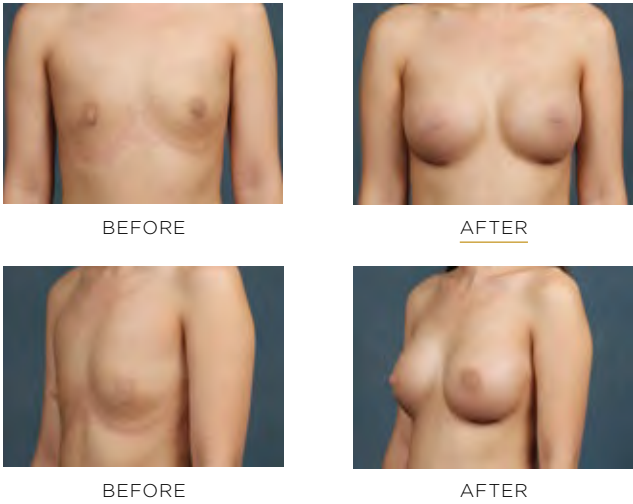
MASTOPEXY (BREAST LIFT) WITH BREAST IMPLANTS

CaloAesthetics Patient



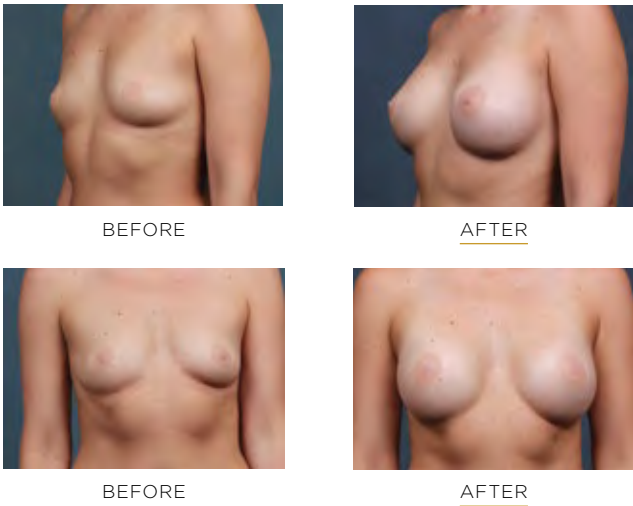
BREAST AUGMENTATION

CaloAesthetics Patient



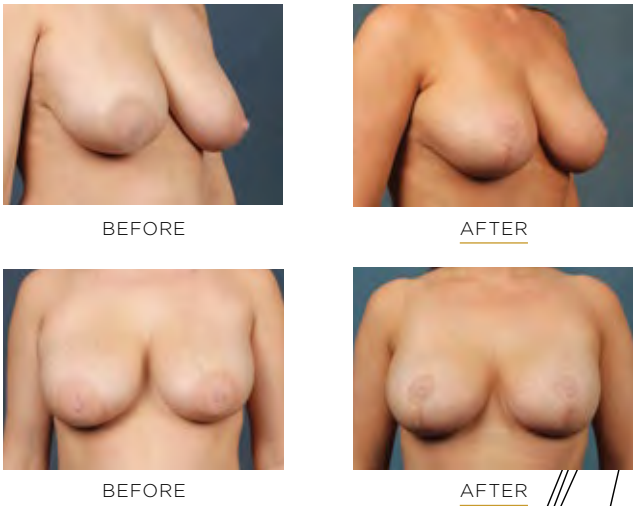
BREAST AUGMENTATION WITH
SHAPED IMPLANTS

CaloAesthetics Patient



MASTOPEXY (BREAST LIFT)

CaloAesthetics Patient





and that is fair. It is also important to remember breast surgery is more than implants. Patients often choose breast lifts, breast reductions, auto-augmentations with their own tissue or use of fat grafting for augmentation. Many women choose these options. We often remove implants or downsize implants and do breast lifts with fat grafting. In cases of BIA-ALCL or concerns of illness, removal of the entire capsule is also warranted. For these procedures, an experienced expert breast surgeon provides the best guarantee of a successful outcome. Of interest, we just wrote a large article for publication in the *Plastic Surgery Journal* outlining for surgeons the management of these many types of breast issues.

We believe women. We believe *IN* women. Dr. Mays, myself and my entire team are here always to provide information, care and compassionate, thoughtful guidance as we navigate these somewhat muddy waters!

BREAST REDUCTION

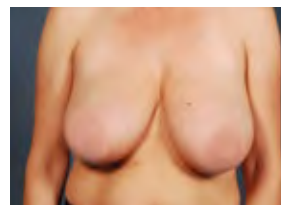
CaloAesthetics Patient



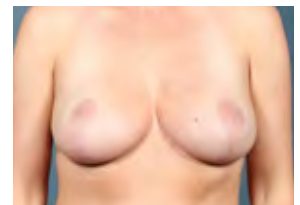
BEFORE



AFTER



BEFORE



AFTER

MASTOPEXY (BREAST LIFT) REMOVE AND REPLACE IMPLANTS WITH FAT TRANSFER

CaloAesthetics Patient



BEFORE



AFTER



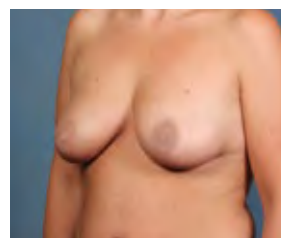
BEFORE



AFTER

REMOVAL OF IMPLANTS, MASTOPEXY (BREAST LIFT) WITH AUTO AUGMENTATION

CaloAesthetics Patient



BEFORE



AFTER



BEFORE



AFTER

DRINK UP!

Written by Karen Stickrod,
Lead Clinical Aesthetician

THE LARGEST ORGAN IN YOUR BODY IS YOUR SKIN AND IT IS ALSO THE BIGGEST INDICATOR OF OUR LIFESTYLE AND AGE.

The more collagen you have the more youthful you will appear. **We lose 1.5% of the collagen in our skin every year after the age of 20.** This loss will eventually result in loss of suppleness, dry skin, blemished skin, the appearance of fine lines and wrinkles, thinner skin and the loss of elasticity.

Over the past decade research has shown that the major differentiator between youthful skin and aging skin is the health and integrity of the collagen matrix in the dermis, the support structure below the skin's surface. Maintaining this structure is key to dramatically improving the skin's youthful and healthy appearance. Studies have shown one of the most effective ways to achieve this

goal is to boost the body's own production of collagen by ingesting collagen peptides.

Taken orally, the collagen peptides in skinade significantly improve basic skin condition and structure. Taken on a daily basis, they help to increase skin hydration levels, improve tone, structure and glow. This can also help to improve fine lines and the formation of deep wrinkles.

Skinade offers high-grade hydrolysed marine collagen peptides, sourced from fresh water fish, low in sodium and avoiding mercury contamination. Vitamin C helping to boost your immune system, helping to reduce free radical damage, maintain your collagen matrix and is essential for natural collagen production. MSM, a natural organic Sulphur found in all living organisms, helps to improve elasticity. Vitamin B complex, helping to maintain normal skin health, protection against oxidative stress and promotes clearer more radiant glowing skin. Omega 3 & 6 which plays an important role in balancing dry and oily skin-types and L-lysine, an essential amino acid, that helps to rebuild our collagen matrix at the cellular level.

If you are ready to add Skinade to your anti-aging repertoire and improve the largest organ in your body, please stop by CaloSpa. Our team of experts can answer any additional questions you may have and help you get started today.



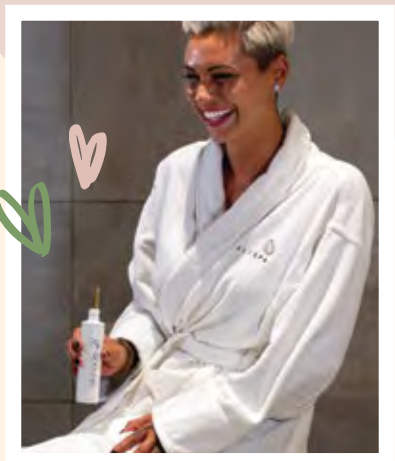
#SKINADE

After 4-6 days skin is softer
and more hydrated.

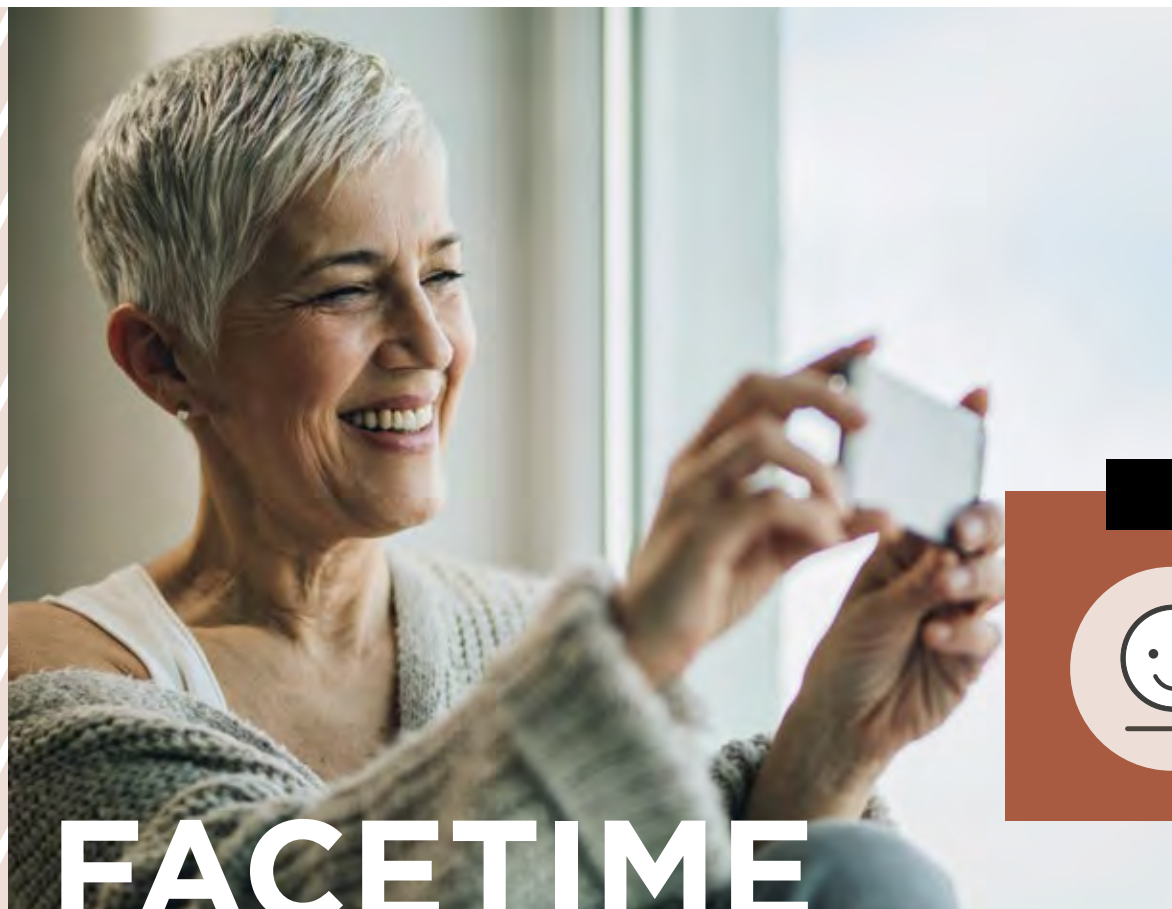
After 10-14 days skin is more smooth,
radiant, glowing and more uniform.

Between 2-4 weeks skin starts to
appear firmer and fuller with a noticeable
reduction in fine line and wrinkles.

After the 4-6 weekly skin-renewal cycle,
the improvements continue to build.



CaloSpa Social Influencer:
@Kaitlyn_hubert



#drchetmays



FACETIME

FACE LIFT

Written by Dr. Chet Mays

The most commonly used device on a daily basis is the smart phone. From emailing, to texting, to making phone calls, to surfing the internet, these devices are used constantly to make our lives easier and more convenient. A common feature used on these devices is video chat, or if you are an iPhone user, FaceTime. If you have ever used the FaceTime option on your phone you will find yourself positioning your body in awkward angles to get that perfect shot every time because looking down into a phone and seeing the image is almost never flattering.

When consulting with patients a common complaint I get is they don't like the way they appear when taking selfies or using FaceTime. Why is this? Well, the reason is obvious to me as a plastic surgeon.

These self portrait angles on our smart devices basically are highlighting the 3 most common signs of aging.

#1 TEXTURE

The skin develops fine lines and crepey skin as we age.

#2 VOLUME

The fat pads of our face disappear with time leaving hollow, sagging skin.

#3 ELASTICITY OR LAXITY

The skin and underlying structures have lost their elasticity and the face begins to descend with time.

When we hold the phone and look down into the camera, these signs of aging are staring right back at us. The double chin or neck laxity is magnified, the jowls are making us look like a sad bulldog and the fat pad volume loss of the midface makes us look like we haven't slept for days. The good news is we have the procedure to take care of all of this.

BROW

*Endoscopic Browlift, Upper Blepharoplasty and Fat Transfer
CaloAesthetics Patient*



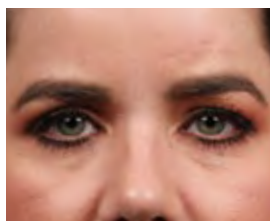
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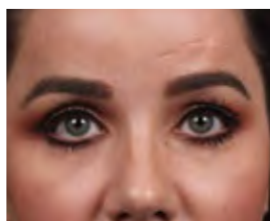
AFTER

BROW

*Endoscopic Browlift, Lower Blepharoplasty and Fat Transfer
CaloAesthetics Patient*



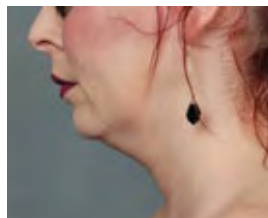
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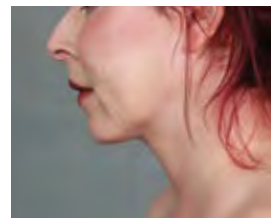
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NECK

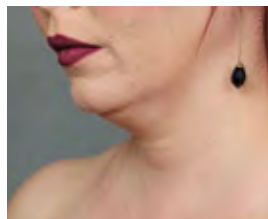
Submental Liposuction with ThermiTyte - CaloAesthetics Patient



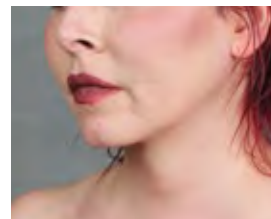
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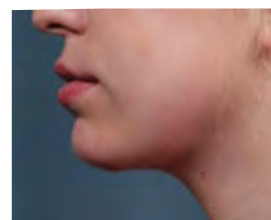
AFTER

NECK

Submental Liposuction with Chin Implant - CaloAesthetics Patient



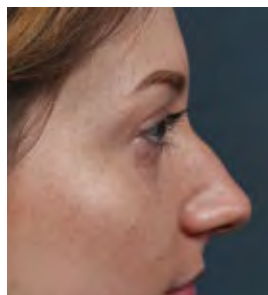
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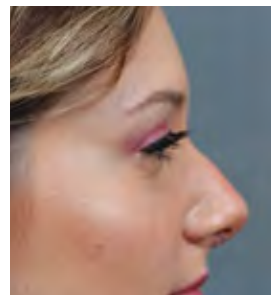
AFTER

RHINOPLASTY

CaloAesthetics Patient



BEFORE



AFTER

LIP

Fat Transfer - CaloAesthetics Patient



BEFORE



AFTER



Refreshed, rested
ready for the day!

All the love to @calospa

#amaysing

#calobrace

LAXITY

The facelift is designed to remove the **laxity** of the face by tightening the skin and underlying muscle to give a refreshed appearance. Most of the time when we are addressing the facial laxity, we are also addressing the neck laxity, because the lines become blurred where the face ends and the neck begins. The banding and laxity in the neck is usually due to relaxation of the underlying platysma muscle which directly causes skin laxity because these two structures are closely adherent.

VOLUME LOSS

Once we have addressed the laxity of the skin and muscle, we need to address the **volume loss** in the face. The deep and superficial fat pads that disappear with time need to be replaced. The best way to replace the fat loss is with your own fat with a procedure called fat transfer, or fat grafting. During the facelift, fat is harvested from the abdomen and injected back into the areas of volume loss to plump up the skin and restore that youthful appearance.

SKIN TEXTURE

By addressing the laxity and volume loss of the face we have treated 2 of the 3 signs of aging. The third sign of aging is the **skin texture**. The outer surface of the skin can be improved with resurfacing techniques that can be performed at the time of the facelift or at a later date in CaloSpa with our laser technology. Skincare is a perfect complement to the facelift because it can keep the skin hydrated and refreshed to help maintain that healthy glow.

Some patients fear facial surgery because they are concerned about looking like they have had plastic surgery. Our face is seen by everyone all the time, and the thought of looking “over done” is a fear shared by many of our patients. I tell patients the formula for making you look “over done” is to pull things too tight and to fill things too full. The stereotypical image of the facelift patient is not hard to achieve. Unfortunately when you turn on the T.V. you will see it every day. The goal for every facelift is to not make them look like they have had a facelift. It is the refreshed, well rested, FaceTime ready face that requires the skill and expertise of the CaloAesthetics board certified plastic surgeons.

EYES

Lower Blepharoplasty with Fat Transfer - CaloAesthetics Patient



BEFORE



AFTER

EYES

*Upper and Lower Blepharoplasty and Fat Transfer
CaloAesthetics Patient*



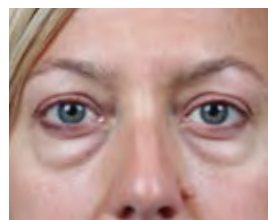
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AFTER

EYES

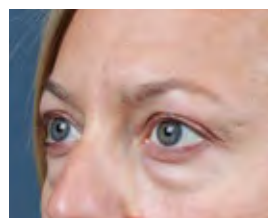
Lower Blepharoplasty - CaloAesthetics Patient



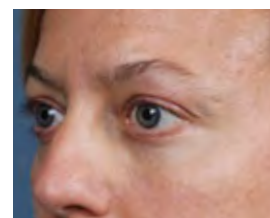
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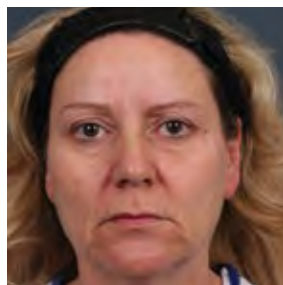
AFTER

Dr. Mays and I spend a lot of our time performing facial aesthetic surgery and sometimes it seems we do not talk much about it or show many pictures. One of the major factors, of course, is our clients' confidentiality and respect for their privacy. It is much more difficult showing off what we do as it is so personal and so recognizable compared to unidentifiable body pictures. So, we made a special effort for this year's Magazine to find some pictures of our wonderful patients who do not mind sharing their pictures and their experiences. Common procedures include nose jobs, facelifts, endoscopic browlift, upper and lower eyelid surgery, facial fat grafting, neck liposuction with ThermiTyte, lip lifts, chin implants, lip injections and a host of facial laser treatments. All facial surgeries are outpatient and are performed in our on-site surgery center. Enjoy the photo gallery!

– Dr. Bradley Calobrace

FACELIFT

Lower Facelift, Browlift, Lower Blepharoplasty with Fat Transfer
CaloAesthetics Patient



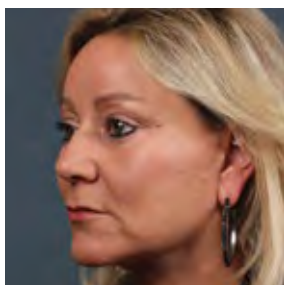
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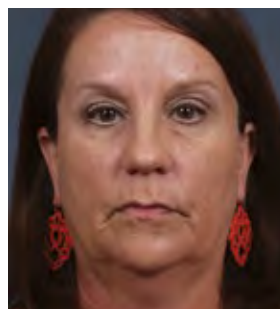
BEFORE



AFTER

FACELIFT

Lower Facelift, Upper and Lower Blepharoplasty and Fat Transfer
CaloAesthetics Patient



BEFORE



AFTER



BEFORE



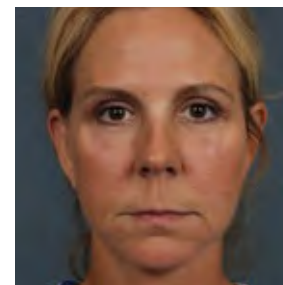
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FACELIFT

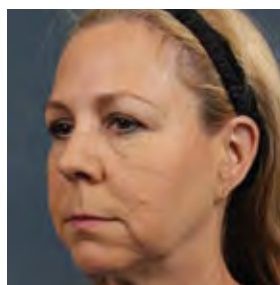
Lower Facelift, Upper and Lower Blepharoplasty and Fat Transfer
CaloAesthetics Patient



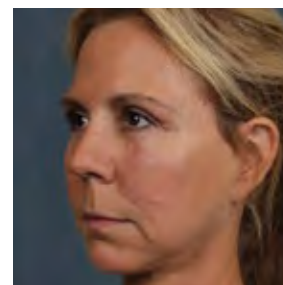
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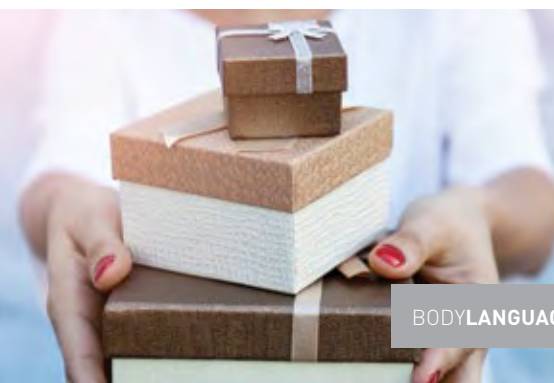
BEFORE



AFTER

SAVE 20% AT THE OPEN HOUSE

- › 20% OFF ALL SKINCARE AND BODY PRODUCTS
- › 20% OFF SELECT MEDICAL AND DAY SPA SERVICES



GUY CODE

WRITTEN
BY DR. MAYS

Man up, Bro! Staying healthy and looking fit are top priorities when it comes to lifestyle choices. As the stereotypes around plastic surgery are slowly being broken down, more and more men are turning to surgical and non-surgical cosmetic procedures. According to the American Society of Plastic Surgeons (ASPS) annual statistics, more than 1.3 million cosmetic procedures were performed on men in 2018. This accounts for only about 8% of the total number of cosmetic procedures. This is very similar to the number that was seen for men in 2017.

Over the past five years, there was a 23% increase in **liposuction** and a 12% increase in **tummy tucks** among men, and a 30% increase in **male breast reductions**, according to ASPS. We notice that young men tend to focus more on enhancing their bodies, while older men have more minimally invasive facial procedures to look younger.

The desired results from most plastic surgery treatments are similar for both men and women. However, the approach and technique involved require the surgeon to understand the differences in the bodies of men and women. Each gender has unique features, such as skin thickness, muscle tone as well as the way they store fat.

Successful male cosmetic surgery will also focus on creating or retaining masculine features, which may be sharper or more prominent than those of women. In our office, some of the top procedures for men include liposuction, hair transplants, neck

lifts and blepharoplasty (eyelid surgery). One of the most common surgical procedures is the treatment of gynecomastia which is when men develop extra tissue in the chest area that can make them appear more feminine. The treatment can vary from just liposuction of the chest to making incisions and removing the extra tissue.

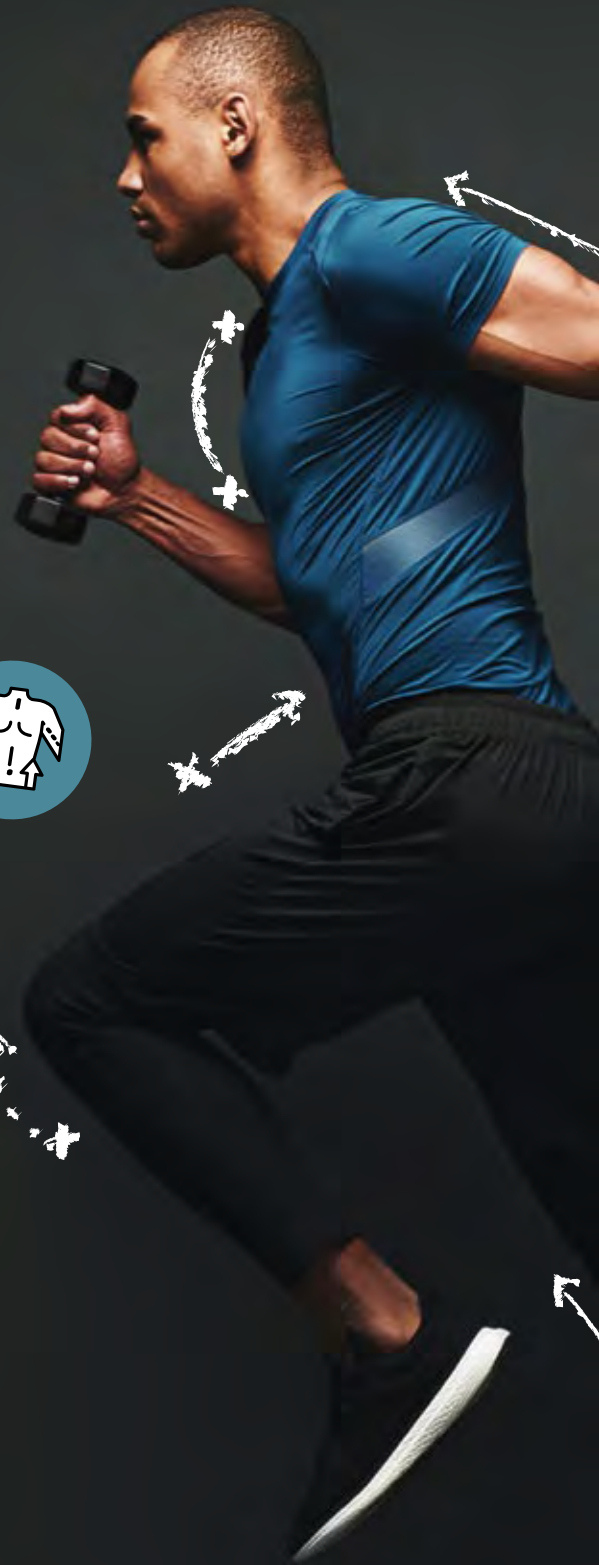
A big concern for men is to avoid looking like they have had plastic surgery.



Facial rejuvenation is important to men of all ages. Men are inquiring about things that in the past were not discussed such as **skincare** options, **laser hair removal**, **laser resurfacing**, **HydraFacials**, or **injectables** like toxins and facial fillers. Some of our doctor approved skincare products even have a “men’s” line tailored specifically to the male facial features.

Non-surgical body contouring procedures are a hit with men. The ability to have zero downtime from workouts or activities is crucial. **CoolSculpting**® is always a favorite because it can be done during lunch breaks and has no downtime. A new favorite in the practice has been our **EmSculpt**® which uses electromagnetic energy to simultaneously decrease fat and build muscle to really tone the abdominal area.

A big concern for men is to avoid looking like they have had plastic surgery. The key to a successful outcome is having realistic expectations while focusing in on specific body goals. The skilled, board-certified plastic surgeons at CaloSpa and CaloAesthetics are experienced in male plastic surgical procedures to provide conservative, natural-looking results.



MALE BREAST REDUCTION

CaloAesthetics Patient



BEFORE

AFTER



BEFORE

AFTER

LIPOSUCTION

CaloAesthetics Patient



BEFORE

AFTER

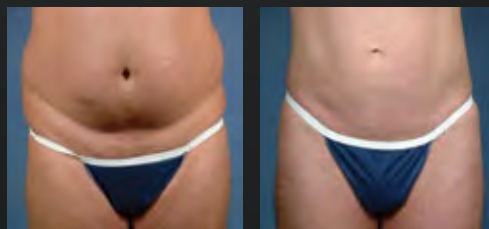


BEFORE

AFTER

LIPOSUCTION

CaloAesthetics Patient



BEFORE

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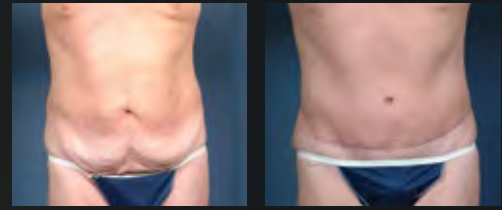


BEFORE

AFTER

TUMMY TUCK

CaloAesthetics Patient



BEFORE

AFTER



BEFORE

AFTER

UPPER AND LOWER BLEPHAROPLASTY WITH FAT TRANSFER

CaloAesthetics Patient



BEFORE

AFTER

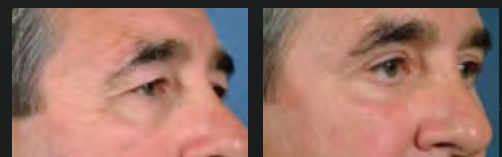
UPPER AND LOWER BLEPHAROPLASTY WITH FAT TRANSFER

CaloAesthetics Patient



BEFORE

AFTER



BEFORE

AFTER

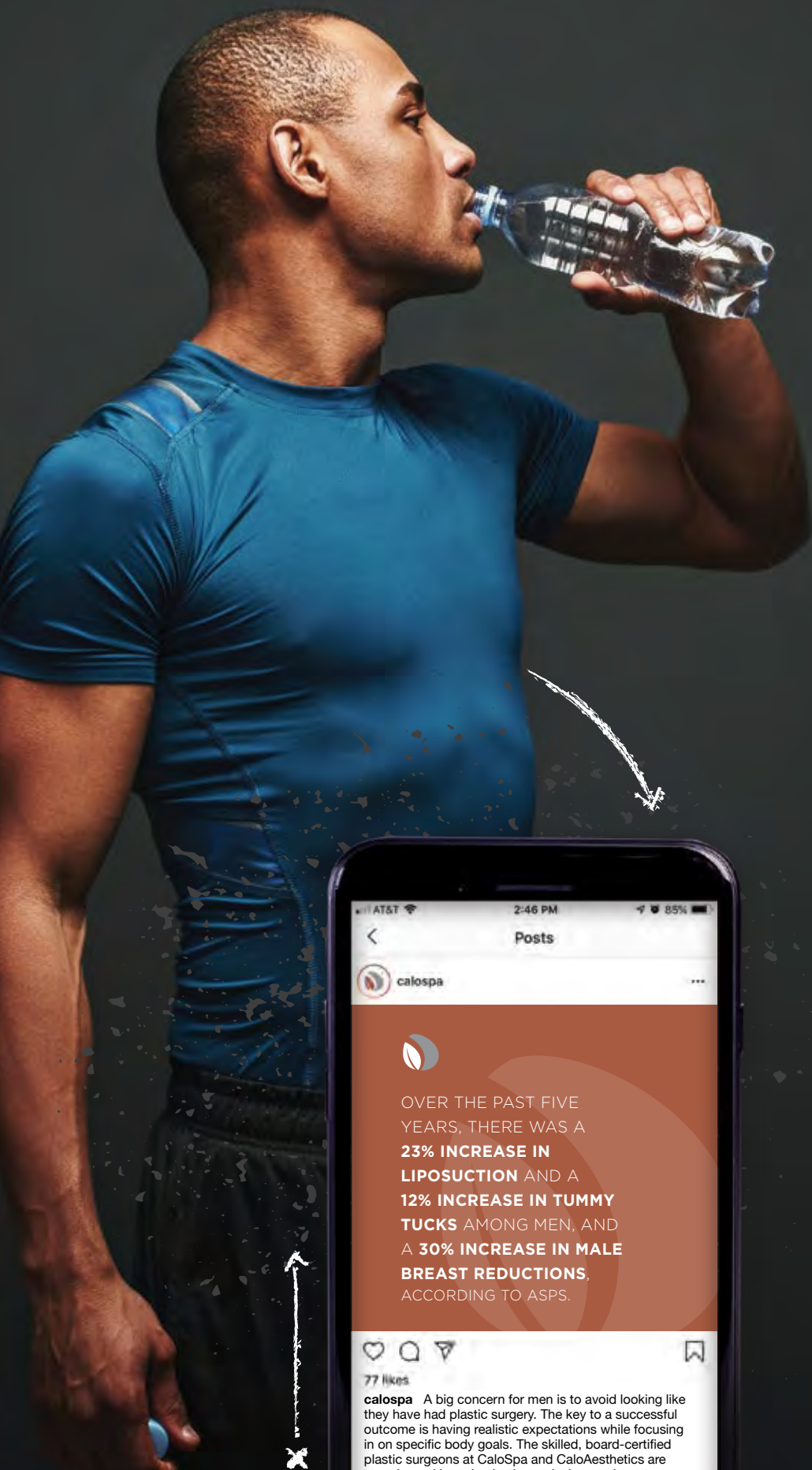
UPPER AND LOWER BLEPHAROPLASTY

CaloAesthetics Patient



BEFORE

AFTER



NOSE

CaloAesthetics Patient



BEFORE

AFTER

FACELIFT

CaloAesthetics Patient



BEFORE

AFTER



BEFORE

AFTER

NECKLIFT WITH LIPOSUCTION

CaloAesthetics Patient

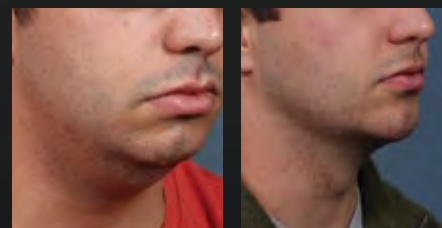


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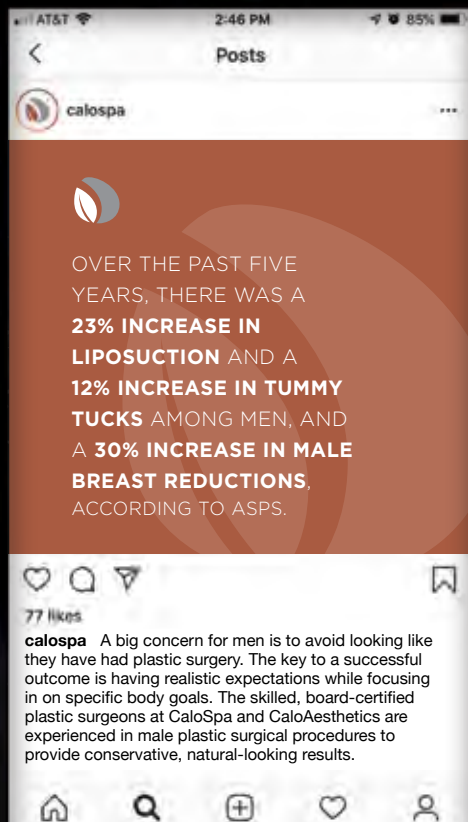
SUBMENTAL LIPOSUCTION WITH CHIN IMPLANT

CaloAesthetics Patient



BEFORE

AFTER



OVER THE PAST FIVE YEARS, THERE WAS A **23% INCREASE IN LIPOSUCTION** AND A **12% INCREASE IN TUMMY TUCKS** AMONG MEN, AND A **30% INCREASE IN MALE BREAST REDUCTIONS**, ACCORDING TO ASPS.



77 likes

calospa A big concern for men is to avoid looking like they have had plastic surgery. The key to a successful outcome is having realistic expectations while focusing in on specific body goals. The skilled, board-certified plastic surgeons at CaloSpa and CaloAesthetics are experienced in male plastic surgical procedures to provide conservative, natural-looking results.



LIPLIFT

CaloAesthetics Patient



BEFORE



AFTER

HAIR

CaloAesthetics Patient



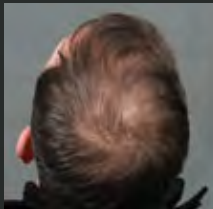
BEFORE



AFTER



BEFORE



AFTER

HAIR

CaloAesthetics Patient



BEFORE



AFTER



BEFORE



AFTER



BEFORE

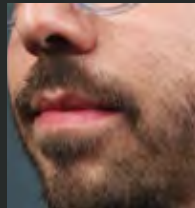


AFTER

NON-SURGICAL

INJECTABLES

CaloSpa Patients



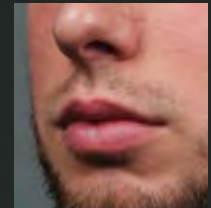
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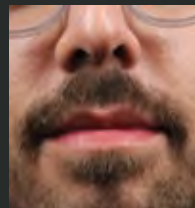
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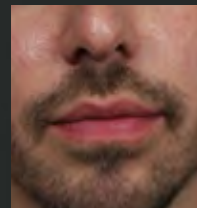
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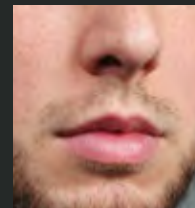
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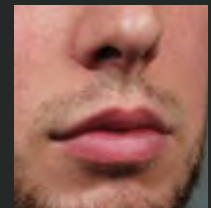
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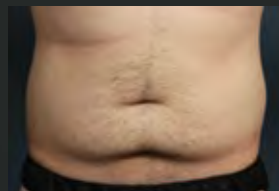
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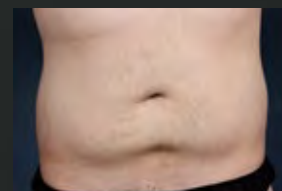
AFTER

COOLSCULPTING

CaloSpa Patient



BEFORE



AFTER



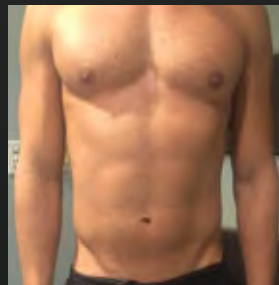
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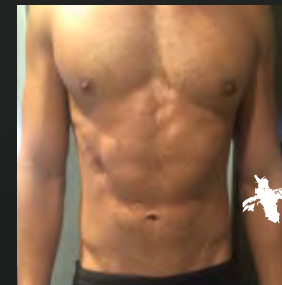
AFTER

EMSCULPT

CaloSpa Patient



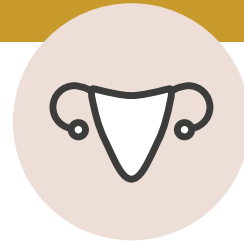
BEFORE



AFTER

#NOFILTERNEEDED

VAGINAL REJUVENATION



Written by Dr. Chet Mays

THERMIVA



For many women, the after effects of childbirth, weight changes, and the natural aging process leave the vagina and surrounding tissues stretched, torn, and lacking elasticity. Many women during puberty or after childbirth may see their labia minora become unusually large or misshapen. Other women develop loss of fullness in the labia majora after menopause.

Vaginal rejuvenation is a term that describes both surgical and non-surgical treatment of the vagina and labia. When treating the vagina, we often perform a **vaginoplasty** which is more of a functional or reconstructive surgery. It is designed to address the effects of childbirth and aging on the vagina. The surgical treatment typically includes repairing stretched and separated vaginal muscles, tightening and narrowing the vaginal opening and canal, removing excess lax vaginal lining. These procedures can renew self-confidence, and possibly enhance sensation and sexual satisfaction for the patient and their partner.

The anatomy of the female genitalia can vary significantly. Like breast sizes, the desired appearance of the labia will vary with individual preferences. In some individuals the labia minora (the inner folds of tissue) can be quite large and redundant creating both a cosmetic and sometimes even a functional concern. Some women develop hypertrophic or enlarged labia minora after multiple childbirths or as the result of aging. The best candidates for **labiaplasty** (surgical reduction of labial tissue) are healthy women who have oversized, sagging, or asymmetrical inner or outer labia. Improvements from this procedure include: Relieving irritation and discomfort during sexual activity and athletics (such as bicycling, spinning, running), and while wearing fitted pants or bathing suits. **Labiaplasty**, can repair damage caused by childbirth or treat redundancy caused by hormonal changes.

DID YOU KNOW?

ThermiVa® uses the same technology that's popular for facial rejuvenation to tighten and tone both the internal and external structures of the vulva (vagina and labia) for a revived, rejuvenated look and improved function. The goal is to stimulate collagen production in the vagina and labia to tighten, tone, and increase blood flow.

Internal vaginal changes after pregnancy can also lead to embarrassing problems such as stress incontinence. Other vaginal changes seen with menopause like dryness and atrophy can lead to painful intercourse. The vaginoplasty and **labiaplasty** will not specifically address these concerns. Instead, the non-surgical **ThermiVa®** procedure may be recommended for vaginal rejuvenation.

ThermiVa® is a temperature-controlled radiofrequency treatment designed especially for the labia and vagina. **ThermiVa** uses the same technology that's popular for facial rejuvenation to tighten and tone both the internal and external structures of the vulva (vagina and labia) for a revived, rejuvenated look and improved function. The goal is to stimulate collagen production in the vagina and labia to tighten, tone, and increase blood flow. For best results, we recommend a series of three or more treatments over the course of a few months and possible yearly maintenance to keep the vaginal tissue healthy.

Vaginal rejuvenation is a popular goal for our patients, and we utilize both surgical and non-surgical options to achieve the desired results. Quality of life is important and the staff at **CaloSpa** and **CaloAesthetics** are here to help guide you down the pathway to achieve vaginal wellness.



#THERMIVALOVE



Pixel Perfect Glow

Written by Jacqueline Gantt, Marketing Director

#haloglow



Get ready for your close-up because *achieving pixel perfect skin just got easier* with a treatment that synergistically combines the energies of both an ablative and non-ablative laser. This powerful pair brings a customizable approach that is new to laser skin rejuvenation. The treatment can deliver unmatched results that can be sustained for years to come with routine treatments.

Say Hello

HALO™ restores the glow that sun, time, age and stress have depleted from your skin and its results have earned it the 2016 RealSelf 'Most Worth It' award.



WHAT IS ABLATIVE?

The removal of the outer layers of damaged skin, triggering a healing process that increases collagen production. Ablative treatments can have a lengthy downtime of 1-2 weeks.

WHAT IS NON-ABLATIVE?

Delivers energy as heat to the underlying, deeper layers of skin (the dermis) inducing collagen production. Non-ablative treatments are far less invasive but may need several treatments to achieve optimal results.

HALO™, aka the Hybrid Fractional Laser, works by delivering both fractionated ablative and non-ablative wavelengths to the same treatment zone. This gives HALO the unique ability to provide separate treatments for the epidermis (the skin surface), which heals quickly, and the dermis (the deeper, collagen layer of skin), which remodels more slowly over time. As a result your skin's tone and texture are visibly improved and a more youthful glow is restored.

POST TREATMENT EXPECTATIONS

You may experience redness and swelling that should resolve within a few days. After the first 24 hours, your skin will begin to peel, but you will be able to put on make-up.



HALO™ precisely targets years of damage to your skin, including:

- Discoloration
- Melasma
- Sun damage
- Visible signs of aging
- Uneven skin tone
- Enlarged pores
- Poor texture
- Fine lines
- Scar revision

to HALO



Recovery
5-7 days



1-2 treatments scheduled 6-8 weeks apart. Melasma patients may require additional treatments.



RealSelf 89% satisfaction



Tips from the Pros

- Pair your **HALO™** treatments with Forever Young BBL™ to maintain and prolong your treatment results.
- Or, if you are experiencing skin laxity try a **SkinTyte™** treatment with HALO™. See page 54.

*Other Great Options
to Lighten and
Brighten Your Skin:*

**PicoGenesis™
Hollywood Carbon Peel**

Learn more at calospa.com.

HALO

Courtesy of Sanctuary Medical Center



BEFORE

AFTER

HALO

Courtesy of AesthetiCare MedSpa



BEFORE

AFTER

HALO

Courtesy of Andrew Campbell, MD



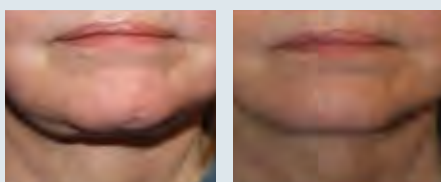
BEFORE



AFTER

HALO

Courtesy of Andrew Campbell, MD

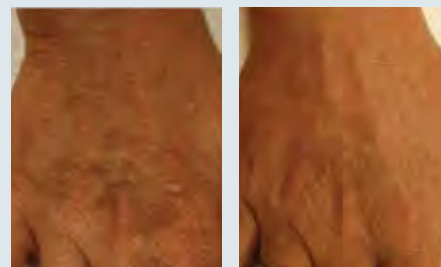


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HALO

Courtesy of Andrew Campbell, MD

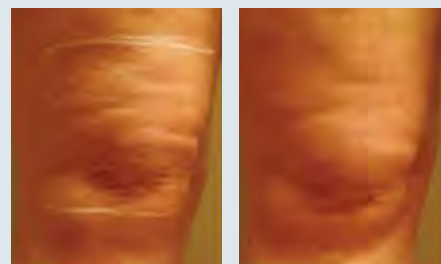


BEFORE

AFTER

HALO

Courtesy of Andrew Campbell, MD



BEFORE

AFTER

HALO

Courtesy of AesthetiCare MedSpa



BEFORE

AFTER

HALO

Courtesy of Andrew Campbell, MD



BEFORE

AFTER

GIFT IDEAS

Come in to 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!

- EASTER
- FATHER'S DAY
- ANNIVERSARIES
- MOTHER'S DAY
- BIRTHDAYS
- GRADUATION

**\$20
SPECIAL**

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



*Restrictions may apply

Order your Gift Certificates online at www.calospa.com or call **502.814.3000**. For a complete menu of services visit www.calospa.com.



The Sweat Stops Here!

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

Who would be a good candidate?

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

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

#MIRADRY



No Hassle Nose Job

WRITTEN BY DR. CHET MAYS

There is a very good reason why I am busy performing rhinoplasty surgery. The surgical result can provide dramatic improvements to the shape and size of the nose, ultimately improving the appearance by reframing the features. However, what keeps some men and women from seeking a surgical rhinoplasty is the high cost and recovery time from surgery.

Luckily, a non-surgical nose job is available, creating results without the need for a nasal surgery or days away from work or activities. The non-surgical rhinoplasty uses the same injectable soft tissue fillers that I use for plumping the lips, smoothing the skin or to lift the sagging tissues, products like Juvéderm® or Restylane®.

The procedure can be called many names. The liquid rhinoplasty, the no hassle or non-surgical nose job. The procedure focuses on the small changes that can be achieved with dermal fillers. Dissolvable and reversible, a few tiny injections of the filler can equal big improvements in the nose.

One of the most common issues treated with the non-surgical rhinoplasty is a pronounced bump along the nasal bridge called the dorsal hump. The filler injections can plump up the area around the bump, giving the illusion of a straight nose. Other improvements achieved with fillers include smoothing small indentations, creating a straighter looking nasal bridge, and lifting a drooping

nose tip. The overall appearance can be improved with slight tweaks from filler injections, improving facial symmetry for a more attractive appearance.

Common benefits of a non-surgical rhinoplasty include: No downtime, minimal bruising and swelling, short procedure time, results are immediate, changes are reversible, benefits last approximately 12 months and it's less expensive than surgery. For increased comfort with the procedure a topical numbing cream is used prior to the injection.

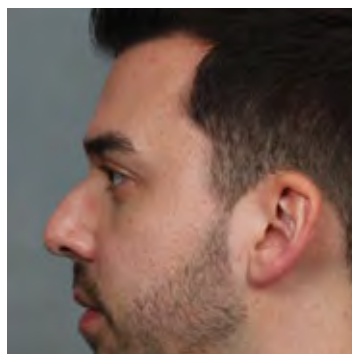
The ideal patient for the non-surgical rhinoplasty will be looking for mild to moderate improvements in the shape or appearance of their nose. The benefits are temporary, lasting up to 12 months, making

the treatment perfect for someone wanting to try out changes without committing to surgery. For those patients who like what they see, a refresher treatment can be safely performed when the benefits begin to wane, maintaining the original results over longer periods of time.

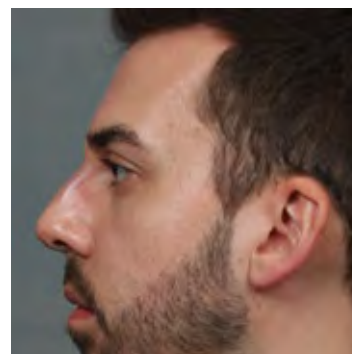
A non-surgical rhinoplasty is not for everyone, however, those patients looking for more dramatic results may not find the benefits of a non-surgical rhinoplasty enough to achieve their needs. The treatment works well on external issues, but a non-surgical rhinoplasty cannot correct interior issues such as a deviated septum or nasal function. Additionally, as the non-invasive rhinoplasty must be repeated every year or two, the patients seeking a more permanent result should consider the surgery.

LIQUID RHINOPLASTY

CaloSpa Patient



BEFORE



AFTER



FOREVER YOUNG BBL™

Would you try a treatment that would preserve your skin's health year after year?

Like a camera can snap a photo to preserve a memory, **Forever Young BBL™** treatments can preserve your skin's health for years to come when routine treatments are maintained.*

This revolutionary treatment takes us one step closer to the fountain of youth. Using BBL (Broadband Light) therapy, **Forever Young** delivers various wavelengths of light to target and denature damaged skin cells, focusing on hyper-pigmentation, broken capillaries, sun damage and diffused redness. Once the skin undergoes a treatment, it begins to stimulate new collagen through its natural healing process, thus leaving the skin looking more youthful, rejuvenated, bright, and healthy.

Exciting research and evidence from Stanford University has revealed that having a **Forever Young BBL** treatment **2+ times a year can actually reverse the signs of aging and causes skin cells to behave younger.**

In other words, 10 years from now, your skin will look youthful and as if aging of the skin had stopped...forever young!

Stanford Study States

Forever Young BBL™ is the first and only treatment designed to delay the appearance of visible skin aging in all patients, including those with darker skin types. In addition to the proven clinical improvement in the appearance of photo-aged skin, compelling evidence supports regular long-term BBL treatments will enhance the expression of longevity related genes in aged skin cells; essentially **reversing the aging process and returning skin to a genetically youthful state.**

FOREVER YOUNG BBL

7 Years of Routine FYBBL Treatments



BEFORE



AFTER

OH SNAP!

Did You Say

Forever?!

#foreveryoungbbl

Written by
Jacqueline Gantt,
Marketing Director

❖ 20% OFF FOREVER YOUNG BBL™ AT OPEN HOUSE

FOREVER YOUNG BBL

3 Years After 5 Treatments



BEFORE



AFTER

FOREVER YOUNG BBL

3 Years After 5 Treatments



BEFORE



AFTER

Forever Young BBL™ can treat any area of the body. However, most common areas of treatment are the face, neck, back of the hands, chest and shoulders.

Post Treatment Expectations

- You may experience some redness that should resolve within a few hours.
- Pigmented lesions will darken initially, then fade and flake off at a later stage.
- In most cases patient may wear make-up immediately.

So, imagine snapping a photo a decade from now and looking better than you do today? You can with Forever Young BBL™.



PERFECT PAIRING

For patients who have extensive hyperpigmentation, discoloration, deep wrinkles and scars, pair your Forever Young BBL™ treatment with HALO.

FOREVER YOUNG BBL

9 Years of Routine FYBBL Treatments



BEFORE



AFTER

FOREVER YOUNG BBL

9 Years of Routine FYBBL Treatments



BEFORE



AFTER

FOREVER YOUNG BBL

12 Years of Routine FYBBL Treatments



BEFORE



AFTER

#foreveryoungbbl



Rosacea and Redness, Freckles, Broken Capillaries, Sun Damage, Dull Complexion, Uneven Pigmentation, Pigmented Freckles, Age & Liver Spots



Recovery 3-5 Days



Treatment Phase 3 session, 4 weeks apart
4 Maintenance treatments/year



RealSelf 90.6% Patient Satisfaction

* Individual results may vary.

To read the full Stanford Study, Delaying Skin Aging in Fitzpatrick Skin Types I Through V with Forever Young BBL™ Visit http://foreveryoungbbl.com/pdfs/2600-003-14_Rev_A_PBitter_WP_Skin_Aging_FYBBL-I-V.pdf



DEPTH PERCEPTION

#CONTOURTRL

Sciton's Contour TRL™ laser peels can be very successful at reducing or eliminating sun damage and environmental pollutants. It safely removes a layer of skin to a depth determined by your CaloSpa provider. The depth of treatment will depend on your skin's condition, your desired outcome and expectation for downtime. The energy that is delivered can be very precise delivering mild, moderate and deep treatments. The deeper the resurfacing, the more dramatic. Each treatment stimulates new collagen production, re-growth of fresh and healthy cells and improves skin thickness and resilience.

TREATMENT AREAS:

Several areas of the body can be treated, though the most commonly treated areas are the face and neck.

DID YOU KNOW?

Contour TRL laser peels are often combined with traditional plastic surgery procedures to further improve results. You should discuss your needs with our board certified plastic surgeons, Dr. Bradley Calobrace and Dr. Chet Mays.

NANO LASER PEEL®

Mild Resurfacing, Spot Resurfacing



Treating conditions of:

Pigmentation, Fine Lines, Tone and Texture.
Great for light resurfacing and targeted area treatments around the eyes and mouth.



Downtime:

1-2 days of downtime
In-office procedure

NanoLaserPeel® is a terrific introduction to the benefits of laser resurfacing.

MICRO LASER PEEL®

Moderate Resurfacing



Treating conditions of:

Pigmentation, Fine Lines, Tone and Texture, Mild Scarring.
Revitalizing the entire skin surface.



Downtime:

3-4 days of downtime
In-office procedure

DEEP PEEL

Deep Resurfacing



Treating conditions of:

Pigmentation, Deep Wrinkles, Scars.
Offers the more dramatic treatment results.



Downtime:

5-7 days of downtime
Performed in operating room

Written by Jacqueline Gantt,
Marketing Director

CONTOUR TRL

Courtesy of David Robbins, MD



BEFORE

AFTER

CONTOUR TRL

Courtesy of David Robbins, MD

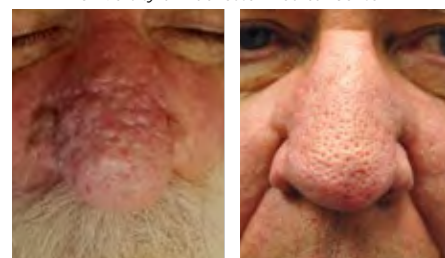


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CONTOUR TRL

Courtesy of Sheriff Ibrahim,
University of Rochester Medical Center

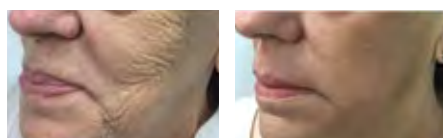


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CONTOUR TRL

Courtesy of Elizabeth Francis Rose, MD, FAAD

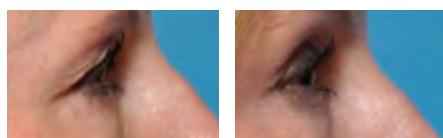


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Courtesy of Elizabeth Francis Rose, MD, FAAD

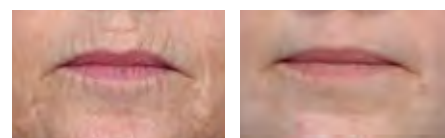


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CONTOUR TRL

Courtesy of Elizabeth Francis Rose, MD, FAAD



BEFORE

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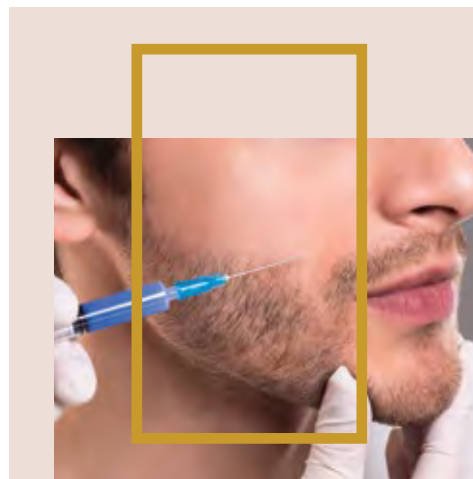


NEURO
TOXIN



HYALURONIC ACID

WRITTEN BY
LACEY MCCAULEY, MMS, PA-C



INJECTION PERFECTION

OVER THE AGES,
**NEUROTOXIN AND
HYALURONIC ACID
INJECTIONS HAVE
GONE FROM BEING A
PERSON'S BEST KEPT
BEAUTY SECRET, TO
AN OPEN PART OF
OUR MONTHLY SKIN-
CARE ROUTINE.**

Neurotoxins (Jeuveau™, Botox®, and Dysport®) have found their way into the self-care regimen in the same manner as getting a routine haircut or changing nail color. Thanks to millennials and their transparency in sharing their love for these products, it feels like injectables are more mainstream than ever before. According to the National Plastic Surgery statistics report from 2018; Botulinum toxin type A accounted for over 7.4 million minimally invasive cosmetic procedures. That's a massive increase from years before, so much so, that it jumped 845% from injections in 2000. So, with all the buzz about injectables on social media, how do you know which product is right for you?

**DID YOU
KNOW?**

Dr. Calobrace, being one of the early adoptors, brought Botox® to Louisville in 1997 and has provided expert injection for over 22 years!

#NOFILTERNEEDED

In order to decide which injectable category is best for you, your injector will often access the first signs of age, which is often volume loss. As people age, the body starts to lose collagen, elastin production slows, and fat pads start to soften. These changes are just a few that contribute to volume loss. Thus, leading to hollowing of the eyes and temples, loss of fullness in the cheeks and lips, deepening of marionette lines and an increase in the nasolabial folds. Hyaluronic Acid based fillers Juvéderm® and Resylane, biostimulators, Sculptra® and Radiesse® are used to address these concerns of volume loss. They help to restore, add or fill the face, lips and hands. Products vary in thickness and consistency and are chosen according to the areas in which they are injected.

NECK

Kybella - CaloSpa Patient



BEFORE



AFTER

NECK

Kybella - CaloSpa Patient



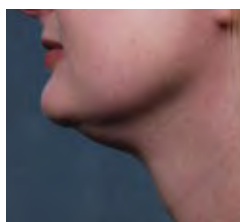
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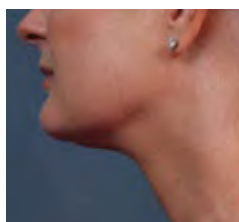
AFTER

NECK

Kybella - CaloSpa Patient



BEFORE



AFTER

DOUBLE CHIN? TRY KYBELLA.

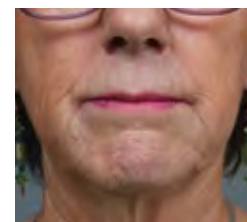
Age, genetics, and weight gain are the main culprits to having a double chin, and we offer several options to get help minimize and correct that pesky pocket of chin fat. Kybella® is the only FDA-approved injectable treatment that offers permanent fat reduction by destroying the fat under the chin leaving the patient with a more sculpted profile. Most patients will require three treatments. During those treatments patients typically are injected with 2-3 vials to achieve optimal results.

LIPS

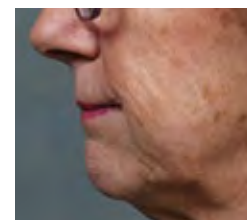
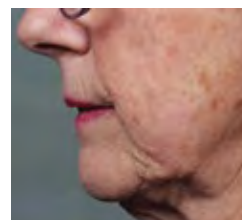
Botox, Juvéderm: Lip Lines - CaloSpa Patient



BEFORE



AFTER



FACE

Sculptra - CaloSpa Patient



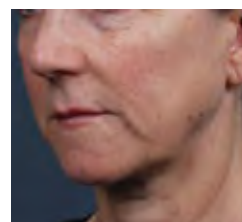
BEFORE



AFTER

FACE

Restylane: Nasolabial folds, Voluma: Cheeks, Juvéderm: Lip Lines CaloSpa Patient



BEFORE



AFTER

FACE

Jeuveau, Restylane Lyft: Cheeks, Restylane: Tear Troughs and Laugh Lines, Restylane Defyne: Nasolabial Folds and Marionette Lines - CaloSpa Patient



BEFORE



AFTER

#THATPERFECTPOUT

If volume and folds are not of primary concern for you and you are wanting to address fine lines and wrinkles or maybe looking for a preventive treatment, then neurotoxins are the product for you. Neurotoxins are used to temporarily relax muscle movement in order to improve dynamic wrinkles, or wrinkles you see with movement (crow's feet or the 11's, between the eyes). This class of products include Botox®, Dysport®, and the latest product to join the market; Jeuveau™. Jeuveau, created by the medical aesthetics company Evolus, is the first new neurotoxin the industry has seen in almost a decade. Jeuveau is making waves in the market for its innovative HI-Pure technology. With its exciting results from their clinic studies and high rate of satisfaction from their J.E.T. trials, Jeuveau is sure to become a favorite among both injectors and millennials alike.

#EXPERTINJECTOR

FROWN LINES

Newtox Injectable



BEFORE



AFTER



DID YOU KNOW?

Jeuveau™ uses High-Pure Technology and many patients who have tried Jeuveau in trial studies have seen a quicker on-set with patient satisfaction still very high at even 5 months.

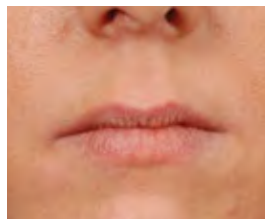
#NEWTOTX

Jeuveau™
of dermal fillers
system

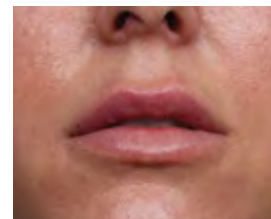


LIPS

Restylane Injectable Fillers - CaloSpa Patient



BEFORE



AFTER

LIPS

Juvéderm Injectable Fillers - CaloSpa Patient



BEFORE



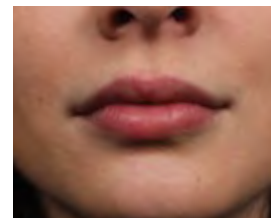
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LIPS

Restylane Injectable Fillers - CaloSpa Patient



BEFORE



AFTER

LIPS

Juvéderm Injectable Fillers - CaloSpa Patient



BEFORE



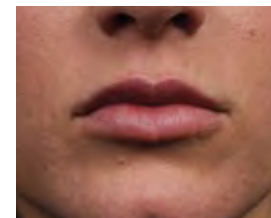
AFTER

LIPS

Restylane Injectable Fillers - CaloSpa Patient



BEFORE



AFTER



DURING THE OPEN HOUSE ALL INJECTABLES

FILLERS 20% OFF

Balance Your Hormones with



Receive a
COMPLIMENTARY CONSULT VOUCHER
during Open House pre-sales week. (\$150 Value)

BioTE is CaloSpa's bioidentical hormone optimization program. By replacing testosterone and/or estrogen in pellets inserted in the back of the hip, you can help improve symptoms, such as **brain fog, fatigue, decreased libido, vaginal dryness, memory decline, mood swings, difficulty sleeping and more.** Pellets are the preferred method of replacing hormones because they offer freedom from taking a medication daily or weekly.

ONE TREATMENT IN WOMEN LASTS APPROXIMATELY 3-5 MONTHS AND ONE TREATMENT IN MEN LASTS APPROXIMATELY 5-6 MONTHS.

After age 30, men and women typically lose around 3%-10% of hormone production yearly. With individualized dosing, we have the ability to treat you according to what your body needs. To determine if you are a candidate, we start with a comprehensive blood panel, medical history and consultation.

GIVE US A CALL AT CALOSPA TO SCHEDULE YOUR APPOINTMENT TODAY!

Liquid Gold

WRITTEN BY
ASHLEY HATFIELD,
CLINICAL AESTHETICIAN

FACE

Microneedling with Platelet-Rich Plasma - CaloSpa Patient



BEFORE



AFTER

Our signature Liquid Gold facial also known as Microneedling with Platelet-Rich Plasma (PRP) is used to treat and improve conditions like acne scarring, fine lines and wrinkles, skin texture, pore size, brown spots, stretch marks, and pigment issues. You've probably seen the photos of a celebrity's face saturated in "blood" or an Instagram influencer; most likely they were doing Microneedling with PRP. Microneedling involves penetrating microscopic holes in the skin with tiny needles. These needles are used to puncture the skin at various depths to create a controlled skin injury. What is special about The Liquid Gold Facial is that we draw your blood to harvest the platelet-rich plasma. The PRP is derived from the serum portion of the blood, when we spin your own blood through a centrifuge to concentrate the platelets. The platelets contain high levels of growth factors, which when applied to the skin, will stimulate cell turnover. This is a facial that essentially uses your own blood to help promote the healthy, regenerative activity of your skin cells.

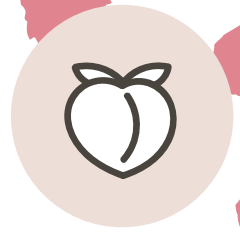
Microneedling with PRP is safe and effective for all skin types and produces natural results with minimal discomfort and minimal downtime. It can be used on all parts of the body, including face, neck, décolleté, arms, hands, legs, abdomen and back. Treatment can improve the appearance of hyperpigmentation as well as uneven skin tone, acne scars, traumatic scars and stretch marks. So what's stopping you from making your Liquid Gold Facial appointment? Make your consultation appointment today!



BOOTY AMBITIONS

Achieving the perfect peach

WRITTEN BY
DR. BRADLEY CALOBRACE



THERE IS NO DOUBT EXERCISE AND A HEALTHY LIFESTYLE GO A LONG WAY TO KEEPING OUR BODIES AND BOOTIES LOOKING THEIR BEST, BUT LET'S ADMIT IT SOMETIMES IT IS JUST AGING AND GENETICS GETTING US AND OUR BOOTY DOWN. BUT THERE IS HOPE FOR ALL OF US.

Many options are available at CaloSpa and CaloAesthetics in **Booty enhancement** today, some surgical and some non-surgical. And let's admit it – who doesn't want things a little higher, a bit firmer and maybe even a bit fuller!

BRAZILIAN BUTT LIFT (BBL)

The most common surgical option is the **Brazilian Butt Lift (BBL)** – contouring the waist and hips with liposuction to sculpt the shape of the buttocks and then adding the fat removed back into the buttocks. Half of the fat survives and produces enhancement in the shape and fullness of the buttocks. This has become an extremely popular procedure that we perform almost every week in our office. This procedure, however, requires precision and experience or significant risks are possible. For patients with weight loss and sag, buttocks lifts are common and highly effective, occasionally associated with auto-augmentation of the buttocks with the extra tissue or fat grafting. These do have a scar across the posterior belt-line and thus should be positioned exactly to be covered by bathing suits and underwear.

BRAZILIAN BUTT LIFT (BBL)

CaloAesthetics Patient



BEFORE

AFTER

BRAZILIAN BUTT LIFT (BBL)

CaloAesthetics Patient



BEFORE

AFTER

BRAZILIAN BUTT LIFT (BBL)

CaloAesthetics Patient



BEFORE

AFTER

BRAZILIAN BUTT LIFT (BBL)

CaloAesthetics Patient



BEFORE

AFTER

BRAZILIAN BUTT LIFT (BBL)

CaloAesthetics Patient



BEFORE

AFTER

BRAZILIAN BUTT LIFT (BBL)

CaloAesthetics Patient



BEFORE

AFTER



LIPOSUCTION

Liposuction is an optimal way to also contour your hips and thighs, and if you're thinking about liposuction you may want to use that GOOD fat to plump or contour other areas of the body.

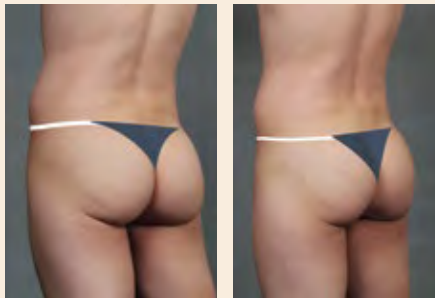
NON-SURGICAL OPTIONS

EMSCULPT

Non-surgical options include the **EmSculpt** to stimulate the gluteal muscles over a series of treatments leading to a more shapely, lifted booty. Each treatment lasts 30 minutes and a series of 4 are recommended with some yearly maintenance. A new exciting treatment is **Sculptra** injections for the buttocks. It provides a great option to improve firmness, texture and volume. It works just as it does in facial rejuvenation adding volume, lift and fullness. This usually requires 2-3 treatments.

SCULPTRA

CaloSpa Patient



BEFORE

AFTER

CELLFINA®, THERMISMOOTH & SKINTYTE™

Additionally, for cellulite and textural changes, great improvement in cellulite is now possible with **Cellfina®**, **ThermiSmooth®** and **SkinTyte™**. A consultation with our body contouring experts, Katy Jo and Brittney, will guide you on the best options for you!

LIPOSUCTION

CaloAesthetics Patient



BEFORE

AFTER

LIPOSUCTION

CaloAesthetics Patient



BEFORE

AFTER

LIPOSUCTION

CaloAesthetics Patient



BEFORE

AFTER



Treatments are considered to be less painful than waxing or tweezing.

Great option for people who don't want to shave everyday.



DID YOU KNOW?

The average cost for shaving in a lifetime is around \$10,000. The average cost for LHR at CaloSpa is \$2000-\$3000.

#FOREVERBARE

Treat any area of the body with unwanted hair to reveal beautiful, bare skin.

FACIAL	TRUNK	LOWER BODY
LIP	BACK	BIKINI
CHIN	ARMS	LEGS
SIDEBURNS	AREOLA	TOES & KNUCKLES
BEARD	ABDOMEN	
NECK	AXILLA	

Forever Bare Results Now. Results *forever!*

Written by Jessica Anderson, Clinical Aesthetician

Laser Hair Removal (LHR) is a life changer for many patients.

Our newest LHR device, **Forever Bare BBL™**, is the fastest, safest way to remove unwanted hair from any part of the body. It is a permanent reduction to the area we treat and a series of 6-8 treatments are typically needed to reach optimal results. Some patients may require maintenance to keep the area from growing new hairs. Those can be completed every 6 months with just one simple treatment. Our treatments are fast, efficacious and very comfortable. Forever Bare LHR uses broad band light energy to target hair follicles. The heat created by the BBL damages the root of the hair so that it never grows back — ever!

Sit back and let us change your life by removing unwanted hair.

LHR Rules

No tan!

THIS INCLUDES ANY AIRBRUSH OR SELF-TANNER.

Timing is everything!

STAY AS CONSISTENT WITH YOUR SERIES TREATMENTS AS POSSIBLE TO ENSURE WE ARE TREATING THE NEW GROWTH AS IT OCCURS. FACE TREATMENTS ARE 4-6 WEEKS APART AND BODY 6-8 WEEKS.

Shave

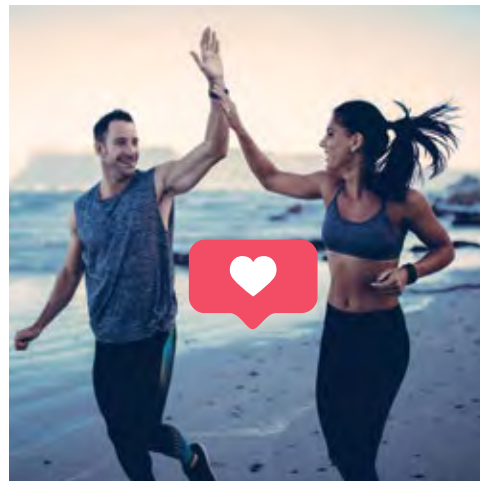
THE DAY OF YOUR TREATMENT.

No plucking,

TWEEZING, OR BLEACHING THE TO-BE TREATED AREA.

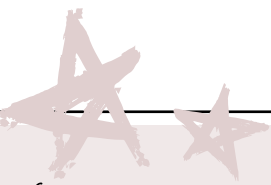


ABSolutely Flattering



*Here's the Skinny on Achieving
a Flat and Firm Stomach*

WRITTEN BY DR. CHET MAYS



*Beauty is in the eye
of the beholder,*

and it seems all the fitness influencers on Instagram have shown us that being toned is the way to go. Open your social media feed and you will see toning, lifting, tightening, sculpting, pre-workout shakes, post-workout shakes, meal preps, and the list goes on and on. The quest for the toned body is in, weight loss transformations are happening on a daily basis. We celebrate our patient's weight loss and their body goals. We believe in diet and exercise and maintaining a healthy lifestyle to obtain the best version of ourselves. All these things are great, but what if they can't take you all the way to that perfectly sculpted body?

Most of us when we look at childhood pictures, we will see a slimmer and trimmer version of our self. We look in the mirror now and we see the effects of real life on our bodies. That once toned abdomen of ours has taken a beating on this journey we call life. Well, the good news is we have ways of getting that toned, slimmer abdomen back. At CaloSpa and CaloAesthetics we have a range of choices from the surgical to non-surgical.

The hardest part for patients is to determine which option is right for them. If we were to split patients up into two

categories, surgical and non-surgical, the best way to tell which category you fall into is to stand in front of the mirror and look at your skin. If you have hanging skin on your lower abdomen that creates a fold at your waistline or there is so much skin you must tuck it into your underwear, you are a surgical candidate. The most common surgery for removing this skin is a tummy tuck, a.k.a., the abdominoplasty. There are many variations of the tummy tuck that we perform to remove the skin and tighten the abdominal muscles at the same time. The outcome after your 4-6 week recovery is a smaller, flatter abdomen.

If you are one of those that does not have the hanging skin but does have some fullness of the abdomen in the form of fat storage covering up that six pack, then you have more options. One option is liposuction, which involves surgery to go in and remove the fat with small cannulas and sculpt the abdominal area. This requires a 4-6 week recovery with activity restrictions to help optimize the result.

Well, what if you do not want surgery and are looking for a "lunch time" procedure then we have those options at CaloSpa. The most common choices for fat reduction of the abdomen non-surgically are CoolSculpting®, truSculpt®, and Emsculpt®. They each use a different energy modality

to remove the fat and sculpt the abdomen. CoolSculpting® freezes the fat and truSculpt® heats the fat to lead to reduction. Emsculpt® uses electromagnetic technology to reduce the fat and build muscle at the same time, the only device of its kind to do both.

Determining which non-surgical option is right for you will be a decision between you and your provider. Many times, to achieve optimal results we will stack procedures. This is a unique way of utilizing the technology available to get the best results for our patients. For example, once you have completed your CoolSculpting we may add a session of Emsculpt to your treatment to help build the muscle underneath while we are reducing the fat. We may add on truSculpt if there is a small amount of crepey loose skin that would benefit from adding heat to tighten this skin.

The great feature of CaloSpa and CaloAesthetics is our ability to provide patients with surgical and non-surgical options to help achieve their body goals. Each of our procedures are designed to complement a healthy lifestyle and do not take the place of a well-balanced diet and exercise.

 @DRCHETMAYS

LIPOSUCTION

CaloAesthetics Patient



BEFORE

AFTER

LIPOSUCTION

CaloAesthetics Patient



BEFORE

AFTER

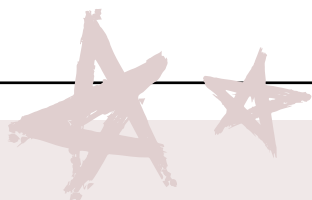
LIPOSUCTION

CaloAesthetics Patient



BEFORE

AFTER



TUMMY TUCK

CaloAesthetics Patient



BEFORE

AFTER

TUMMY TUCK

CaloAesthetics Patient

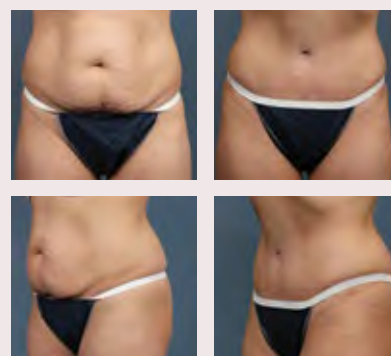


BEFORE

AFTER

TUMMY TUCK

CaloAesthetics Patient



BEFORE

AFTER

TUMMY TUCK

CaloAesthetics Patient



BEFORE

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TUMMY TUCK

CaloAesthetics Patient

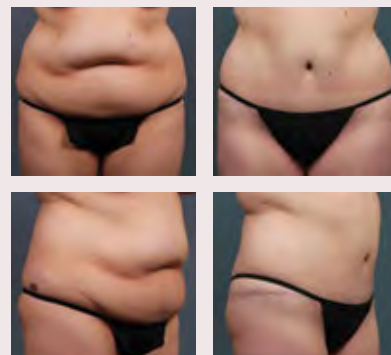


BEFORE

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TUMMY TUCK

CaloAesthetics Patient



BEFORE

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TUMMY TUCK

CaloAesthetics Patient

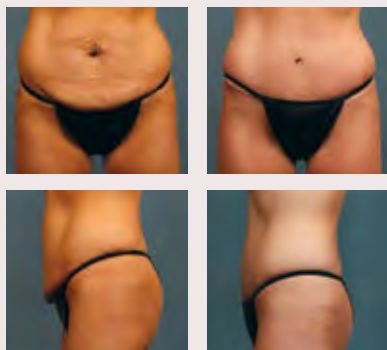


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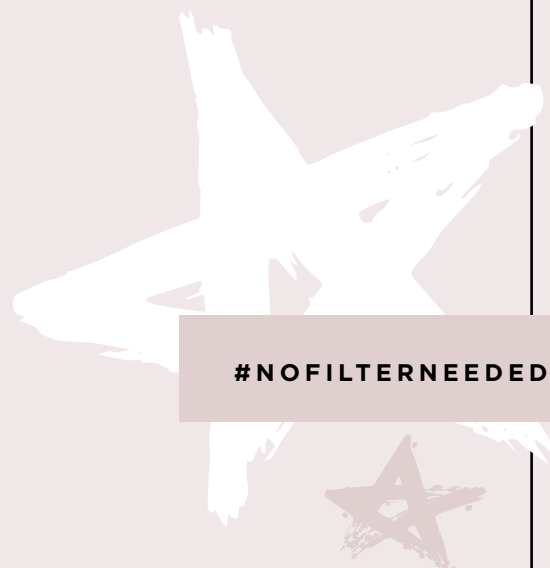
TUMMY TUCK

CaloAesthetics Patient



BEFORE

AFTER



#NOFILTERNEEDED



SILKPEEL® DERMALINFUSION™

Written by Ashley Hatfield,
Clinical Aesthetician

ARE YOU LOOKING FOR SKIN-RESURFACING THAT COMBINES EXFOLIATION, EXTRACTIONS, AND SERUM INFUSION IN ONE SWIFT STEP?

If so, Dermalinfusion might be the treatment for you. The treatment uses a diamond tipped wand to non-invasively exfoliate skin on the face, neck, and chest. The unique wand is simultaneously doing multiple things as it exfoliates; it vacuums up skin debris while infusing your skin with serums allowing the serums to penetrate the skin much more deeply and effectively than if they were applied on their own. The treatment is fully customizable, offering a perfect serum solution to address a wide variety of skin concerns and conditions from head-to-toe. It is suitable for all skin types and tones. It's completely painless and feels like a tiny, wet vacuum running over your face. Your skin will look and feel hydrated, improving the appearance of fine lines and wrinkles, hyperpigmentation, enlarged pores and blemishes. Immediately after treatment your skin will GLOW! You will continue to see optimal results in the next few days after treatment. It is important to understand, as with any facial, to receive the best results, you must complete a series of treatments on a regular basis. We recommend every 4-6 weeks.

Bottom line, if you're looking for a quick, easy and painless glow up, Dermalinfusion is for you. This is an advanced medispa facial that is more results driven than your classic facial and best of all, there's no downtime. Get your glow up now and make your appointment with your CaloSpa clinical aesthetician.

3

Steps

1. Exfoliates
2. Extracts
3. Infuses

Tattoo Removal

Written by Jessica Anderson, CA

ENLIGHTEN-PICOGENESIS™ IS THE LEADING PLATFORM FOR TATTOO REMOVAL THAT WE OFFER HERE AT CALOSPA.

It is the first system to market two wavelengths (Nano and Pico) to treat even the most stubborn tattoo. Nanosecond and Picosecond technology help to blend the correct parameters, sizing and correct energy levels to treat your tattoo properly and effectively. The wavelengths help to blast the unwanted ink into small particles that your body absorbs and then flush out of the lymphatic system. Many tattoos will require a series of treatments to achieve clear results. We treat every 8-12 weeks to make sure your body eliminates any particles and that we're treating the area safely. In order to treat, we have to make sure you have no sun exposure, airbrush tanning or self-tanning, and that the tattoo is at least 6 months old. I always get asked "how many treatments will this take?" The answer is always "It depends on the ink that was used and the depth in which it was laid." I can't give an exact amount. Many factors go into the amount of treatments each individual needs including how you heal, how fast your lymph moves and the tattoo artist that gave you your tattoo. With any and all of the treatments that we perform we help walk you through each step of the process. If at any time you have a question please let us know and we will help you!

Pros

- This laser has minimal downtime
- Can treat a wide range of color

Cons

- Mild discomfort much like a rubber band snapping the skin surface (we do offer ProNox, self-administered, nitrous oxide and a cooling to help make the treatments more comfortable)



BEFORE



AFTER

CaloSpa Patients



BEFORE



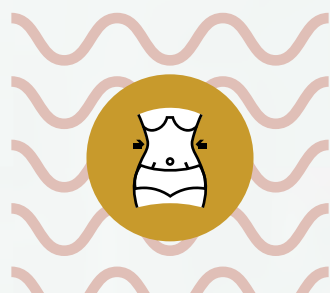
AFTER

CALO

Curves

WRITTEN BY KATY JO GARDNER,
BODY CONTOURING EXPERT

At CaloSpa we have truly fine-tuned non-invasive body contouring to allow each individual to meet all of their body goals. CaloSculpting is our own unique approach to body contouring which encompasses a wide variety of modalities that we offer here at CaloSpa. Whether it's utilizing modalities like CoolSculpting® to reduce stubborn pockets of fat to give us our perfect shape, or EmSculpt to give us the defined abdomen that we simply cannot achieve on our own at the gym or mixing modalities to take you further than you thought possible, we have the treatments to best suit each individual's needs. So how do you know which treatment is right for you? In this article, we will break down the differences of what each technology can do for you.





COLD VS. HOT

COOLSCULPTING® AND TRUSCULPT® ID ARE VERY SIMILAR TREATMENTS IN WHAT THEY CAN DO FOR YOU WITH A COUPLE OF KEY DIFFERENCES.

While each of these modalities can eliminate stubborn pockets of fat, the process of each uses a different mechanism of action. CoolSculpt and TruSculpt ID are proficient devices that we utilize to contour each unique body shape to sculpt your ideal body!

CoolSculpting® permanently eliminates fat cells through a process called cryolipolysis, which freezes subcutaneous fat cells. Once the fat cells die, they become encapsulated so that your body can naturally eliminate them through urine or sweat. During your treatment patients can expect little to no discomfort and can return to normal activities immediately following treatment with no downtime. CoolSculpting treatments are done in a series of two treatments, spaced six weeks apart, with noticeable results as early as six weeks after your first treatment, and most dramatic results 4-12 weeks following your second treatment. Each treatment delivers an average of a 25% reduction in the amount of fat cells present to the treated area.

COOLSCULPTING

CaloSpa Patient



BEFORE



AFTER



BEFORE



AFTER

COOLSCULPTING

CaloSpa Patient



BEFORE



AFTER



BEFORE



AFTER

COOLSCULPTING

CaloSpa Patient



BEFORE



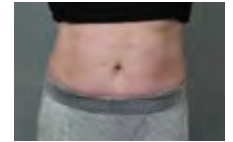
AFTER

COOLSCULPTING

CaloSpa Patient



BEFORE



AFTER



BEFORE



AFTER

COOLSCULPTING

CaloSpa Patient



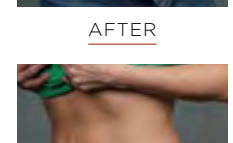
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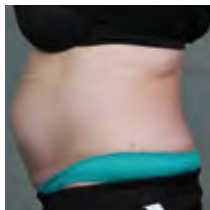
TruSculpting, like CoolSculpting®, is also an effective non-invasive treatment to permanently destroy fat cells, but uses heat, rather than a freezing action. TruSculpt® utilizes Monopolar Radiofrequency through a real-time temperature control, heating fat cells until they die, and are naturally eliminated through the body like CoolSculpt. TruSculpt treats the entire fat layer to provide an average of a 25% reduction of fat with each treatment. Because of the powerful heating action, not only does TruSculpt deliver significant improvement in the reduction of fat, **but it can also provide skin tightening.** This is for the patient who wants to simultaneously see fat reduction and skin tightening combined. TruSculpting treatments are done in a series of two treatments spaced eight weeks apart, seeing full results 4-12 weeks after your second session. There is little discomfort and no downtime with TruSculpt, as patients may return to normal activity immediately after treatment.

What areas can be treated with CoolSculpt/TruSculpt?

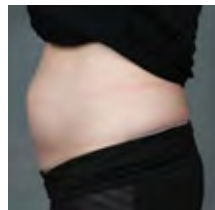
- Abdomen
- Flanks
- Inner/Outer thighs
- Banana Roll
- Arms
- Submental
- Bra line

TRUSCULPT

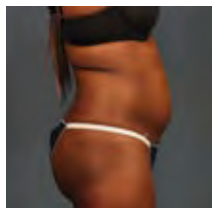
CaloSpa Patients



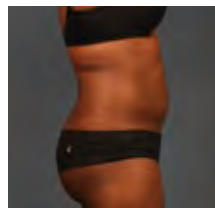
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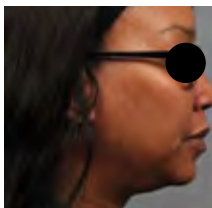
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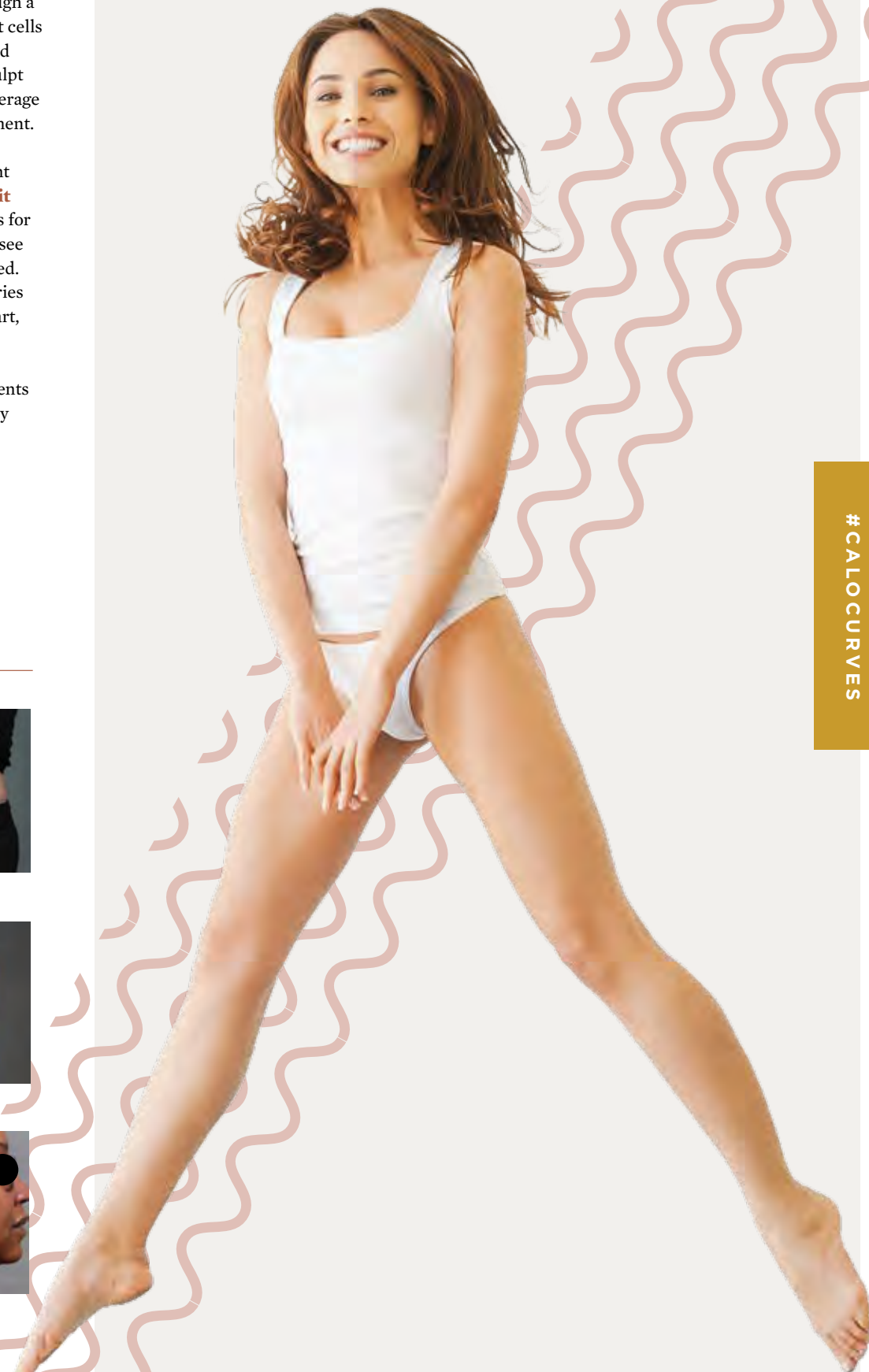
AFTER



BEFORE



AFTER



#CALOCURVES

EMSCULPT®

So now you've eliminated your stubborn pockets of fat and you're wanting to tone your abdomen, or maybe it's giving your booty a little lift after you've shaved down your flanks. This is where EmSculpt comes in! EmSculpt is our first ever treatment that can now treat muscle and continue to burn fat. For every new muscle fiber built, we burn more fat. EmSculpt works by delivering High-Intensity Focused Electromagnetic (HIFEM) energy to activate strong muscle contractions that we cannot achieve on our own through exercise. To put it simply, one EmSculpt treatment is the equivalent to doing 20,000 sit-ups or 20,000 squats! In addition to building muscle, EmSculpt is also the only treatment done non-invasively that can help to improve diastasis recti, a common problem among pregnant women or women who have been pregnant. Diastasis recti occurs when the space between your abdominal muscles have widened, and will often create the appearance of a "pooch". EmSculpt treatments are done in a series of four treatments, doing two treatments per week, for two weeks and is indicated for treatments to the abdomen and buttocks.

EMSCULPT

CaloSpa Patients



BEFORE

AFTER



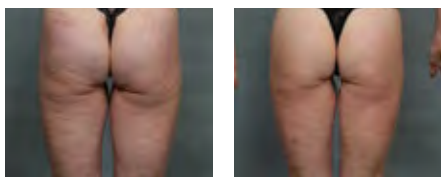
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BEFORE

AFTER



BEFORE

AFTER

THERMISMOOTH®

Maybe you're not concerned with pockets of fat or strengthening muscle, but maybe your concern is textural. Texture can mean anything from the appearance of loose skin, to dimpling or rippling caused by fascia. ThermiSmooth® is your answer to smoother, tighter skin. ThermiSmooth is a radiofrequency device that gives us the capability to reach nine different depths of the skin through gentle heating. The process feels similar to a hot stone massage. Because we have the capability to reach different depths, we can target fascia that sits in multiple depths to achieve skin tightening, as well as circumferential reduction. After we heat the tissue and break down fascia through RF, we'll then start to break up or smooth out deeper fascial deposits manually with the use of a fascia blaster. ThermiSmooth is often used in combination with some of our other body contouring treatments and allows us to give you the most comprehensive treatment to take you further. ThermiSmooth treatments are typically done in a series of 4-6 treatments, spaced three weeks apart.

THERMISMOOTH

CaloSpa Patient



BEFORE

AFTER

THERMISMOOTH

CaloSpa Patient

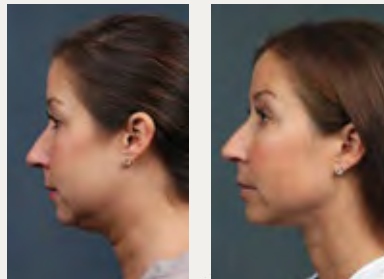


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THERMISMOOTH

CaloSpa Patient



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THERMISMOOTH

CaloSpa Patient

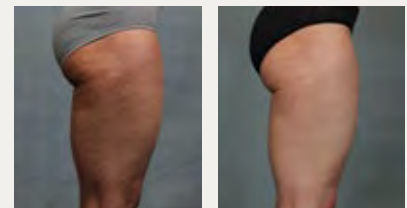


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THERMISMOOTH

CaloSpa Patient



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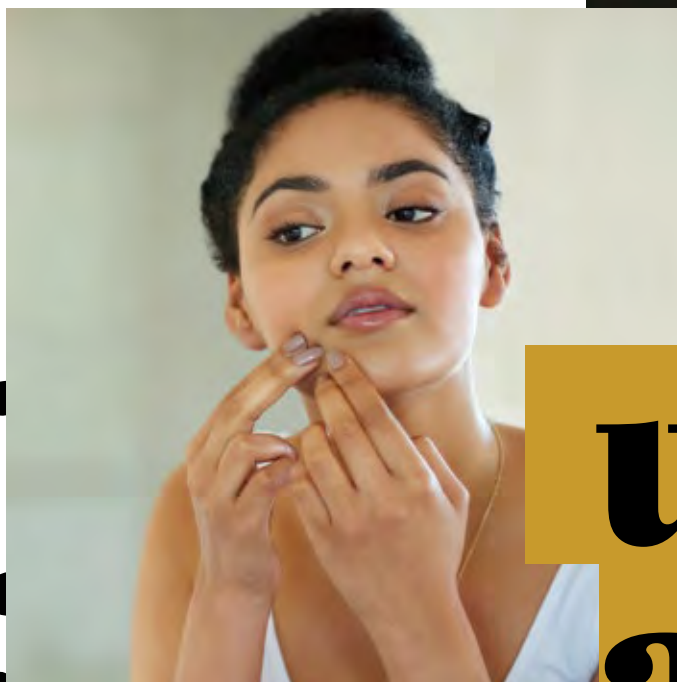


#NEW

BODIFIRM™

**A REVOLUTION
IN TOPICAL BODY
SCULPTING**

#FOREVERCLEAR



ugh acne!

Written By Karen Stickrod, Lead Clinical Aesthetician

Acne can leave us stressed and withdrawn.

We spend a lot of time and effort researching what might be the best option for treatment only to discover another dead end. At CaloSpa, our approach to acne involves not only treatment for your acne but prevention from future breakouts. There is no one magic treatment or cure when it comes to acne. Your success is about making a commitment and following through. We understand how individualized acne can be, so we try to have that same approach with your comprehensive treatment plan. We promise to walk you through this challenge but we need you to take the first steps.

Starting with a comprehensive skincare and laser/treatment consultation is the perfect way for your provider to better understand your needs. At this time we can discuss past treatments, current skincare, any prescription products you are using and what you have used in the past. It is important to understand not only where you are today but where your journey has taken you in the past. The more we can understand about your individual needs the better results we can deliver.

With that being said, there are several treatment options today that can address your acne concerns. One of our newer options is the Forever Clear BBL treatment. This treatment utilizes intense pulse light (IPL) and heat to eliminate acne-causing bacteria at its source, stimulate the body's natural healing process, reduces inflammation and acne associated redness.

How Forever Clear BBL Works

Step 1 Skin is first treated with blue BBL light to eliminate acne-causing bacteria at its source, deep down in the pores.

Step 2 Skin is then treated with yellow BBL light to reduce the inflammation and acne-associated redness to give you healthy, luminous skin.

Step 3 Skin is then treated with SkinTyte™ using infrared light in rapid, gentle pulses to initiate the body's natural healing process.



Benefits

- ✓ Non-invasive
- ✓ Quick and Easy
- ✓ Virtually Painless
- ✓ No Downtime
- ✓ FDA-cleared

FOREVER CLEAR BBL

Courtesy of Carrie Labert, PA-C



BEFORE

AFTER

FOREVER CLEAR BBL

Courtesy of Brooke Bangart, National Laser Institute

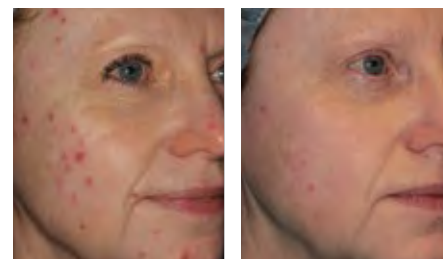


BEFORE

AFTER

FOREVER CLEAR BBL

Courtesy of Michelle Turley, Savannah Plastic Surgery



BEFORE

AFTER

FOREVER CLEAR BBL

Courtesy of Patrick Bitter, Jr. MD



BEFORE

AFTER

FOREVER CLEAR BBL

Courtesy of Patrick Bitter, Jr. MD

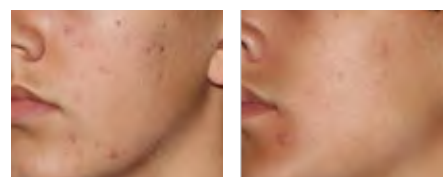


BEFORE

AFTER

FOREVER CLEAR BBL

Courtesy of Patrick Bitter, Jr. MD



BEFORE

AFTER

❖ 20% OFF FOREVER CLEAR BBL AT OPEN HOUSE

Smooth Operators

#NOCELLULITE

PRIMARY CELLULITE

- Fibrous Bands
- Deep Dimples or Indentations
- Located on Buttocks and Posterior Thighs

SECONDARY CELLULITE

- Superficial Textural Irregularities
- Skin Laxity
- Found on Thighs, Stomach, Buttocks, Arms

With 80% of women struggling with cellulite, we are often asked the question of which treatment will best treat the dimples that are so bothersome. Before deciding on a treatment, we must first determine which kind of cellulite is causing these unwanted dimples. Is it primary or secondary cellulite?

Primary cellulite is dimpling on the buttocks and backs of the thighs caused by fiber bands that pull down on the skin, similar to a tufted couch. This tension creates areas of dimpling that creates uneven contour to the buttocks and backs of thighs. For this type of dimpling, we use a treatment called Cellfina® to create a smoothing effect. Cellfina is a single treatment that cuts the fiber bands and releases the tension, creating a smoother appearance to the skin. The treatment can be completed in a single office visit, has mild bruising and swelling, and has long lasting effects.

Secondary cellulite is typically found in multiple areas on the body. In this case, there is no fiber band creating tension. The dimpled or orange peel, appearance in this type of cellulite is a result of skin texture and skin laxity that occurs with weight loss, age, or just genetics. We see this often in the fronts of the thighs, the stomach, buttocks/backs of thighs, and arms. For this type of cellulite, the skin will appear smoother when the skin is pulled taut. To treat secondary cellulite, we use devices to help tighten the skin.

ThermiSmooth® is a common device used to treat these areas, and utilizes radiofrequency heat to tighten skin in the treatment area over a series of treatments. This typically yields little to no downtime, and can be completed as a quick office procedure.

CAUSES:

Hormones, Genetics, Age, Diet, Lifestyle



Pair your Cellulite Treatments with ZO Oraser® Cellulite Control

A breakthrough blend of ingredients that work around the clock to minimize the appearance of thigh contour and the visible signs of cellulite. Visibly smooths hips, thighs and buttocks for a slimmer appearance.

DID YOU KNOW?

Fascia Blasting Therapy is used to fine-tune and boost your cellulite reduction results. Used to advance the fatty deposit breakdown, it can enhance the appearance of smoother-looking skin.

Tips from the Pros

The secret to treating cellulite, fat, and muscle is using a multiple modality approach. To achieve results there needs to be a multi-step approach to target these concerns comprehensively. This may involve pairing your ThermiSmooth® with fascia blasting or, EmSculpt® treatments with the fat reduction of CoolSculpt®. At CaloSpa we pride ourselves on having the most state-of-the-art technology in our practice whether it is a surgical or non-surgical approach. Our team works together to not only educate but provide the most customized treatment plan based on each individual.

CELLFINA

CaloSpa Patient



BEFORE

AFTER

CELLFINA

CaloSpa Patient



BEFORE

AFTER

CELLFINA

CaloSpa Patient



BEFORE

AFTER

CELLFINA

CaloSpa Patient



BEFORE

AFTER

THERMISMOOTH

CaloSpa Patient

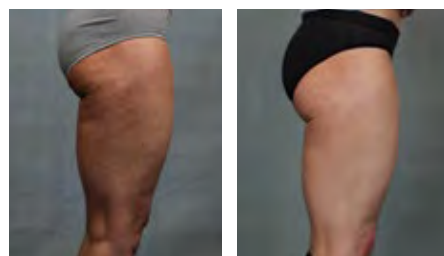


BEFORE

AFTER

THERMISMOOTH

CaloSpa Patient



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BEFORE

AFTER



Yessss! #TightenItUp!

Written by Katie Hicks, APRN

Non-surgical skin tightening is one of the most common things we get asked about here at CaloSpa. Among those treatments are Ultherapy®, SkinTyte™ and INFINI™. Each treatment offers different approaches to tightening and lifting the tissue.

INFINI™

Our high intensity focused radiofrequency microneedling laser, INFINI™, is used to address wrinkles, skin laxity and texture on the face, neck and décolletage. INFINI uses your body's own healing reaction to stimulate the natural growth of elastin and collagen when its microneedles deliver high intensity energy directly to the dermis. A series of treatments is required to achieve optimal results. We do work with patients to maximize treatment efficacy and comfort.

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BEFORE



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SkinTyte™

NEW SkinTyte™ is another non-invasive treatment option, using infrared light energy to tighten and lift the skin. What is unique about this device is that treatments can be done on any area of the body. Downtime is very minimal allowing patients with very different concerns to restore their self-confidence in an easy, convenient way. To achieve optimal results many patients will require a series of 3-5 treatments, spaced about four weeks apart, and then maintenance with the change of each season.

Courtesy of Michael McCall, MD



BEFORE



AFTER

Courtesy of Jody Levine, MD



BEFORE



AFTER

Courtesy of Teresa Mann, MD



BEFORE

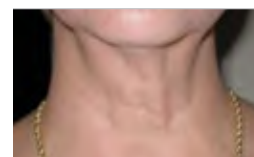


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Courtesy of Gloria Lopez, MD



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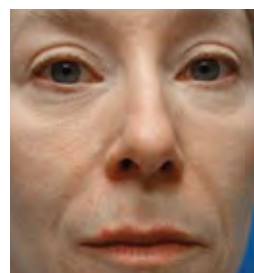


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Courtesy of Maurice Vick, MD



BEFORE



AFTER

Courtesy of AesthetiSpa Laser and Wellness Center - Maria Quintana, RN



BEFORE

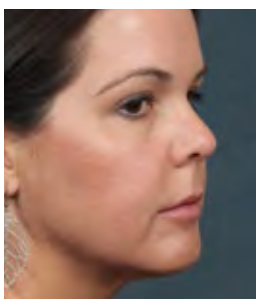


AFTER

Ultherapy®

Ultherapy® is a non-invasive treatment option that uses ultrasound technology to tighten and lift the skin. The procedure is performed in the office and upon leaving you are able to apply your make-up and resume most usual activities. Your full results can be expected 9-12 months post treatment, but most patients start seeing improvement three months after treatment. Ultherapy can be performed on the neck, lower face, upper face and chest.

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BEFORE



AFTER

CaloSpa Patient



BEFORE



AFTER

Don't let loose skin affect your confidence. If skin tightening is something you are interested in, it is best to meet with the experts first to determine which treatment would be best for you and your concerns. Schedule your consult today! We look forward to helping you achieve your goals!



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2341 Lime Kiln Lane | Louisville, KY | 40222

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 PatientFi. Call us at 502.899.9979 for more information or pre-approval.

Weekend Hours

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

Hours of Operation

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

Tuesday - Friday: 9 a.m. - 6 p.m.

Saturday: 9 a.m. - 2 p.m.

Lexington Location

824 Euclid Avenue, Suite A100

Lexington, KY 40502

Main: 859.269.2256

Call for hours of operation.

CALOSPA'S 18TH ANNUAL OPEN HOUSE *Beauty in Focus* #nofilterneeded

Let CaloSpa Rejuvenation Center guide you through your journey to achieving your aesthetic goals, #nofilterneeded.

THURSDAY, NOVEMBER 7TH

12 P.M. TO 8 P.M.

RSVP: TEXT 502.899.9979 OR CALL 502.899.9982

PRESALES

Starting Monday, October 14th pre-purchase all your favorite CaloSpa treatments and services. **Sale ends November 9th.**

- › Stop in to Any CaloSpa Location
- › Call 502.814.3000
- › Order Online at calospa.com

EXCLUSIVE 20% OFF SPECIALS

EXCITING GIVEAWAYS | LIVE DEMOS



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