

# BODY LANGUAGE

New and Innovative Techniques to Improve One's Body

Issue #9

Perfect Your Proportions  
UNDERSTANDING YOUR BREAST SURGERY

TAMING THE TUMMY

*The Lifts*

OPEN  
HOUSE

CALOSPA'S 19<sup>TH</sup> ANNUAL  
*Thursday, November 5<sup>th</sup> from 1 p.m. to 8 p.m.*

INCREDIBLE  
INJECTABLES

*Work It Out*  
Build Muscle and Eliminate Fat

KNOW YOUR BEST NOSE

Laser & Light  
*Which Treatment is Right for You?*

 CALOSPA  
REJUVENATION CENTER

 CALOAESTHETICS  
PLASTIC SURGERY CENTER



*Beauty  
Unmasked*





CALOSPA'S 19<sup>TH</sup> ANNUAL

# OPEN HOUSE

*Beauty Unmasked*



**THURSDAY,  
NOVEMBER 5<sup>TH</sup>**

**1 P.M. TO 8 P.M.**

**LOUISVILLE LOCATION**

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

**RSVP: TEXT 502.899.9979**

**OR CALL 502.899.9982**

**MASKS REQUIRED. SOCIAL DISTANCING  
COCKTAILS AVAILABLE IN THE CALOTENT.**



**SHOWCASING THE BEST IN SURGICAL AND  
NON-SURGICAL AESTHETIC PROCEDURES**

**OPEN HOUSE WEEK: NOVEMBER 2<sup>ND</sup>-6<sup>TH</sup>**

#### 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
- > Live Demonstrations
- > Mini-consults with Expert Providers
- > Education on All Products and Services
- > Gifts with Purchase
- > \$20,000 in Door Prizes & Giveaways
- > CaloSwag



## PRESALES

Starting Thursday, October 15<sup>th</sup>  
pre-purchase all your favorite  
CaloSpa treatments and services.  
**Sale ends November 6<sup>th</sup>.**

- > Stop in to Any CaloSpa Location
- > Call 502.814.3000
- > Order Online at [calospa.com/store](https://calospa.com/store)
- > Mail-in Order Form

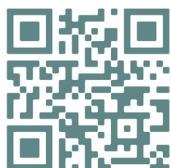
## Explore Our Financing Options

## 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.

#### FINANCING



**LEARN  
MORE**





# THE DOCTORS

## **WORLD RENOWNED EXPERT – 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 has completed 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 have recently completed 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.

*Chet Mays, MD*

*World Renowned Expert –  
M. Bradley Calobrace,  
MD, FACS*



## **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.





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# NOW OPEN

## *CaloSpa*

# FLOYDS KNOBS

Our Floyds Knobs location serves southern Indiana and surrounding communities. Some of our advanced cosmetic medical treatments offered at CaloSpa Floyds Knobs create same-day results with little or no downtime, achieving our patients' vision of beauty through non-invasive methods.

*"Opening a third location in southern Indiana has been something we are proud to have accomplished. We have many Indiana patients that make the journey to Louisville to seek out our expertise, so we wanted to make it more convenient for our patients to come and see us." — Dr. Calobrace*

408 LAFOLLETTE STATION DR., FLOYDS KNOBS, IN 47119  
SCHEDULE YOUR APPOINTMENT TODAY: CALL 812.920.4880



## 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](http://www.calospa.com) or call 502.814.3000. For a complete menu of services visit [www.calospa.com](http://www.calospa.com).

BODYLANGUAGE

5



# CaloSpa CENTER OF Excellence

- › NURSE INJECTORS
- › AESTHETICIANS
- › BODY CONTOURING
- › MESSAGE THERAPY

Looking your best does not 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, our Centers of Excellence include ExpertInjectors™, Clinical Aestheticians, Body Contouring Specialists, and Licensed Massage Therapists. Each provider, having had extensive training and adhering to stringent standards of our board-certified plastic surgeons Dr. Bradley Calobrace and Dr. Chet Mays, offers a variety of injectable products and non-surgical treatments to ensure that we can build customizable treatment plans that can meet the expectations and beauty goals of each patient.

**CALL 502.814.3000  
TO SCHEDULE YOUR  
CONSULT TODAY!**



**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, BSN, Lexington



**OLIVIA HALL**  
RN, Floyds Knobs



**BRITTANY RONEY**  
Body Contouring Specialist



**JACLYN FAVORITE**  
Clinical Aesthetician,  
Lexington



**ASHLEY HATFIELD**  
Clinical Aesthetician



**LAUREN PAZMINO**  
Licensed Massage Therapist,  
Floyds Knobs



**MICHELLE LASLEY**  
Body Contouring Specialist,  
Licensed Massage Therapist



**KAREN STICKROD**  
Clinical Aesthetician



**SAYRE GRIMES**  
Clinical Aesthetician,  
Floyds Knobs



**MEREDITH STEINMETZ**  
Clinical Cosmetologist



**NICOLE LINDSEY**  
Clinical Aesthetician



**KATY JO GROFT**  
Body Contouring Specialist,  
Clinical Aesthetician





## 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.



## EXPERTINJECTOR™

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® injectable 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](http://caloaesthetics.com).

# AESTHETIC Fellowship

CaloAesthetics **Aesthetic Surgery Fellowship** is a one-year program that provides a fully trained, board-eligible, plastic surgeon additional specialized training in aesthetic surgery. Our program is one of the few aesthetic surgery fellowship programs in the U.S. endorsed by the Aesthetic Society. Each fellow is already a completely trained Plastic Surgeon prior to spending the year with us in the fellowship and works under the supervision of our board-certified plastic surgeons, Dr. Bradley Calobrace and Dr. Chet Mays. We hope many of you get the opportunity to meet our current Fellow, Dr. Kate Kottwitz, during the Open House or on one of your future visits to CaloSpa/CaloAesthetics Plastic Surgery.

The CaloAesthetics Fellowship also offers a unique opportunity for our clients to receive very special **reduced pricing** on surgical and non-surgical procedures offered through the **CaloAesthetics Fellow's Clinic**. We invite you to call our office to schedule your appointment with Dr. Kottwitz.



MEET CALOAESTHETIC'S  
2020 FELLOW:  
DR. KATE KOTTWITZ





# MENU OF SERVICES

*Packages Also Available*

## DAY SPA

### SERVICES

Facials  
Makeup  
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®
- Jeuveau™
- Juvéderm® Family of Injectables
- Kybella®
- Kysse™
- Radiesse®
- Restylane® Family of Injectables
- RHA Collection®
- Sculptra®
- Voluma®

### FACIAL LASER & LIGHT TREATMENTS

- excel V™ – Vascularity Treatment
- Forever Young BBL™
- Forever Young BBLBody+™
- FotoRejuvenation Complexion Treatment
- Facial Tightening
  - INFINI™
  - SkinTyte™
  - Ultherapy®
- HALO™
- Hollywood Laser Peel
- Laser Genesis™ – Skin Glow
- Moxi™
- PicoGenesis™
- Spectra® – For Pigmentation

### ADVANCED FACIAL TREATMENTS & PEELS

- Chemical Peels
- Dermaplaning (Blading)
- Diamond Glow
- Glycolic/Salicylic Peel
- HydraFacial®
- Keravive Hair Treatment™
- MicroLaserPeel®
- Microdermabrasion
- Microneedling
- Micropeel
- NanoLaserPeel®
- PRP Facial
- TCA Peel

### BODY TREATMENTS

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

### BODY CONTOURING & CELLULITE TREATMENTS

- Cellfina®
- CoolSculpting®
- EmSculpt® – Muscle Building + Fat Reduction
- EmTone®
- ThermiSmooth®
- truSculpt® iD





# Looking Good Just Got *Easier*

**JOIN OVER 700 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!

## *Additional Perks*

- Includes comprehensive skin and wellness consultations.
- Exclusive CaloPerks events.
- Discounts are valid with other reward programs (Aspire, Brilliant Distinctions, Swiss Rewards).
- Credits never expire.



## 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			

## Are you ready to *Get Perky?*

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

**CALOSPA HAS SAVED CALOPERKS MEMBERS OVER \$333,000!**

"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., CaloPerks Member

## SAVE 20% AT THE OPEN HOUSE

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







CALOSPA'S 19<sup>TH</sup> ANNUAL

# OPEN HOUSE



CALOSPA REJUVENATION  
CENTER IS CELEBRATING  
ITS 19<sup>TH</sup> ANNUAL  
OPEN HOUSE EVENT  
THURSDAY,  
NOVEMBER 5<sup>TH</sup>  
1 P.M. TO 8 P.M.

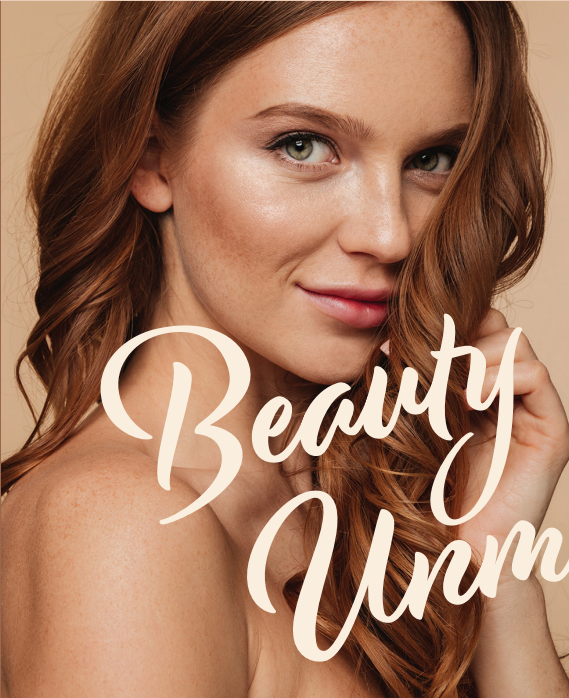
RSVP: TEXT 502.899.9979  
OR CALL 502.899.9982

**MASKS REQUIRED**  
SOCIAL DISTANCING COCKTAILS  
AVAILABLE IN THE CALOTENT.



**Pull out your best mask** because CaloSpa Rejuvenation Center is celebrating YOU at our 19th Annual Open House event! This exclusive event happens only ONCE A YEAR and will be held at our Louisville location, Thursday, November 5, 2020 from 1 p.m. to 8 p.m. Our experts will be unmasking the world for CaloAesthetics Plastic Surgery Center and CaloSpa Rejuvenation Center. Guests will enjoy key education provided by our award-winning physicians and staff, live demonstrations, complimentary services, and CaloSwag.

- › BEST OF ALL RECEIVE THE BEST PRICES OF THE YEAR!
- › SAVE 20% OFF SELECT PRODUCTS AND SERVICES\*
- › DIAMOND MEMBERS SAVE AN ADDITIONAL 5% OFF (25% OFF TOTAL)





## GO VIRTUAL

11.5.2020 FROM 12 P.M. TO 7 P.M.

Want to stay-in but still enjoy the party to learn about all the services we offer?

Pour a glass of wine, sit back and enjoy Open House virtually!

Tune in each hour to @CALOSPA on Facebook and Instagram to learn about the treatments we offer all LIVE throughout our Open House event. We will be featuring Injectables, CaloSculpting, Facial Laser & Light Therapies, Advanced MediSpa Facials, and Cosmetic Surgery.

STAY UP TO DATE WITH  
OPEN HOUSE DETAILS AND  
TO SEE OUR GO VIRTUAL  
LIVE SCHEDULE.

STAY  
UP TO  
DATE!

OPEN  
HOUSE



## EXPERIENCE:

- › NEW TREATMENT OPTIONS
- › LIVE DEMONSTRATIONS
- › MINI-CONSULTS WITH EXPERT PROVIDERS
- › EDUCATION ON ALL PRODUCTS AND SERVICES
- › GIFTS WITH PURCHASE
- › 20K+ IN DOOR PRIZES & GIVEAWAYS

The truth can change the way you look and feel, at least we believe so. This year we are unmasking some of the cosmetic and beauty industries biggest myths and unveiling the details about our most popular procedures. We are going to take you on a journey to learn the facts about the surgical and non-surgical treatments we offer. Let BodyLanguage be your comprehensive guild to the world of CaloAesthetics and CaloSpa Rejuvenation Center, discover the treatments that can help you achieve your aesthetics goals.

**WANT TO LEARN MORE?** It's as quick and easy as a snap of your phone's camera. Watch an extensive library of educational videos featuring live treatments, procedure insights, provider favorites and much, much more. Just pull out your phone and capture the QR CODES throughout the magazine and enjoy diving deeper into learning how you can achieve your aesthetic goals.



\*Individual treatment results may vary. 20% off special pricing excludes surgery and neurotoxins. Open House pre-purchases cannot be rendered until Open House Week, November 2-6. All Open House purchases are non-refundable.

\*\*There will be a 10 day processing lead time for mail-in orders. Please call 502.814.3000 for additional information.

## PRESALES\* START 10.15.20

MAKE YOUR OPEN HOUSE PURCHASES STARTING  
OCTOBER 15<sup>TH</sup> THRU NOVEMBER 6<sup>TH</sup>. ITS QUICK AND EASY!

TO PLACE YOUR OPEN HOUSE ORDER:

STOP IN TO ANY CALOSPA LOCATION

CALL 502.814.3000

ORDER ONLINE AT [CALOSPA.COM/STORE](https://calospa.com/store)

MAIL-IN YOUR ORDER

For your convenience we have included a mail in order form in this year's BODYLANGUAGE magazine. Just place your order, payment information and return by mail. All your favorite treatments and products will be available to you at any CaloSpa location.\*\*

### PURCHASE UNLIMITED UNITS OF YOUR FAVORITE TOXIN

- › JEUVEAU™ & BOTOX® - \$10 PER UNIT
- › DYSPORT® - \$4.50 PER UNIT

## CALOPERKS MEMBERS

EXCLUSIVE EVENT HOUR FOR PERKS  
MEMBERS ONLY: 12 P.M. TO 1 P.M.

Call 502.814.2986 **anytime** to place your Open House order with a dedicated Perks Concierge.

### COVID-19

While CaloAesthetics and CaloSpa are moving forward with hosting it's annual Open House event, we want to assure our patients and guests that their **safety** and the safety of our staff is of the utmost importance. The fluidity of changes with our local government and the guidelines of the CDC can and will impact how our event is executed. **Attendees will be limited; masks and social distancing are strictly enforced, and RSVP will be required.** Patients and patrons can also take advantage of the many virtual learning and purchasing opportunities we will be implementing this year. To learn more and to stay up to date with event changes, cancellations or provisions, please call 502.814.3000, visit [calospa.com](https://calospa.com) or follow @calospa on Facebook or Instagram.



# Incredible Injectables

BY OLIVIA HALL, RN

**If** you want a refreshed look, smooth skin, or added volume, in a quick and easy treatment, then you may want to consider injectables. We offer many different types of injectable procedures that improve various areas of concern. Injectables require little to no downtime but offer impressive results, with some results being immediate. Our experienced nurse injectors and board

certified plastic surgeons have earned the coveted ExpertInjector™ status endorsed by the prestigious American Society for Aesthetic Plastic Surgery. So, whether you are a newbie to the world of injectables or you're a seasoned pro, you can trust CaloSpa and CaloAesthetics to deliver an injectable treatment plan to fulfill your rejuvenation goals.

## NEUROTOXINS

A prescription medication that is a popular facial rejuvenation option that can temporarily improve moderate to severe facial wrinkles. The neurotoxin is administered by tiny injections into the facial muscles to relax the muscles, decreasing the appearance of wrinkles. Results can last 2-4 months, depending on the product, treatment plan, and patient.

### FDA approved Neurotoxins include:

- Botox®
- Dysport®
- Jeuveau®

### Treats\*

Frown Lines (between eyes, your 11's), Forehead Wrinkles, Crow's Feet, Jelly Rolls, Bunny Lines, Orange Peel Chin

### Helpful Insight

Bruising and swelling are minimal to none with this type of injection. You will be able to go back to your normal activities right after treatment, but we do recommend limiting lying flat and/or strenuous activity/exercise for the next 4 hours.

### Did You Know?

CaloSpa offers Same-Day-Toxin. Call today, we'll get you scheduled today! **502.814.3000**

## DERMAL FILLERS

A popular facial rejuvenation treatment that restores lost volume, smooths and softens lines and creases, enhances facial contour, and corrects or improves facial symmetry.

- Smooth out lines around nose (nasolabial folds)
- Soften corners of mouth (marionette, oral commissures)
- Enhance and restore volume to sunken cheeks or temples
- Diminish vertical lip lines
- Plump and enhance lips
- Improve symmetry among facial
- Enhance facial contours such as jawline and chin
- Restore youthful hands

### Did You Know?

There are a variety of FDA approved injectable filler products categorized by the substances in which they are made from? Each product is uniquely formulated to have a certain texture, density, and injection depth, which means that certain fillers work better for certain areas. Your CaloSpa ExpertInjector™ will determine what product is best for you depending on your individualized assessment and will customize a treatment plan to achieve your overall aesthetic goal. Results can last 6 months to 2 years or longer, depending on the product and treatment plan.

## HYALURONIC ACID (HA)

Hyaluronic acid is naturally found in our body, keeping our skin plump and hydrated. HA fillers are comprised of hyaluronic acid in the form of a gel-like substance. Treatment results are temporary, **lasting 6 to 12 months** based on product, treatment area, and the patient. HA fillers will naturally be absorbed and metabolized by the body.

### FDA approved Hyaluronic acid fillers:

- Juvéderm® Family: Juvéderm Ultra XC, Juvéderm Ultra XC Plus, Voluma®, Volbella®, Vollure™
- Restylane® Family: Restylane, Restylane Silk, Restylane Lyft, Restylane Refyne, and Restylane Defyne™, NEW Restylane Kysse™
- Belotero Balance®
- NEW RHA Collection® by Teoxane

### Treats\*

Lips, nasolabial folds, marionette lines, oral commissures, cheeks, lip lines, nose contours, ear lobes, acne scars





## POLY-L-LACTIC ACID (PLLA)

Poly-L-lactic acid is a synthetic substance much like a dissolvable suture material that is safe to use in the body. PLLA fillers are classified as *collagen stimulators*. The particles in the filler will dissipate and will stimulate production of the body's own natural collagen over time, requiring sessions based on an individualized treatment plan. This is a great filler option to restore loss of volume on the face globally using the body's own collagen production. The overall **results can be long term and last more than 2 years**, especially with maintenance treatments.

### FDA approved Poly-L-lactic acid fillers include:

- Sculptra®

### Treats\*

Temples, cheeks, nasolabial folds, mid face (submalar region), marionette lines, chin, jawline, buttocks

### Number of Treatments

3-4 sessions of 2-3 vials, done every 4-6 weeks for facial rejuvenation

## CALCIUM HYDROXYLAPATITE (CAHA)

Calcium hydroxylapatite is a natural occurring substance in the body, found primarily in the bones and is used to help stimulate production of the body's own natural collagen. The calcium particles in the CaHA fillers, suspended in a smooth gel consistency, are typically thicker and **last longer** than HA fillers - **about 12 months** for most patients.

### FDA approved Calcium Hydroxylapatite fillers include:

- Radiesse®

### Treats\*

Cheeks, jawline, chin, hands

## DEOXYCHOLIC ACID

Deoxycholic acid is a synthetic substance that is a natural occurring molecule found in the body that breaks down and **permanently destroys fat cells**. Once injected into the treatment area the fat cells are broken down and metabolized naturally by the body.

### FDA approved Cholanolic Acid fillers include:

- Kybella®

### Treats\*

Submental fullness, aka the "double chin", knee fat, armpit fat

### Number of Treatments

3-4 sessions of 2-3 vials, done every 4-6 weeks

## SCULPTRA

### CaloSpa Patients



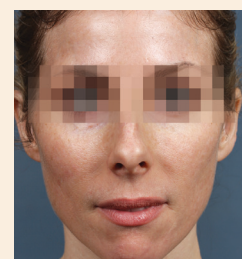
BEFORE



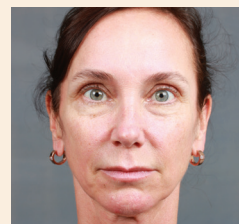
AFTER



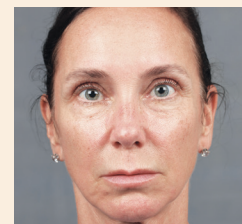
BEFORE



AFTER



BEFORE



AFTER

## RADIESSE MARIONETTE LINES, MALAR LINES

### CaloSpa Patient



BEFORE



AFTER

## HA FILLER, CHEEKS

### CaloSpa Patient



BEFORE



AFTER

\*Indicating both on and off-label procedures. Treatment results may vary.



## BBL ALTERNATIVE

When a BBL or Brazilian Butt Lift is not an option, many patients seek Sculptra Aesthetic buttocks injections. Sculptra is the perfect alternative for patients not wanting surgery or for the patient who is very thin and wants a large change in the appearance of their buttocks, but there just simply isn't going to be enough fat on their body to perform a fat transfer. Many patients love the changes they see even after a single treatment; however, for optimal results, patients require 8-10 vials of Sculptra per session and may need up to 3 sessions.

### SCULPTRA BUTTOCKS

CaloSpa Patient

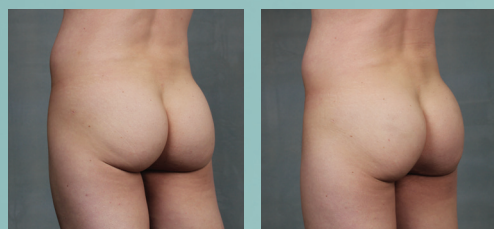


BEFORE

AFTER

### SCULPTRA BUTTOCKS

CaloSpa Patient



BEFORE

AFTER

INJECTABLE  
TREATMENTS



UNMASKING  
THE MYTHS

INJECTABLE  
TREATMENTS



LEARN  
MORE

## What to Expect

Injectable treatments are non-surgical and can be completed the same day with little to no downtime. While an HA filler offers instant results, toxins can take up to 10 days to see full results, and treatments like Sculptra and Kybella can take 4-6 weeks to see results and require multiple sessions, which vary per patient and their customized aesthetic treatment plan.

## Your Treatment

Just before your injectable treatment the area will be pre-cleansed, and for any non-toxin treatment, a topical anesthetic cream will be applied to numb the area prior to injection for 30 minutes. Pain level is minimal to moderate for both toxin and dermal fillers. In fact, many filler products contain lidocaine, a mild anesthetic, which will help minimize discomfort during and after your treatment. Your provider will then strategically inject beneath the skin. Procedure time depends on how many areas are treated, including pre-procedure numbing, and the injection treatment can take 15 minutes to 1 hour.

## Recovery Time

There is a possibility of mild bruising that may last up to two weeks and swelling may occur lasting 2-3 days. These are temporary and should subside over the days following treatment. For a non-toxin injectable, you will be able to go back to your normal activities right after treatment, but we do recommend limiting alcohol intake and no strenuous activity or exercise for the next 24-48 hours.

### HA FILLER, LIPS

CaloSpa Patients



BEFORE

AFTER



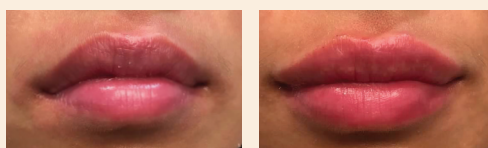
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BEFORE

AFTER

### LIQUID RHINOPLASTY, HA FILLER JAW LINE

CaloSpa Patient



BEFORE

AFTER

### LIQUID RHINOPLASTY

CaloSpa Patient



BEFORE

AFTER

### HA FILLER, TEAR TROUGH

CaloSpa Patient



BEFORE

AFTER





# NEW RHA Collection

By Teoxane

Say hello to the only FDA-approved dermal filler for correction of dynamic facial wrinkles and folds.

The natural characteristic of the HA molecules is preserved to obtain a gel with high purity, making this a groundbreaking dermal filler that is closest to the natural content of the HA found in your skin.

## FIT FOR YOUR DYNAMIC NEEDS

Featuring **3 density options** to fit the needs and goals of the patient:

**RHA® 2** softens mild to moderate wrinkles and folds in moving (dynamic) areas of the face, between the nose and the corners of the mouth (nasolabial folds).

**RHA® 3** is indicated for injection into the mid-to-deep dermis for the correction of moderate to severe dynamic facial wrinkles and folds, such as nasolabial folds and between the nose.

**RHA® 4** is indicated for injection into the deep dermis to superficial subcutaneous tissue for the correction of moderate to severe dynamic facial wrinkles and folds.

## RHA COLLECTION MARIONETTE LINES, NASOLABIAL FOLD, UPPER LIP, LOWER LIP, ORAL COMMISURES

*CaloSpa Patient*



BEFORE

AFTER

## RHA COLLECTION HANDS

*CaloSpa Patient*



BEFORE

AFTER



# KEEPING IT SNATCHED

BY KATIE HICKS, APRN



SKIN  
TIGHTENING



LEARN  
MORE



**Non-surgical skin tightening is one of the most common issues we see patients for in the practice. Skin laxity is a result of aging, where collagen, elastin and hyaluronic acid break down in the skin, causing the skin to lose its plumpness, stretch, and resiliency. There are varying degrees of skin laxity, ranging from mild to severe. Non-surgical options for tightening are typically better suited to address mild and moderate laxity, whereas surgery would be better suited for severe laxity.**

There are different modalities that can be used to address skin laxity and help facilitate skin tightening: ultrasound, radiofrequency and infrared. Ultrasound technology uses non-invasive ultrasound energy to create collagen stimulation in the skin. Radiofrequency is a type of heat energy that gradually heats the skin to a target temperature to create production of elastin, collagen, and hyaluronic acid. Infrared light is energy that heats the tissue in a controlled manner to stimulate collagen production. Below are some of the treatments that we offer in our practice to help patients reach their desired skin tightening results:

Results with non-surgical skin tightening treatments can vary from person to person. There are many factors that affect your results and how long they last. A few of these include: hydration levels, sun/tanning exposure, proper daily skincare regimen, smoking, and alcohol use. It is important if you are investing in any skin tightening treatment that you ensure you are adequately hydrated before and after the treatment, establish a sufficient daily skincare regimen, wear SPF 30+ daily, avoid sun, smoking and alcohol.

We have many options in our practice to address loose and sagging skin for our patients. A patient's skin type, desires, degree of laxity, medical history, and budget help determine the procedure chosen for tightening. A custom consultation with a CaloSpa Expert will help you determine which device would be best for you, your skin type, and your concerns. Call 502.814.3000 now to schedule your skin tightening appointment.

## INFINI™

**This device uses microneedles paired with radiofrequency to provide tightening and lifting to the face, neck and chest.**

### WHO'S IT FOR:

INFINI is a great treatment for skin laxity of any degree.

### TREATMENTS NEEDED:

3 treatments are suggested for optimal results, spaced 4-6 weeks apart, and repeated yearly.

### HOW LONG DOES IT TAKE:

The treatment takes approximately 45 minutes to 2 hours depending on areas treated. Topical numbing cream is applied prior to the procedure.

### HELPFUL INSIGHT:

You can expect redness and swelling for about 4-5 days post treatment. Supercharge your INFINI treatment with PRP.

## ULTHERAPY®

**This non-invasive device uses ultrasound technology to tighten and lift the skin of the face and neck with minimal downtime.**

### WHO'S IT FOR:

Patients who have mild to moderate skin laxity and do not need as much help with textural concerns.

### TREATMENTS NEEDED:

It is typically a one-time treatment that is repeated about once per year.

### HOW LONG DOES IT TAKE:

The treatment takes anywhere from 45 minutes to 3 hours, depending on the areas being treated.

### HELPFUL INSIGHT:

This treatment can be one of the more uncomfortable procedures. The most effective way to ease the discomfort during the treatment is to bring headphones to listen to music or watch a movie.

## INFINI

*CaloSpa Patient*



BEFORE



AFTER

## ULTHERAPY

*CaloSpa Patient*



BEFORE



AFTER



## SKINTYTE™

**This device uses infrared light to heat the tissue while simultaneously cooling it, to improve the appearance of skin laxity.**

### WHO'S IT FOR:

This device can be used almost anywhere on the body where a patient desires tighter skin.

### TREATMENTS NEEDED:

While all treatments vary, typically SkinTyte requires 6 treatments spaced 2 weeks apart with annual maintenance.

### HOW LONG DOES IT TAKE:

Because it is non-invasive, discomfort and downtime are minimal with this treatment. One treatment takes about 10-30 minutes to complete, depending on the area treated.

### HELPFUL INSIGHT:

While great for all skin types, this treatment cannot be performed on a patient with melasma.

## THERMITIGHT®

**Thermitight is performed under anesthesia as a surgical procedure.**

### WHO'S IT FOR:

The most common area treated is the submental region, however, arms, thighs and knees can be treated too.

### TREATMENTS NEEDED:

It is typically a one-time treatment and the downtime can range anywhere from 1-2 weeks.

### HELPFUL INSIGHT:

Great add-on treatment to any facial surgery patient looking to tighten the skin under the neck.

## EXILIS ULTRA 360

**This device uses radiofrequency paired with ultrasound technology to provide tightening to desired areas.**

### WHO'S IT FOR:

You can treat skin laxity anywhere on the body and it stimulates collagen and elastin production. In addition to skin tightening, this device is also able to provide some fat reduction.

### TREATMENTS NEEDED:

It is typically performed as a series of 4-6 treatments, spaced 2-4 weeks apart, with minimal to no downtime.

### HELPFUL INSIGHT:

A patient will continue to see improvement for 12 weeks following their last treatment. For best results, it is best that the patient follows a protocol of water and exercise.

*\*Individual results may vary.*

## EXILIS ULTRA

*CaloSpa Patient*



BEFORE

AFTER

## LIPO & THERMI

*CaloSpa Patient*



BEFORE

AFTER

# 20% OFF

**Skin Tightening Treatments**  
are 20% Off During  
Open House Week and Presales



# SAVE 20%

## in Celebration of our

## 19<sup>th</sup> Annual Open House

STARTING THURSDAY, OCTOBER 15<sup>TH</sup> PRE-PURCHASE ALL YOUR FAVORITE CALOSPAs TREATMENTS AND SERVICES. SALE ENDS NOVEMBER 6<sup>TH</sup>.

- › Stop in to Any CaloSpa Location
- › Call 502.814.3000
- › Order Online at [calospa.com/store](http://calospa.com/store)
- › Mail-in Order Form

### 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

\*Restrictions may apply



# No Need to Distance Yourself

## miraDry® Permanently Reduces Underarm Sweat and Odor

*By Bethany Shively, APRN, DNP*

Before the launch of miraDry several years ago, we had no long-term solutions for patients suffering from hyperhidrosis, better known as heavy sweating. After several years of administering miraDry treatments, we have seen great success in the reduction of underarm sweat as well as adapted and perfected our techniques to provide patients with the most comfortable and optimal results.

### WHAT IT DOES

miraDry applies a specific type of heat energy to the underarms after a local anesthetic is given. The thermal energy then targets and eliminates the sweat and odor glands in your underarm.

### WHO'S IT FOR

Everyone

### HOW LONG DOES IT TAKE

About 2 hours

### TREATMENTS NEEDED

80% of patients will only need one treatment

### COST

\$1,900 for initial treatment, \$750 for second treatment (if needed)

### HIGHLIGHTS

- 90% "Worth it" rating by RealSelf readers
- Results are permanent
- Reduces excessive sweat
- No more deodorant marks on clothes
- Reduces underarm odor
- Improves quality of life









## LASER & LIGHT

# Which Treatment is Right For You?

By Lacey McCauley, MMS, PA-C

AESTHETICS HAS BEEN AN EVER-CHANGING WORLD OF TECHNOLOGY FOR DECADES. HOWEVER, ONE STAPLE IN TODAY'S AESTHETIC MARKET HAS BEEN THE USE OF LASER-BASED THERAPIES AND LIGHT ENERGY TO TREAT VARIOUS SKIN CONDITIONS.

LASER & LIGHT TREATMENTS



UNMASKING THE MYTHS

LASER & LIGHT TREATMENTS



LEARN MORE

## Ablative, Non-Ablative, BBL

In general lasers are categorized into ablative (removes the epidermal layer or top layer of skin) and non-ablative (heats the skin tissue without injury to the surface of the skin). These technologies in energy allow aesthetic practitioners to target various skin conditions. Broadband Light (BBL) is photo-rejuvenation therapy that uses powerful intense pulsed light to deliver results. In general, when choosing a laser or light treatment, the goal is often to address the primary concerns such as texture, pigment, or laxity. The wavelength and energies of these technologies are modified and tailored to treat an individual with an effective and safe approach in mind.

## One Size Does Not Fit All

Laser and light treatments are certainly not one size fits all, however. People often believe they are only used for lighter or fair skin types. Skin color and sun exposure do play a factor into treatment choices and settings in order to ensure safe and effective treatments for patients. In the modern world of laser and light treatments, a variety of new technologies have made their way to the forefront of the industry and look to provide options to beautiful skin of all colors.

## Strength Matters

Laser and light energy intensity or power plays a role in both comfort and results, and many of the technologies we offer today provide different intensity levels to optimize the treatment to fit the needs of the patient.

**Intensity Levels** Mild • Moderate • Strong

HALO

*CaloSpa Patient*



BEFORE



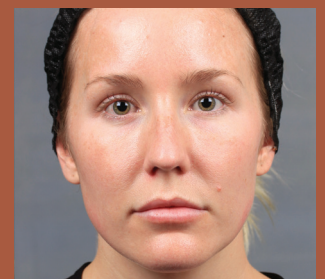
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HALO

*CaloSpa Patient*



BEFORE



AFTER





## MILD INTENSITY LASER & LIGHT TREATMENTS

Great for treating minimal pigment, vascularity, laxity, or complexion concerns. Achieving the best results may require having multiple treatments and patient downtime is very minimal to none.

**Pain Factor:** Meh, feeling like a mild heat massage or tiny pin prick.

### Laser Genesis® | For Complexion Perfection

Helps to restore healthy complexion of the skin and improves facial redness.

**Areas Treated:** Face, neck

**How Many Treatments:** 6  
No pre-treatment required

**Pairs Well With:** Calming Toner, Rozatrol®, Growth Factor, Dermaplaning

### Spectra™ | Hollywood Peel

Deep cleanse of the pores using carbon, removes the top layer of dead skin and helps with texture over time. Great for patients with oily, acne prone skin. Spectra is also great at removing tattoos.

**Area Treated:** Face

**How Many Treatments:** 5  
No pre-treatment required

**Pairs Well With:** Dermaplaning, exfoliating skincare regimen



## MODERATE INTENSITY LASER & LIGHT TREATMENTS

Ideal for treating mild to moderate pigment, vascularity, laxity, or complexion concerns. Many of these devices are categorized as a non-ablative laser or a BroadBand Light (BBL) therapy, and many patients can benefit from a single treatment. However, multiple treatments are recommended for optimal results. These treatments will have some downtime ranging from 2-5 days.

**Pain Factor:** Ooh, now we are putting on the heat and that rubber band snap is legit.

### Pico Genesis® | Reveal Your Natural Beauty

Free yourself from concealers, foundations, powders, bronzers, and highlighters!

Pico Genesis rejuvenates the skin, treats sun damage, age spots, melasma, hyperpigmentation, pigmented lesions, and tattoos.

**Area Treated:** Face

**How Many Treatments:** 3-4  
Pre-treatment required with Hydroquinone or Lytera®

**Pairs Well With:** Growth Factor

### Nano Laser Peel™ | The Laser Based Chemical Peel

Removes a thin layer of damaged skin in order to improve texture and evenness of skin color.

**Areas Treated:** Face, neck, chest, back, and hands

**How Many Treatments:** 4-5  
No pre-treatment required

**Pairs Well With:** Great pre-HALO, Growth Factor, skin lightener and brightener, Hyaluronic Acid

### BBL Forever Young™ | The Age Delayer

This revolutionary treatment takes us one step closer to the fountain of youth. Using BroadBand Light (BBL) 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.

**Areas Treated:** Face, neck, chest, back, and hands

**How Many Treatments:** 4-5  
No pre-treatment required

**Pairs Well With:** Great pre-HALO, Growth Factor, skin lightener and brightener, Hyaluronic Acid

## + Viral Worthy News

### FOREVER YOUNG BBL

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 cause skin cells to behave younger.





## STRONG INTENSITY LASER & LIGHT TREATMENTS

These are the heavy hitters. They are great for patients seeking dramatic results and are willing to endure some downtime to achieve these results. Ideal for patients who suffer from moderate to severe pigment, vascularity, complexion, or laxity concerns. Typically categorized as either a hybrid-fractional or fractional laser.

### HALO™ | Get That HALO GLOW

This hybrid treatment uses deep dermal stimulation to produce heat which is great for collagen building and elastin as well as fractionated epidermal ablation for skin rejuvenation, addressing multiple skincare concerns, including wrinkles and fine lines, sun damage, texture, acne scarring, pigmented lesions, pore size, age spots, and other signs of aging.

**Areas Treated:** Face, neck, chest, hands

**How Many Treatments:** Recommend 2-3  
Pre-treatment required with Hydroquinone or Lytera® for some patients

**Downtime:** 5-7 days

**Pairs Well With:** Skincare regimen, Broadband Light (BBL) therapy, Platelet Rich Plasma (PRP) therapy

### Contour TRL™ | Laser Skin Resurfacing

Resurfacing laser, used to target deep wrinkling, scars, perioral lines, overall texture, pigment and laxity concerns.

**Areas Treated:** Face, neck, chest

**How Many Treatments:** 1  
Pre-treatment required with Hydroquinone for all patients

**Downtime:** 14 days

**Pairs Well With:** CaloSpa directed skincare regimen

### CONTOUR TRL

*CaloSpa Patient*



BEFORE

AFTER

### HALO

*CaloSpa Patients*



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

### PICOGENESIS

*CaloSpa Patient*



BEFORE



AFTER



# The Newbies

BY KAREN STICKROD, LEAD CLINICAL AESTHETICIAN

I AM TRULY EXCITED TO HAVE THE HONOR OF DISCUSSING TWO NEW LASER TREATMENTS WE HAVE AVAILABLE AT CALOSPA REJUVENATION CENTER - LOUISVILLE: THE MOXI™ LASER TREATMENT AND THE FOREVER BODY BBL™ TREATMENT. THESE TWO NEW TECHNOLOGIES ARE TRULY GAME CHANGING IN THE WORLD OF AESTHETICS, ALLOWING YOUR PROVIDER TO TREAT A WIDER RANGE OF SKIN TYPES SAFER AND MORE EFFECTIVELY.

## Viral Worthy News

Because Moxi is not attracted to color, it is also safe for MEN who want to maintain facial hair. This has always been a concern for our male patients, for most of our laser treatments, as their energy is attracted to the pigment of hair which can damage the hair follicle.



1

Moxi is unique in the sense that it is attracted to water, not color, allowing your provider to treat all skin types safely all year round. Moxi is an anti-aging treatment helping to improve mild textural concerns, light pigmentation and superficial melasma. Making this treatment perfect for the first-time laser patient wanting to step up their treatment game or the laser pros wanting to maintain more ablative laser results from treatment like Halo™ and Contour TRL™. Most patients will need a series of 3 treatments, however this will depend on your individual goals. No numbing is required prior to treatment and most patients will find this treatment to be very comfortable. Patients can expect their skin to be slightly pink post treatment and feel like a very mild sunburn. As with most all medical spa treatments, physician directed skincare is important prior to and post treatment, helping patients reach goals, maintain treatment results longer and in some cases making treatments safer and more effective.

2

BBL Body+, aka **HERO™** (High Energy Rapid Output), is a Broadband Light (BBL)™ treatment helping to improve pigmentation, vascularity and give your skin a more youthful appearance. Forever Body BBL is 4x faster than traditional body treatments and can be performed on all areas of the body. This laser technology allows for your provider to treat with a gliding method instead of the traditional static method. This helps to eliminate lines of demarcation in between treatments and allows your provider to treat most areas in **less than 15 minutes!** This is actual treatment time and does not include pre- and post treatment requirements. No numbing is required prior to this treatment and most patients will find the treatment to be comfortable. Forever Body BBL treatment is safe for most skin types, without an active tan.

We do recommend you schedule an in-person consult or telehealth consult prior to your treatment. This will assure you are ready to start your amazing transformation.

## Moxi | A Gentle Approach to Radiant Skin

Moxi is a mild intensity laser treatment. It is ideal for patients just starting the journey to radiant skin, addressing concerns of texture and evenness of skin tone, pigment, and redness. Customized treatments can deliver overall fresher, more vibrant looking skin. Moxi is also ideal for patients wanting to prolong their Halo treatment results.

- **Areas Treated:** Face, neck, chest, hands
- **How Many Treatments:** Recommend 3-5, Pre-treatment required with Hydroquinone or Lytera® for some patients
- **Downtime:** 1-3 days
- **Pairs Well With:** Skincare regimen, Forever Young BBL™, Halo™, Platelet Rich Plasma (PRP) Facial
- **Also known As:** The summertime HALO
- **Highlight:** Men love this non-downtime treatment

## BBL HERO™ | Radiant Skin All Over

If you have freckles, sunspots, rosacea, or age spots, bring your skin back to its natural beauty with HERO (High Energy Rapid Output). This mild intensity light treatment uses Broadband Light (BBL) that is faster, more effective, and more comfortable than traditional Intense Pulse Light (IPL) therapy. It will leave your skin looking clearer, smoother, vibrant, and more youthful.

- **Areas Treated:** Neck, Decollete, Arms, Chest, Back, or anywhere else you can think of
- **How Many Treatments:** Recommend 3-5, No pre-treatment required
- **Downtime:** No downtime
- **Pairs Well With:** Moxi

*\*Individual results may vary.*

### FOREVER YOUNG BBL AND HALO

*CaloSpa Patient*



BEFORE



AFTER

### FOREVER YOUNG BBL

*CaloSpa Patient*



BEFORE



AFTER

### TATTOO REMOVAL

*CaloSpa Patients*



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



**Don't Forget to Check Out Our Men's Before and After Photo Gallery on Pages 56-57!**



# Don't Be Afraid to Bare It All.

BY ASHLEY HATFIELD, CLINICAL AESTHETICIAN

Are you tired of shaving constantly? Are you spending too much money monthly on waxing in salons? Do you get annoying razor bumps?

Then laser hair removal might be right for you. Here at our office we use the most comfortable, effective, and safest hair removal option. Forever Bare BBL™ is a hair removal device that applies all of its energy to any given area all at once. The motion BBL technology allows for extremely even heating of hair follicles and minimizes missed areas that occur with traditional hair removal devices. In addition to the motion BBL technology, the thermoelectrically cooled sapphire plate on the Forever Bare BBL handpiece provides continuous cooling, even at maximum power, to keep the skin cool and comfortable before, during and after treatment. This treatment requires a series of 8 treatments 4-6 weeks apart. Let's kiss goodbye the hassle and discomfort of shaving, painful waxing and tweezing.

## FOREVER BARE BBL HIGHLIGHTS

- ✓ Zero downtime!
- ✓ Long lasting results!
- ✓ Quick and easy treatment!
- ✓ Effective on all areas of the body!

**Get ready to BARE it all and to reveal beautiful, soft, silky, and supple skin.**

# 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.



# get in the clear

BY ASHLEY HATFIELD,  
CLINICAL AESTHETICIAN

**Acne problems? You are not alone! Acne is the most common skin condition in the U.S. I have seen how acne can affect self-esteem and over time can cause physical scarring.**

## CALOSPA TREATS ACNE

Let me tell you about one of my favorite treatments, called Forever Clear™ BBL. Forever Clear is a cutting-edge FDA approved acne treatment that uses the power of light that comfortably and effectively clears acne without using medication. This treatment delivers light energy deep into your skin to stimulate and regenerate new skin cells. The energy from the pulse infrared and visible light primes the upper layer of your skin to increase the production of collagen, which is a structure of protein that the body uses for wound repair, including acne marks. The treatments leave your skin clear, healthy, and radiant.

## HOW FOREVER CLEAR WORKS

We first use intense blue light therapy. This is to eliminate acne-causing bacteria at its source, deep down in the pores. Then we treat using yellow light therapy to reduce inflammation and acne-associated redness to give you healthy, luminous skin. The last step we do is an added benefit called SkinTyte™. In this step we are using infrared light therapy that rapidly and gently pulses to initiate the body's natural healing process. Treatment lasts 20-30 minutes, and most patients experience little to no discomfort.

While I see great transformations with Forever Clear, it's still always important to have a home skincare regimen, to help maintain your results and help prevent future breakouts. Here are my go-to skincare products for patients who suffer from acne:

### ZO® Skin Health Exfoliating Cleanser -

Unclogs pores by removing dirt, dead skin, and excess oil.

**ZO® Skin Health Oil Control Pads** - Calms and soothes the skin with the added benefit of acne-fighting salicylic and mandelic acids.

**ZO® Skin Health Daily Power Defense** - Fights premature aging.

**Retinol** - Encourages healthier, younger cells to make their way to the surface of the skin.

### IF YOU HAVE:

Acne breakouts	Pimples
Cystic acne	Black heads
Hormonal acne	Facial redness caused by acne
Adult acne pustules	Acne scars

## GET YOUR SKIN IN THE CLEAR!

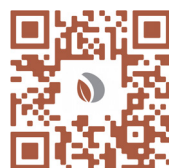
Schedule your consultation with me or any one of our specialists. We are happy to assess your acne needs and build a customized acne treatment plan and skincare regimen fit for you.

### ACNE



UNMASKING  
THE MYTHS

### ACNE



LEARN  
MORE

## FOREVER CLEAR BBL PEEL

*CaloSpa Patient*



BEFORE

AFTER

## FOREVER CLEAR BBL PEEL

*CaloSpa Patient*



BEFORE

AFTER



# PEEL AWAY THE UNWANTED MASK

BY SAYRE GRIMES, CLINICAL AESTHETICIAN



Chemical peels are a resurfacing treatment using a chemical solution to exfoliate the top layers of the skin. The chemical agent penetrates the top layers of the skin, stimulating collagen and elastin production.

## DID YOU KNOW

Collagen and elastin are essential proteins that play an important role in the structure of the skin. Chemical peels promote accelerated cell turnover, leaving the skin looking refreshed, smooth, and younger.

Chemical peels are suitable for any skin type with concerns of dullness, acne, scarring, sun damage, hyperpigmentation, or fine lines and wrinkles. Everyone is a candidate for youthful, glowing skin!

## DEPTH MATTERS

○ LIGHT    ○○ MODERATE    ○○○ DEEP

When it comes to chemical peels, depth is always factored into the patient's treatment plan. The grade of the peel is determined by the chemical concentration and the chemicals' depth into the skin. When deciding which peel is appropriate for a patient, it is important to determine if the skin will be able to tolerate the chemicals. If the skin is unable to withstand the depth or amount of chemicals, it can cause more damage than there was before.

### HELPFUL INSIGHT

A patient who has never had a chemical peel will ease into treatments, increasing the strength of the peel every few treatments. As you increase the strength of the peels, the skin will become increasingly tolerable to stronger chemical agents.

### CONSISTENCY IS KEY

A series of 3 to 5 chemical peels is often suggested to ensure optimal results. Repeating chemical peels every few weeks allows for constant improvement in problem areas while maintaining youthful skin. After completing a series of peels, patients can preserve their skin health with peels every few months. The value of maintenance is found in beautiful, radiant skin.





## LIGHT PEELS

Ideal for a patient who has never experienced a chemical peel or who has not built up the proper tolerance to move up to the next level peel. Skin is not likely to peel.

They brighten and tighten the skin with minimal irritation and no physical peeling. This treatment can be performed every few weeks to suppress fine lines and wrinkles, photodamage, and hyperpigmentation.

### GLYCOLIC

Uses glycolic acid to lightly and evenly exfoliate the skin, promoting cell turnover and fading the look of fine lines, texture and uneven skin tone.

### GOAL

To leave the skin looking radiant, it is the perfect peel to prepare for an upcoming event.

### TNS ILLUMINIZE PEEL

Known as the lunch-time peel for mild skin imperfections is a blend of five commonly used acids to effectively rejuvenate the skin without downtime.

### GOAL

To brighten and tighten the skin with minimal irritation and no physical peeling. This treatment can be performed every few weeks to suppress fine lines and wrinkles, photodamage, and hyperpigmentation.



## MODERATE PEELS

Ideal for patients who have had a few peels in the past. Patients who receive this treatment can experience 2 to 7 days of skin shedding.

### SALICYLIC PEEL

Salicylic acid, a super exfoliator with anti-inflammatory properties, works by penetrating the sebum-filled follicles and decongesting the pores, while also reducing irritation caused by problematic skin. While the salicylic peel promotes cell turnover and stimulates collagen and elastin, strengthening and clearing the skin, it can cause the skin to feel dry and flaky for a few days.

### GOAL

Great peel for acne patients due to the anti-inflammatory properties.

### TNS VITALIZE PEEL

The Vitalize peel is an effective treatment to revitalize the skin, formulated to improve the appearance of moderate skin imperfections.

### GOAL

Reducing the appearance of sun damage, hyperpigmentation, and wrinkles.

### TNS REJUVENIZE PEEL

The Rejuvenize peel is offered for patients with moderate to severe skin imperfections. It contains much higher acid concentrations than the Vitalize peel.

### GOAL

Boost collagen production and thicken the epidermis, to eliminate deep wrinkles and scarring, acne, photodamage and melasma.



## DEEP PEELS

Ideal for patients who are regularly treated with chemical peels beyond a mild depth. Patients receiving these peels can expect to shed for seven to ten days.

### ZO 3-STEP PEEL

The ZO chemical peel was created by Dr. Zein Obagi with a strong blend of TCA, salicylic and lactic acids to correct the most severe skin imperfections. Designed to enhance epidermal and dermal stimulation and restore moisture balance, this peel improves the overall health of the skin.

### GOAL

This peel eliminates pigmentation and textural concerns, leaving the skin healthy and refreshed. Patients can expect 7 to 10 days of shedding post treatment.

### CHEMICAL PEELS



UNMASKING THE MYTHS

### TNS VITALIZE PEEL & FOREVER CLEAR

*CaloSpa Patient*



BEFORE

AFTER

### TCA EYE PEEL

*CaloSpa Patient*



BEFORE

AFTER

BEFORE

AFTER



PRP  
TREATMENTSUNMASKING  
THE MYTHS

# MACRO RESULTS

## WITH A MICRO NEEDLE

BY MEREDITH STEINMETZ, CLINICAL COSMETOLOGIST

No matter what you call it, the vampire facial, liquid gold, or PRP facial, there is nothing “micro” about the results that a microneedling treatment paired with Platelet Rich Plasma (PRP) can achieve.

### WHAT IS A MICRONEEDLING TREATMENT?

Beneficial on its own, microneedling delivers controlled micro-injuries from the insertion of tiny needles into the skin to stimulate the body's natural wound healing process—damaged skin equals new skin growth. Great for all skin types, microneedling can help treat fine lines, texture, scars, pore size, and has anti-aging benefits by effectively remodeling the tissue. This procedure includes 30 minutes of numbing time followed by a 20- to 30-minute procedure. The downtime is minimal with the feeling of a mild sunburn for 2-3 days post treatment.

INFINI is microneedling kicked up a notch. It is controlled delivery of 49 gold plated microneedles with radiofrequency heat. Ideal for patients on the I-V Fitzpatrick scale, this procedure can help with fine lines, texture, scars, pore size, anti-aging, and TIGHTENING with the radiofrequency heat. This procedure has 3-4 days of downtime with heat feeling and redness immediately after. The procedure includes 1 hour of numbing followed by an hour of procedure time. This procedure also remodels the collagen while having tightening and lifting effects.





## THE FITZPATRICK SCALE

### TYPE I

Light,  
pale white  
Always burns  
never tan

### TYPE II

White, fair  
Usually burns, tans  
with difficulty

### TYPE III

Medium,  
white to olive  
Sometimes mild  
burn, gradually  
tans to olive

### TYPE IV

Olive,  
moderate brown  
Rarely burns, tans  
with ease to a  
moderate brown

### TYPE V

Brown,  
dark brown  
Very rarely burns,  
tans very easily

### TYPE VI

Black, very dark,  
brown to black  
Never burns, tans  
very easily, deeply  
pigmented

## HELPFUL INSIGHTS

- Makeup can be applied 48 hours post treatment.
- Patient cannot be pregnant or breastfeeding. If treated with INFINI™, patient also cannot have had sun exposure or have been tanning, and cannot have a pacemaker or defibrillator.
- For optimal results, 3-6 treatments are needed, and are scheduled 4-6 weeks apart.
- Results can vary from patient to patient, often taking 3 months from last treatment to see full benefit.
- Awesome add-ons include PRP, ZO® Firming Serum, Rozatrol® Serum

PRP, or Platelet Rich Plasma, is the powerhouse add-on to any microneedling treatment. Blood is drawn from the patient, then it is spun in a tube where you can see the separation of the platelet rich plasma and the red blood cells. The PRP is rich in gold color, hence the name liquid gold facial. PRP can make results from the microneedling treatments more effective due to its healing components. It contains proteins that include growth factors, which are essential in the stimulation of collagen. It can also lessen the downtime by shortening the inflammatory phase, accelerate tissue formation and increase epithelialization.

## MICRONEEDLING

*CaloSpa Patient*



BEFORE



AFTER

## MICRONEEDLING

*CaloSpa Patient*



BEFORE



AFTER



Build Muscle &  
Eliminate Fat

# Work It Out

BY BRITTANY RONEY, NON-SURGICAL  
BODY CONTOURING EXPERT

With the right treatment plan, non-invasive permanent fat reduction treatments can truly provide amazing results! With all the different options we offer to get rid of unwanted fat it can seem overwhelming just trying to figure out where to begin, but at CaloSpa we offer **complimentary consultations** to help you move in the right direction with our expertise. Here, I will discuss the different treatments we offer at CaloSpa for permanent fat reduction, but first let's discuss the different types of fat because that also plays a role when customizing a treatment plan.

CALO-  
SCULPTING



UNMASKING  
THE MYTHS

CALO-  
SCULPTING



LEARN  
MORE



## Fat Facts

Our bodies stop producing fat cells in our adolescence, but those cells have the ability to grow and shrink. When a person loses weight the amount of fatty acids and triglycerides decrease in the fat cell causing it to shrink, but the cell itself is still intact. Non-invasive permanent fat reduction treatments target the cell triggering a natural programmed cell death cycle to occur called apoptosis. Once this cycle is complete the fat cells are eliminated through the lymphatic system. The remaining fat cells condense, leaving the patient with smooth, natural looking results. These treatments do not work on all fat though, so it is important to understand the different types. The three main types of fat in the body:

### 1. ESSENTIAL FAT

Necessary for a healthy, functional body.

### 2. SUBCUTANEOUS FAT

Makes up most of our bodily fat and is found under the skin. Also known as “soft fat,” subcutaneous fat is not always unhealthy, but can sometimes be stubborn no matter how much exercising and dieting one may do. This fat luckily is exactly the type of fat the treatments we discuss in this article target!

### 3. VISCERAL FAT

Lies deep underneath our abdominal muscles, wrapped around the organs in the abdominal cavity. Visceral fat, also known as “hard fat,” cannot be treated or eliminated with surgical or non-surgical services. Only a healthy diet and exercise can reduce the percentage of this type of fat. And the less visceral fat, the better!

### READY TO GET RID OF THAT FAT?

**+  
Viral  
Worthy  
News**

6 million+ treatments of CoolSculpting have been performed worldwide, making it one of the most effective and popular treatments in the world!

## CoolSculpting® | Fat Freezing

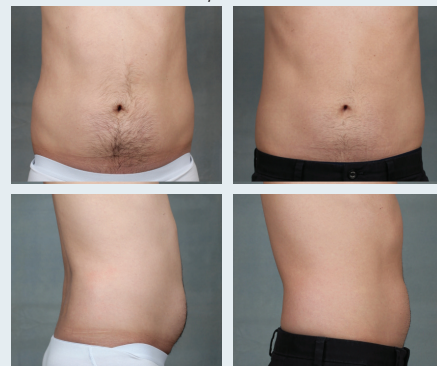
CoolSculpting was the first non-invasive permanent fat reduction treatment to be introduced to the world in 2010. Using its cryolipolysis (controlled cooling) technology, CoolSculpting targets fat cells underneath the skin while leaving the skin unaffected. The targeted fat cells go through a programmed cell death cycle and are eliminated naturally over time through the lymphatic system. Over the years CoolSculpting has continued to improve and is now FDA cleared to treat 9 different areas including: abdomen, flanks, upper arms, bra fat, inner thighs, outer thighs, under the chin, below the jaw line, and banana roll. During treatment, a cool gel pad is placed on the treatment area. This gel pad protects the skin from the cooling during treatment. After the gel pad is placed, the appropriate applicator is then placed on the treatment area on top of the gel pad. Patients may experience mild cramping or a tingling sensation at the beginning of the treatment, but the area quickly goes numb and patients typically enjoy reading or taking a quick nap until the treatment is complete. Treatment time is 35-45 minutes, so once they are done, they can continue their day with no downtime or restrictions. Results with CoolSculpting are best achieved when an area is treated 2 times a month apart, but patients can treat an area more than twice if it is recommended.

### HIGHLIGHT

Patients can see up to 25% permanent fat reduction per treatment.

### COOLSCULPTING FLANKS

*CaloSpa Patient*

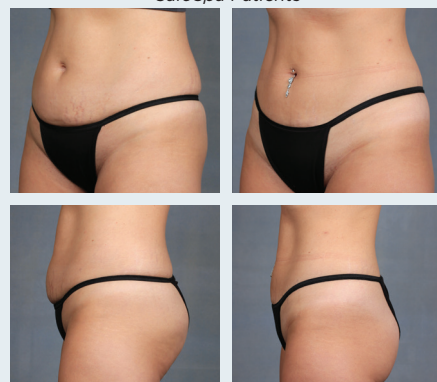


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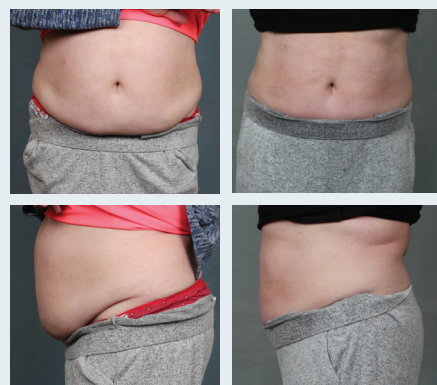
### COOLSCULPTING

*CaloSpa Patients*



BEFORE

AFTER



BEFORE

AFTER



BEFORE

AFTER



## EMSculpt® | Muscle Building

In 2017, the world was introduced to the first device that permanently eliminates unwanted fat and also builds muscle! EMSculpt is the first device to use HIFEM (High Intensity Focused Electromagnetic) energy technology to stimulate supramaximal contractions. This technology is extremely effective and not only strengthens existing muscle, but builds new muscle fibers, so results can be seen and felt! EMSculpt is FDA cleared to treat the abdomen, buttocks, triceps/biceps, and calves. Treatments last 30-45 minutes and results are best achieved with treatments done twice a week for 2 weeks. Once a series of 4 treatments is completed, patients can return for maintenance treatments. During the treatment, the appropriate EMSculpt applicator is placed on the treatment area. Patients will experience three different sensations alternating throughout the treatment, including a tapping sensation that helps flush the lactic acid so that patients are not sore like they would be from a strenuous workout. Treatments are comfortable and patients have reported incredible feedback such as they felt like they were “standing taller, straighter,” and had “better balance” and “core strength.” EMSculpt achieves permanent fat reduction by increasing the metabolic rate, ultimately stressing out the fat cells leading to the programmed fat cell death cycle, or apoptosis, mentioned above. As you know we do not want to lose fat in our buttocks; therefore, there are two protocols with EMSculpt: one which builds muscle and reduces fat and another which strictly builds muscle.

### HIGHLIGHT

Patients can see up to a 19% total permanent fat reduction and up to 17% increase in muscle!

## truSculpt® iD | Fat Melting

truSculpt iD is another treatment offered at CaloSpa for non-invasive permanent fat reduction. Just like CoolSculpting, truSculpt iD has evolved over the past few years furthering its capabilities for permanent fat reduction and reducing treatment time. Using monopolar radiofrequency, truSculpt is able to selectively target fat and therapeutically heat the area causing the programmed fat cell death cycle discussed above. Because truSculpt iD uses heat, one of the extra benefits of this treatment is skin tightening. truSculpt iD also treats a variety of areas including: abdomen, flanks, arms, bra fat, inner thighs, outer thighs, axilla area, and under the chin. Typically, 2 treatments per area are recommended for the body spaced 3 months apart, and 3-4 treatments are recommended for under the chin and along the jawline spaced a month apart. Before treatment, an adhesive is placed on the treatment area to protect the skin from the heat. Once the adhesive is on, the applicators are placed accordingly. During treatment, the patient can feel a warming sensation, but treatment should never be painful. Treatments last 15 minutes, and there is no downtime or restrictions so patients can continue with their daily routine.

### HIGHLIGHT

Patients can see up to a 24% permanent fat reduction and skin tightening. Optimal for treating more dense fat or areas with skin laxity.

**20%  
OFF**

### CaloSculpting Treatments

are 20% Off During  
Open House Week  
and Presales

### EMSCULPT ARMS

*CaloSpa Patient*

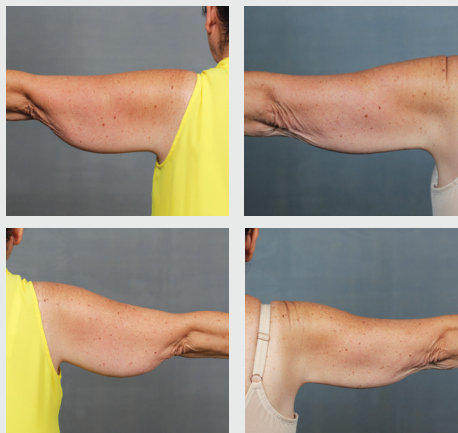


BEFORE

AFTER

### TRUSCULPT & THERMISMOOTH

*CaloSpa Patient*



BEFORE

AFTER

### TRUSCULPT FLANKS AND ABDOMEN

*CaloSpa Patient*



BEFORE

AFTER



## Body Contouring Q&A

### WHEN WILL I SEE RESULTS?

Apoptosis, a programmed natural fat cell death cycle, takes approximately 3 months to run its course. Does that mean you have to wait 3 months to see any changes? Not at all, as most people will begin to see improvement within the first 4-6 weeks after completing their series of treatments, and some may see improvement even sooner. It is important to know that these devices are not considered weight loss treatments. With that being said, a healthy lifestyle is encouraged, not only to help you maximize your results, but to help maintain them as well. Weight gain over the course of treatments could affect outcomes and result with little to no improvement at all. Patients can also continue to treat with the devices discussed in this article until they have reached their desired goal. All of the devices work wonderfully when used individually but having the ability to combine modalities has also given us the opportunity to provide our patients with amazing results.

### HOW LONG WILL THEY LAST?

Fat cells targeted with the treatments discussed in this article are eliminated permanently. Remember, we do not produce new fat cells, and we are not eliminating all

the fat cells with the treatments I discussed above, so if someone gains weight can the fat cells remaining in the treated area grow? YES! You do not necessarily have to lose weight to see results, but you don't want to gain weight either. Maintain a healthy lifestyle and maintain results! Patients can also take advantage of our maintenance pricing for EmSculpt once they complete a series of 4 treatments. Can you say, "hello gym membership?"

### ARE NON-INVASIVE TREATMENTS RIGHT FOR YOU?

Non-invasive permanent fat reduction treatments are great for people on the go and that cannot afford any downtime or prefer not to go under for surgery. For those who have not completely ruled out surgery, I always recommend a consultation with one of our dual board-certified plastic surgeons, Dr. Calobrace and Dr. Mays. For those who may have abdominal visceral fat and are not a candidate for non-invasive fat reduction treatments now does not have to mean you will not be a good candidate in the future. A healthy diet and exercise can go a long way, even if it is just walking for 30 minutes a day. At your complimentary consultation, one of our non-invasive body contour experts can assess your area(s) of concern and discuss your

expectations to create a treatment plan designed specifically for you. With all the most current and efficacious devices, along with our educated and dedicated staff, our goal at CaloSpa is to provide patients with a great experience from beginning to end.

### EMTONE ARMS

*CaloSpa Patient*



BEFORE

AFTER

### EMTONE ABDOMEN

*CaloSpa Patient*



BEFORE

AFTER

### EMSCULPT BUTTOCKS

*CaloSpa Patient*

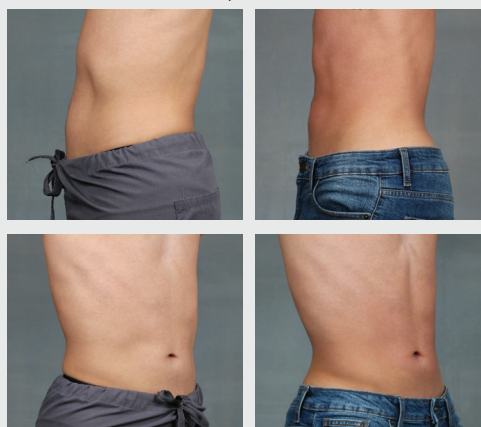


BEFORE

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### EMSCULPT ABDOMEN

*CaloSpa Patient*



BEFORE

AFTER

### EMSCULPT BUTTOCKS

*CaloSpa Patient*



BEFORE

AFTER



# It's a Firm Fact

There are Cellulite Treatments that Work!

BY KATY JO GROFT

CELLULITE



UNMASKING  
THE MYTHS

CELLULITE  
TREATMENTS



LEARN  
MORE



**C**ottage cheese, hail damage, rippling, dimpling; many of us can say we have it, right? With an estimated 80-90% of women struggling with cellulite, it is more common than not that you have some form of cellulite or textural irregularity. Cellulite has become the number one concern for patients that I see here at the practice for non-invasive body contouring treatments. In the past, it has been very hard to improve the appearance of cellulite, but with advances within the aesthetics industry, it has become much easier to address these concerns and to visibly see results. As many things contribute to the appearance of cellulite, it can often be something that we are constantly trying to keep up with. First, we must determine what type of cellulite it is that we are trying to treat before we can determine which modality is best suited for you. *Is it primary cellulite, or is it secondary cellulite?*



## Primary Cellulite

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



## Secondary Cellulite

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

**Primary cellulite is most commonly seen on the buttocks and backs of the legs. Primary cellulite is caused by fibrous bands that pull down on the skin. This tension creates areas of dimpling that creates an uneven contour to the buttocks and backs of the thighs.**

### Treat Primary Cellulite

#### CELLFINA®

##### What it Does

Releases the fiber bands that cause the pulling tension and tufted look

##### Who's it For

Patient with moderate to deep dimples and divots on the buttocks and backs of the thighs

##### Target Areas

Buttocks & back of thighs

##### Treatments Needed

1 treatment

##### How Long Does it Take

About an hour

##### Results Last

Up to 3 years

##### Cost

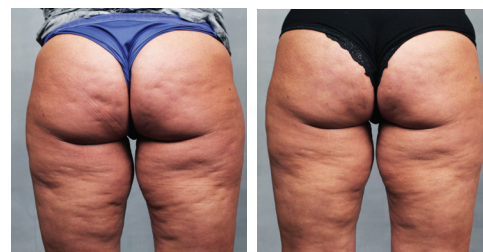
\$3,000 - \$4,000

##### Highlight

An award-winning procedure among industry experts, doctors and patients alike.

#### CELLFINA

*CaloSpa Patient*

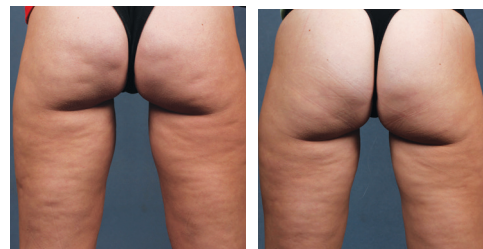


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AFTER

#### CELLFINA

*CaloSpa Patient*



BEFORE

AFTER





## CELLFINA

CaloSpa Patient



BEFORE

AFTER

## CELLFINA

CaloSpa Patient



BEFORE

AFTER

## CELLFINA

CaloSpa Patient

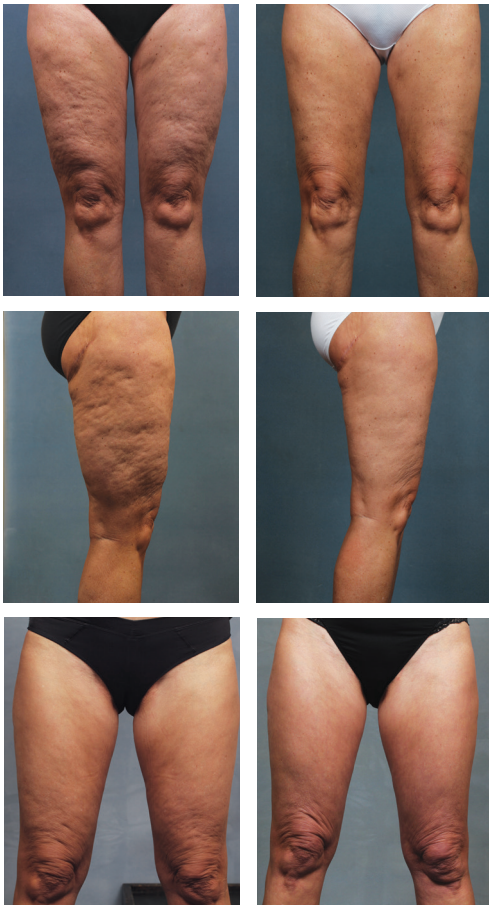


BEFORE

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## THERMISMOOTH

CaloSpa Patient



BEFORE

AFTER

Secondary cellulite is typically found in several areas of the body. If this is the case, there isn't a fiber band creating the tension. With this type of cellulite, you will typically see more of the dimpled orange peel appearance, or loose sagging skin. When we see this, many things can contribute like age, diet/lifestyle, hormones, or just genetics. To treat this type of cellulite we have a couple different modalities that we can use to achieve a desired outcome.

**Treat Secondary Cellulite****THERMISMOOTH®****What it Does**

Uses radiofrequency heat energy to comfortably stimulate new collagen production

**Target Areas**

Anywhere below the neck

**Treatments Needed**

4-6 treatments, spaced 2-4 weeks apart

**How Long Does it Take**

About an hour

**Results Last**

About a year

**Cost**

\$2,000 - \$4,000

**Highlight**

Very tolerable treatment that feels like a warm stone massage

**Helpful Hint**

Try pairing this with EmSculpt to the arms, buttocks, or abdomen to build muscle and provide better support to lax skin

**EMTONE®****What it Does**

EmTone is truly in a league of its own. Combining radiofrequency with a targeted pressure to remodel collagen for lifting and toning, along with the smoothing achieved from the pressure, while working within our lymphatic channels to increase circulation, blood flow and displace trapped fat, creating a smooth and sculpted appearance.

**Who's it For**

Patients with mild to moderate skin rippling and irregularities, like an orange peel

**Target Areas**

Arms, abdomen, buttocks, thighs

**Treatments Needed**

4 treatments, completing 1-2 treatments per week

**How Long Does it Take**

About an hour

**Results Last**

Most people report seeing improvement to the treated area after just one treatment, but optimal results can be seen up to three months after completion of your series

**Cost**

\$2,800

**Highlight**

- Provides the smoothest, most toned results we have seen yet!
- Has one of the highest **patient satisfaction ratings at 90%**



# Diamond Glow and HydraFacial

BY NICOLE LINDSEY, CLINICAL AESTHETICIAN

## Why you need to consider adding facials to your skin regimen

If your bestie has you believing that you only need one or a couple facial treatments a year to maintain perfect skin, you need a new bestie. Why? Because our skin has a cell turnover rate that many of us need help jumpstarting. Overtime our pores can accumulate dirt, sebum and free radicals from our everyday life that make shedding our dead skin a bit more challenging. On average, our cell turnover rate is every 4-5 weeks. Considering this, we should be meeting with our clinical aesthetician at least once within this time frame.

Oh, and what type of facial should you receive? Great question! When you're considering a facial treatment, you should always consider your skincare goals. Our **Diamond Glow** facial, for instance, is a fantastic facial treatment if you are wanting a gentle, deep exfoliation. Diamond Glow is equipped with a diamond tip that assist your customized serums in penetrating the dermal epidermal junction without any downtime. Our machine simultaneously combines comfortable exfoliation, extraction, hydration, and antioxidant protection as well.

And who told you facials were not for all skin types? Let's bust this myth! Here at CaloSpa we also offer the nourishing **HydraFacial**. Our clinical aestheticians become certified to preform HydraFacial with excellence. You can depend on your provider to achieve realistic

results for you in just 30 minutes. Anyone who needs extra help with exfoliation, moisture or a bit of a refreshment can benefit from HydraFacial. Your provider will select high quality solutions that cater to your very own skincare goals. We use multiple tip attachments which treat different ways. HydraFacial's blue tip exfoliates, clear tip fuses and protects, while the teal tip extracts. Need a body treatment? We also have specific tips for that as well. Considering a peel? A HydraFacial includes a chemical peel that will range in intensity depending on how well your skin tolerates chemical exfoliants. No matter where you land on the Fitzpatrick scale, our experienced and educated clinical aestheticians have a solution for you!

**The HydraFacial and Diamond Glow are a perfect pair.** You can benefit from rotating these facials every four to six weeks. The Diamond Glow will give you a favorable deep cleanse, while the HydraFacial is great for a quick glow & plumping refresher. You get the best of both worlds with these two results driven, MediSpa facials.

All in all, you can feel assured you're getting a results driven facial here at CaloSpa Rejuvenation Center. Our clinical aestheticians are motivated with passion to aide in all your skincare needs.

**Diamond Glow and HydraFacial will work to achieve brighter, cleaner, healthier skin for everyone. Call to schedule your treatment today!**

### + Viral Worthy News

Newbeauty® voted HydraFacial as **THE BEST FACIAL** in 2020, stating, "HydraFacial has become a household name for its ability to deep-clean clogged pores while flooding skin with moisture."

#### FACIALS & PEELS



LEARN MORE



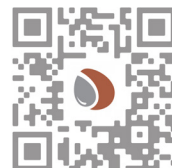
# *Scar Free* HAIR RESTORATION

BY DR. CHET MAYS



There is no specific medication that can completely restore male and female pattern baldness. Many of the medications on the market are designed to slow the hair loss but cannot restore new hair growth. The best treatment with reproducible results is hair transplantation with **NeoGraft®** using follicular unit extraction (FUE). It is known as the scarless hair transplant. Previous methods of hair transplantation involved taking a strip of tissue from the back of the scalp and removing the hair follicles and then closing an incision on the scalp. This would leave the “tell-tale” sign of surgery which was a deterrent for most patients.

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

HAIR  
RESTORATIONUNMASKING  
THE MYTHSHAIR  
RESTORATIONLEARN  
MORE



NEARLY 50% OF MEN IN THE U.S. EXPERIENCE HAIR LOSS, AS WELL AS APPROXIMATELY 20% OF WOMEN. THE REASONS FOR HAIR LOSS TYPICALLY DIFFER BETWEEN MEN AND WOMEN.

Male Hair Loss

Heredity is the leading contributor to hair loss. Male pattern baldness, called androgenic alopecia, results in a receding hairline or thinning of the crown. Fortunately, this form of hair loss can be corrected.

Female Hair Loss

Hormonal changes during menopause can cause thinning and pattern loss. Other causes of hair loss in women include severe infection, high fever, certain medications, diet, birth control pills, thyroid disease, childbirth, and cancer treatments.

Depending on the patient’s degree of hair loss they may need another treatment to increase the density of the hair. This can be performed at the 6-month mark. The first step in hair transplantation is meeting with your provider to discuss your hair loss and the approximate number of grafts you may need. The pricing of the procedure depends on the number of grafts placed.

HAIR LOSS PREVENTION AND STABILIZATION

A common procedure we are using in the office to stabilize the hair and possibly prevent further hair loss is the use of **Platelet Rich Plasma** (PRP). This technique involves taking a blood sample and spinning it down in a centrifuge to extract the growth factors. These growth factors called PRP are injected into the scalp during a quick office procedure to help keep the current hair/follicles in a growth phase. This can thicken and repair the hair.

The PRP injections are designed as a series of injections spread out over a few months. The results from the PRP are not seen for at least 3-6 months after the last injection. The PRP can be performed concomitantly with the hair transplant or as a separate procedure.

**DON'T FORGET TO ADD CALOSPA'S TOP HAIR HEALTH AND RESTORATION TREATMENTS WITH YOUR NEOGRAFT**

**HydraFacial Keravive** is a unique and relaxing treatment designed to cleanse, stimulate, nourish and hydrate the scalp, leading to fuller and healthier-looking hair.

**PRP**, platelet rich plasma, treatments can speed the healing process and restore hair growth.

NEOGRAFT

CaloAesthetics Patient



BEFORE AFTER

NEOGRAFT

CaloAesthetics Patient



BEFORE AFTER

NEOGRAFT

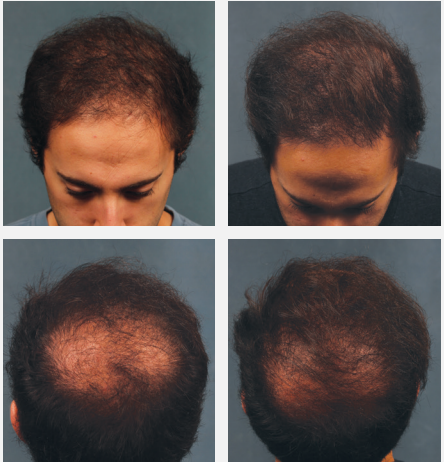
CaloAesthetics Patient



BEFORE AFTER

NEOGRAFT

CaloAesthetics Patient



BEFORE AFTER





# A FACELIFT YOU WANT TO UNVEIL

BY DR. BRADLEY CALOBRACE

Facial aging includes changes to our skin (wrinkles, pores, irregular pigmentation, loss of glow), volume loss in our face (lips, cheeks, under eyes, global) and facial sagging and relaxation.

The facelift addresses the sagging aspect of facial aging. It involves lifting the skin, then tightening the tissue and muscles deep under the skin, and repositioning and reshaping those structures to a more youthful appearance. The skin is simply re-draped over the new shape and the extra skin is cut away.

## LOWER FACELIFT, LOWER BLEPHAROPLASTY, FAT TRANSFER

*CaloAesthetics Patients*



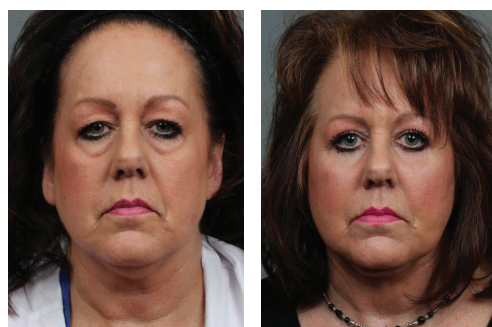
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BEFORE

AFTER

### MINI Facelift

**AKA The 'CaloLift' or 'aMAYSing Lift'**

**Average Age of Patient:**  
40's

**Showing Signs of:**  
Minimal jowl sagging and skin laxity. The integrity of the underlying muscle and tissue is still very good and may require little to no revision.

**Recovery:**  
1 week

### LOWER Facelift

**AKA Neck Lift**

**Average Age of Patient:**  
50's+

**Showing Signs of:**  
Jowl sagging with moderate to severe skin laxity of the neck.

**Recovery:**  
About 2 weeks

### FULL Facelift

**Average Age of Patient:**  
50's+

**Showing Signs of:**  
Moderate to severe muscle and skin laxity of the face and neck.

**Recovery:**  
At least 2 weeks

## Pro Tip

It is best to do facelifts when they are needed, and early is okay if needed. It is not as natural if someone waits and then does everything after significant facial aging – it will be such a BIG change and hard for people not to know something major happened. For some that is okay, for others, they want it to be subtle, natural and “below the radar”.



**CAUTION:** A modern facelift IS NOT pulling the skin back tight to make the face look better. We all know that looks BAD – that stretched, wind tunnel pulled appearance is what we avoid with our techniques at CaloAesthetics.

## Facelift & BEYOND

Many patients pair their facelift surgery with other surgical procedures like browlift, blepharoplasty, or fat transfer to complete an overall natural look.



## LOWER FACELIFT, LOWER BLEPHAROPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

## LOWER FACELIFT, UPPER & LOWER BLEPHAROPLASTY WITH FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

## LOWER FACELIFT, LOWER BLEPHAROPLASTY, BROWLIFT, FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

### Costs

Facelifts total fees usually range between \$8,000 - \$12,000 for just the facelift portion, as often, other procedures such as browlifts, eyelid surgery and fat grafting are performed at the same time.

When doing a facelift, patients should expect Dr. Calobrace and Dr. Mays to be looking at all the ways to make each patient

look their best and look natural. That will include good skincare, with possible non-surgical laser treatments (like **HALO™**) to make the final result outstanding. **Fat Grafting** is often done to restore the volume as well during the facelift, with **injectable fillers** performed post-surgery to maintain the results over many years.

### Good to Know

Many patients in their 60's and 70's undergo facelifts either as their first one or as a secondary re-lift to maintain that refreshed look.

#### FACELIFT



UNMASKING THE MYTHS

#### FACIAL SURGERY



LEARN MORE

## MINI FACELIFT, BILATERAL BLEPHAROPLASTY, FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

## LOWER FACELIFT, BROW LIFT, LOWER BLEPHAROPLASTY, FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

## LOWER FACELIFT, UPPER BLEPHAROPLASTY, LOWER EYELID SKIN EXCISION, SUBMENTAL LIPOSUCTION

*CaloAesthetics Patient*



BEFORE

AFTER



**NOSE CONCERNS**

- Dorsal Hump
- Round Tip
- Boxy Tip
- Drooping Tip
- Nasal Flaring
- Widened Nose
- Narrow Nasal Valves
- Curved Septum
- Hanging Columella
- Irregularities From Trauma
- Breathing Difficulties
- Asymmetries

# KNOW YOUR

# BEST NOSE

BY DR. CHET MAYS



## RHINOPLASTY

A rhinoplasty is a surgical procedure on the nose to fix or correct issues that are troublesome to the patient. We perform cosmetic rhinoplasty which is a surgical procedure designed to change the nose's appearance based on the patient's goals. It can treat nasal deformities that have existed since childbirth or may have been caused by trauma to the nose. Either way, changing the appearance of the nose is a cosmetic rhinoplasty.

If there is a breathing issue, then we perform a functional rhinoplasty in addition to our cosmetic rhinoplasty. The functional component of the procedure is designed to improve the breathing for the patient. Many times this involves a septoplasty (a surgical procedure on the nasal septum) to straighten the septum which can not only change the appearance of the nose but improve the breathing.

Each patient has a specific goal with their nose. Some may have a dorsal hump on the top of their nose they want reduced. Many have a round tip or drooping tip that they are looking to refine. Some may have a curve to the nose they want to straighten. Each patient's goal and concerns are addressed to ensure their surgical result meets their expectations.

### WHO IS THE BEST CANDIDATE?

The best candidate is a healthy patient who has attributes to their nose they wish to change. In facial aesthetics we discuss facial proportions all the time and keep proportions symmetric which yields the best result. A patient whose nasal features are out of proportion to the rest of the face is a good candidate because we can reduce the size of the nose to improve the proportions of the face. A good candidate for a cosmetic rhinoplasty is someone who does not have a breathing issue.

### DIFFERENCE BETWEEN AN OPEN & CLOSED APPROACH?

An open rhinoplasty requires an external incision on the columella and is best when the tip of the nose needs refinement. A closed rhinoplasty keeps all the incisions inside the nostrils and is best when only the dorsum needs adjustment.

### WHAT CAN PATIENTS EXPECT DURING SURGERY?

A rhinoplasty can take 2-3 hours under general anesthesia in our accredited center under the care of a board certified anaesthesiologist.

### POST-SURGERY EXPECTATIONS

After surgery, the patient will go home. If there is nasal packing it will be removed the next day in the office. There will be steri-strips (tape) on the nose for one week. Bruising and swelling may be present for a few weeks. If an open rhinoplasty is performed there will be stitches in the columella that are removed at one week by the nurse. Surgical swelling can improve by 6 weeks. It can take 6 months to 1 year to see the final result.

### WHAT IS THE AVERAGE COST OF A RHINOPLASTY?

\$10,000 - \$12,000

### DID YOU KNOW?

Prior to surgery we will perform 3D morphing of the nose and review photos of the patient's desired result to help manage expectations.

## RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

## RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

## RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER



## LIQUID RHINOPLASTY

**A non-surgical nose job creates 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.**

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.

### HELPFUL TIP

For those patients who like what they see, a refresher treatment can be safely performed when the benefits began 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.

### BENEFITS OF LIQUID RHINOPLASTY

No downtime

Minimal bruising and swelling

Short procedure time

Results are immediate

Changes are reversible

Last approximately 12 months

Less expensive than surgery



RHINOPLASTY



UNMASKING  
THE MYTHS

### LIQUID RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

### LIQUID RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

### LIQUID RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER



# A Deeper Look into Eye Rejuvenation

BY DR. CHET MAYS

Facial aesthetics is a popular realm of plastic surgery. The aging face is the first thing an individual sees during social encounters either in person or virtually. The eyes are a main area of focus because they can show the effects of aging. Now in a time of having to wear a mask, the eyes are more than ever the center of focus on the face. Eyelid surgery, or blepharoplasty, is a surgical procedure to improve the appearance of the eyelids. Surgery can be performed on the upper lids, lower lids or both. Whether you want to improve your appearance or are experiencing functional problems with your eyelids, eyelid surgery can rejuvenate the area surrounding your eyes.

The upper eyelid surgery, blepharoplasty, is a common treatment for the loose or sagging

skin that creates folds or disturbs the natural contour of the upper eyelid, sometimes impairing vision. A small incision is made in the crease of the upper eyelid to conceal the scar and the skin or fullness can be removed. The procedure can be performed either with general anesthesia or a local procedure where we numb the upper eyelid with lidocaine only. Basically, in one you are awake, and the other you take a quick nap.

The lower eyelid blepharoplasty is treatment for the excess skin and fine wrinkles of the lower eyelid as well as the fatty deposits that appear as puffiness in the eyelid creating a tired appearance with bags under the eyes. Sometimes there is laxity of the eyelid muscles

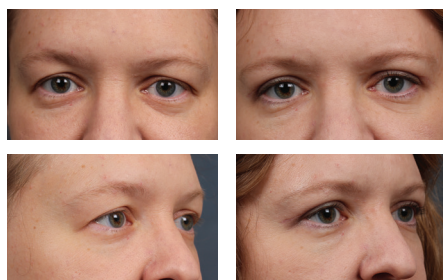
and skin that can lead to drooping of the lower eyelids that reveal white below the iris.

Some individuals have excess skin of the upper eyelids and lower eyelids requiring an upper blepharoplasty and lower blepharoplasty also known as the quad bleph.

Remember that the eyelids are part of the face. The appearance of a drooping upper lid may also be due to relaxation of the forehead skin and eyebrow which may require a browlift. Sometimes stretching out of the upper eyelid muscle may cause a drooping eyelid. This is called eyelid ptosis and requires a different surgical treatment. Evaluation by one of our board-certified plastic surgeons will provide the correct procedure for the specific issue.

## UPPER BLEPHAROPLASTY

*CaloAesthetics Patient*

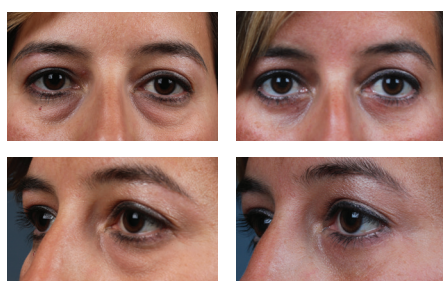


BEFORE

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## LOWER BLEPHAROPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

## UPPER BLEPHAROPLASTY WITH FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

## UPPER & LOWER BLEPHAROPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

## UPPER BLEPHAROPLASTY WITH FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

## UPPER & LOWER BLEPHAROPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER



# PERFECT YOUR PROPORTIONS

## Choosing Your Best Breast

IF YOU HAVE	YOU WILL WANT
Flat breasts, small breasts	Breast Augmentation
Large breasts	Breast Reduction
Sagging breasts and desiring same size or smaller	Breast Lift (Mastopexy)
Sagging breasts and desiring larger breasts	Augmentation Mastopexy

### BREAST AUGMENTATION



UNMASKING  
THE MYTHS

### BREAST SURGERY



LEARN  
MORE

## + Understanding Your Breast Surgery

BY DR. BRADLEY CALOBRACE

### WHAT IS BREAST AUGMENTATION ?

Breast implants are placed through a one-and-a-half-inch scar in the fold of the breast, so minimal scars, and amazing fullness and cleavage that makes bathing suits and clothes a joy to wear.

#### Reasons for Wanting a Breast Augmentation

- Increase breast size
- Enhance cleavage
- Restore volume after pregnancy, breastfeeding, and weight loss
- Balance and proportion with the lower body
- Breast symmetry

#### Before Surgery

Breast augmentation involves many options that, when chosen properly, will help you attain the fuller breasts you want while fitting with your body, personal preferences, and lifestyle. You will get to try on implants and assess in front of the mirror. We also use the advanced VECTRA® 3D imaging system to show you how you could look with different implant options in a bikini, tee, or nude.

#### Operating Room

30 minutes in surgery

#### Post-Surgery Expectations

Minor swelling, implants will look amazing usually at 2 weeks, although they will shrink just slightly and become much softer over the following 3 months

#### Average Cost

Around \$7,000



## Implant Selection

Saline and silicone implants are still used, although most choose silicone implants. Implants today are also more cohesive, which means they hold their shape over time better and the silicone is more like a really soft solid instead of a liquid. That makes them much safer if they happen to leak, as the silicone will generally stay as part of the implant shell and not move in the body. The newer implants are really improved and excellent for patients.

## Incision Selection

Implants can be placed through an incision in the fold of the breast, the areola or in the armpit. Around the world, the incision under the breast in the fold has become the most commonly performed and considered the safest and best incision to use.

## Implant Placement

Under the muscle reduces wrinkles and visibility of the implant in thin patients, appears more natural with round implants, has a lower risk of scar tissue forming around the implant (capsular contracture), and makes mammograms easier and more accurate. Above the muscle has less pain for patients and puts the implant right behind the breast, so it can create more lift in a borderline saggy breast. It is sometimes chosen for a patient who is highly active or body builder as it does not require cutting the pectoralis muscle and avoids some of the animation or movement of the implant when flexing the muscle during activity or exercise.

## Breast Implant Alternative

### *Auto-augmentation and Fat Transfer*

More recently, patients have increasingly desired breast improvement and enhancement without using implants. This is very possible in many patients, and we perform these types of operations many times every week in our practice. We often use fat grafting and sometimes breast lifting with auto-augmentation with or without fat grafting. Not every patient is a candidate, as some patients will need an implant to achieve their aesthetic goals.

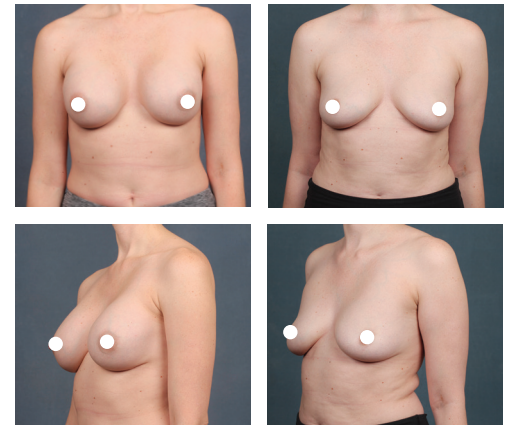
## + Viral Worthy News



Dr. Calobrace and Dr. Mays are authorities on breast surgery and have published extensively on the subject. Recently, The Aesthetic Society referred to Dr. Calobrace as a **“world-renowned expert in aesthetic breast surgery”** in an announcement to the public of his \$50,000 donation to the Aesthetic Society Education Research Foundation to study issues related to breast implants. Considering all the types of breast surgery, you may want to go to the doctors, who write the books, chapters, and lectures on it.

## REMOVAL OF IMPLANTS

### *CaloAesthetics Patient*

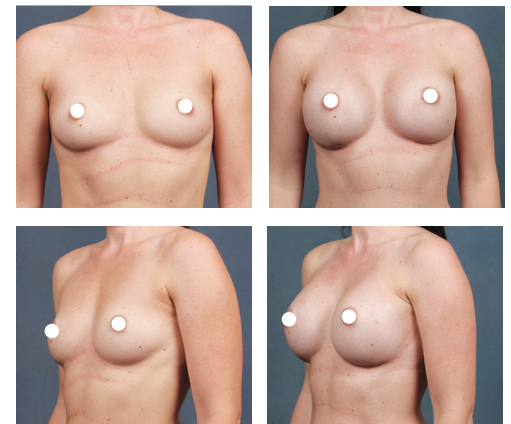


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## BREAST AUGMENTATION

### *CaloAesthetics Patient*

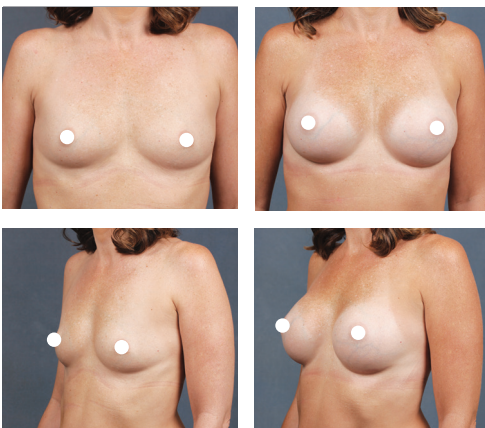


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## BREAST AUGMENTATION

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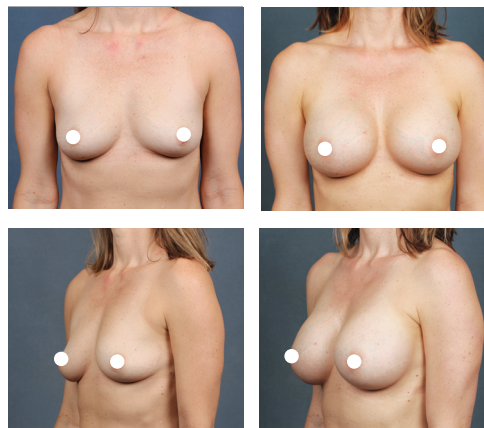


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## BREAST AUGMENTATION

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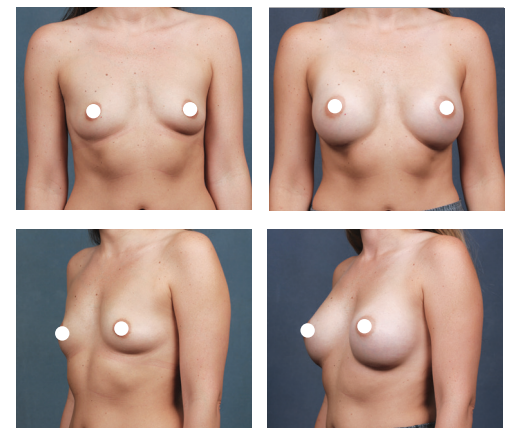


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## BREAST AUGMENTATION

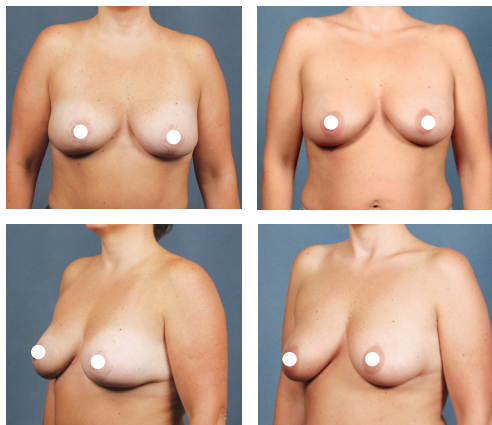
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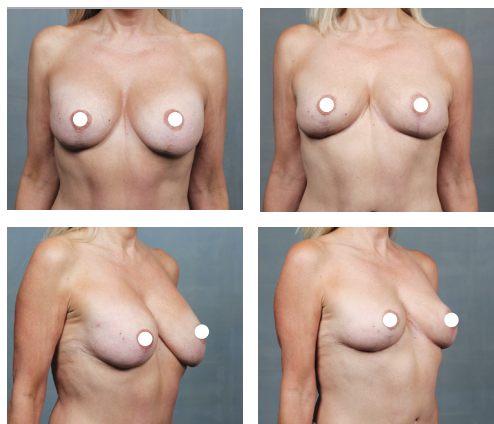
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REMOVAL OF IMPLANTS, BREAST LIFT  
WITH AUTO-AUGMENTATION*CaloAesthetics Patient*

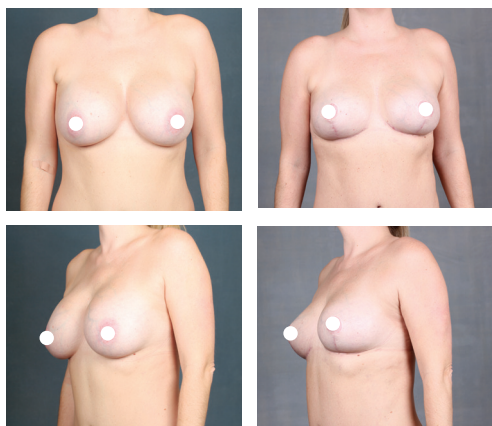
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REMOVAL OF IMPLANTS, BREAST LIFT  
WITH AUTO-AUGMENTATION*CaloAesthetics Patient*

BEFORE

AFTER

REMOVAL OF IMPLANTS, BREAST  
LIFT WITH FAT TRANSFER*CaloAesthetics Patient*

BEFORE

AFTER

Learn more about "Internal Bra" support with GalaFLEX for breast augmentation, lift and reductions.

## EXPLANTATION OF BREAST IMPLANTS

One procedure that has been increasing in popularity is removal of either saline or silicone implants, often replacing them with new implants, but sometimes deciding to remove the implants and not replacing them.

## Why Someone May Want to Remove Their Implants

- Breasts have changed over the years and are now too large
- Prefer not to deal with implants in the years to come
- Problems with implants, such as implant malposition or capsular contractures
- The implants do not look good anymore or are painful
- Concerns with implant illness – which is not understood and very rare, but in a very small percentage of patients, the implants may actually be causing them to have vague symptoms of fatigue, brain fog, rashes, weight changes, mood changes, arthritis issues, etc.
- Issues related to textured implants, and the very rare association with lymphoma

I sent a letter via email, **Breast Implant Health & Safety**, to all our patients in June, 2020 – please contact our office at 502.899.9979 if you would like to receive a copy.

Most importantly, breast options are extensive and may or may not include implants. The vast majority of patients with breast implants **love them and have no problems**. Breast implants can change lives for the better – cosmetically or even after breast reconstruction for cancer patients. But they are not perfect for everyone, so it is great that we have many alternatives.

## You've Got Choices

- Breast lifts
- Breast lifts with auto-augmentation
- Fat grafting
- Composite implant and fat – using a very small implant and then placing a large amount of fat to give a very natural result

INTERNAL  
BRALEARN  
MOREMASTERS IN  
THEIR FIELDLEARN  
MORE+ Viral  
Worthy News

Dr. Calobrace was awarded **Paper Of The Year** for his article in the Aesthetic Surgery Journal entitled "The Long Term Safety Of Smooth And Textured Silicone Breast Implants" in 2018. He additionally authored two papers for the 10-year FDA trial papers on silicone breast implants for Sientra and Mentor.



## MASTOPEXY (AKA BREAST LIFT)

### What is Breast Lift?

Excess skin is removed, breast tissue is lifted and reshaped to restore firmness and the nipples are repositioned on the chest to restore the breast back to a more youthful appearance. Breast lifts can use an implant, fat or auto-augmentation to achieve desired results.

### Operating Room Time

2-3 hour surgery

### Post-Surgery Expectations

Moderate discomfort, swelling and bruising

### Scar Types

Anchor, lollipop, or donut

### Cost

\$8,500 - \$10,000

## WHAT IS A BREAST REDUCTION?

Breast reduction is performed to lift, reshape, and reduce breast size

### Prior to Surgery

Patients often have pain, shoulder grooving, neck pain, rashes, hunched over appearance due to weight of breasts

### Operating Room Time

2-3 hour surgery

### Post-Surgery Expectations

Mild to moderate discomfort. One week off from work, NO drains are used, sutures out in one week

### Cost

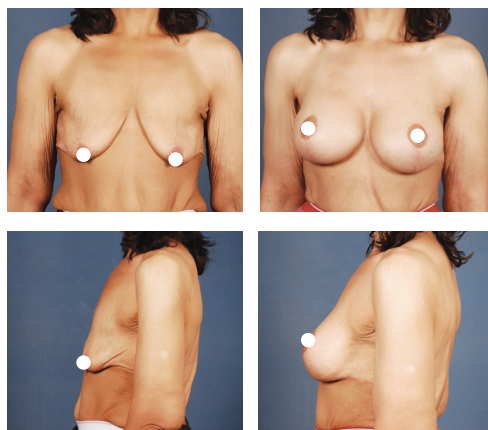
\$8,500 - \$10,000

### Highlight

Beautifully reshaped breasts, improvement or complete resolution of symptoms of large breasts, improved ability to exercise and wear clothes more comfortably... BREASTS that are proportional and fit the patient's body and lifestyle.

## MASTOPEXY AUGMENTATION

*CaloAesthetics Patient*

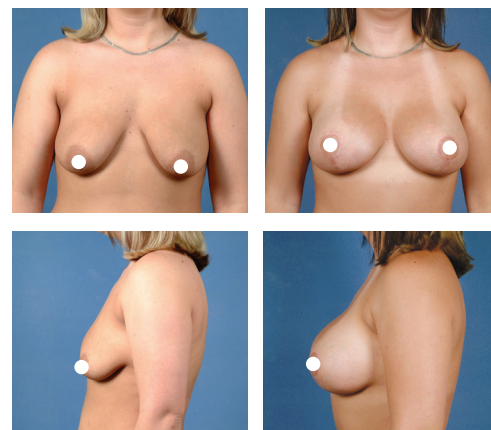


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## MASTOPEXY AUGMENTATION

*CaloAesthetics Patient*

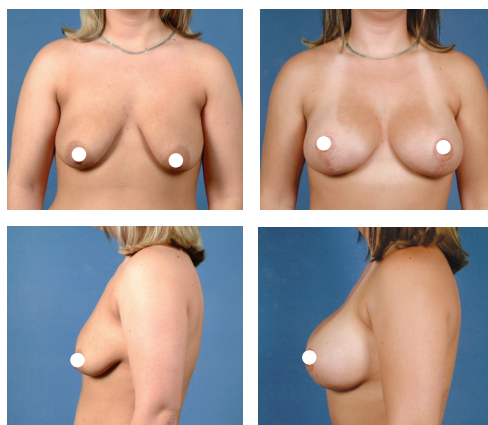


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## MASTOPEXY AUGMENTATION

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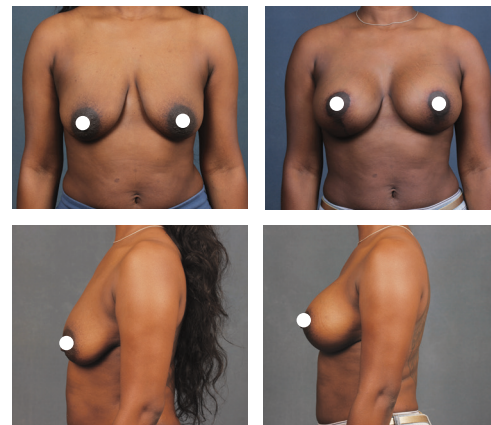


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## MASTOPEXY AUGMENTATION

*CaloAesthetics Patient*

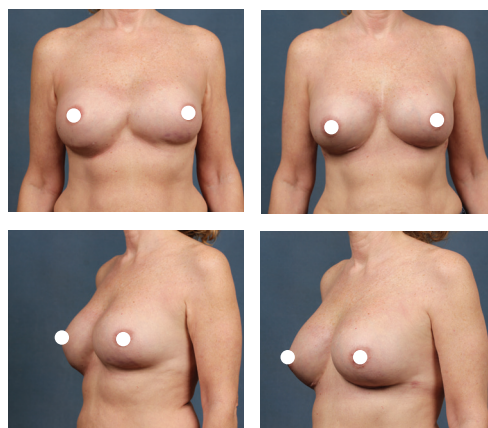


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## BREAST REVISION

*CaloAesthetics Patient*

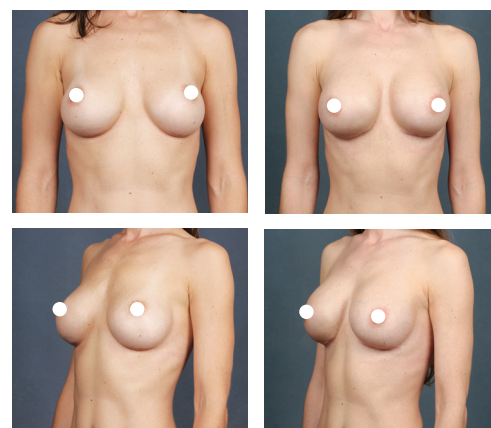


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## BREAST REVISION

*CaloAesthetics Patient*



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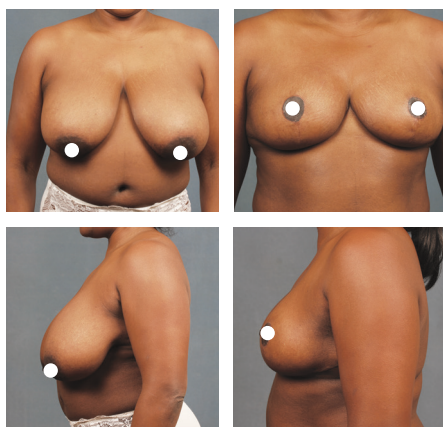
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## BREAST REDUCTION

CaloAesthetics Patient

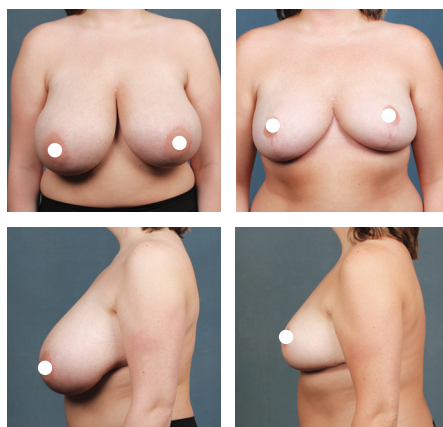


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## BREAST REDUCTION

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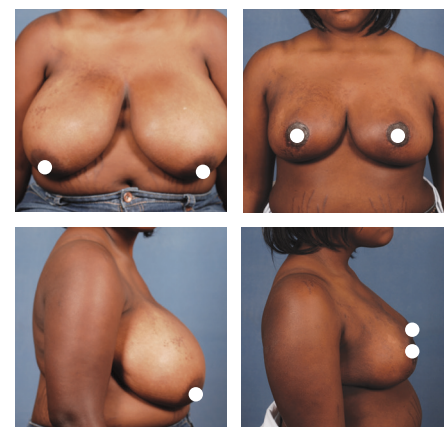


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## BREAST REDUCTION

CaloAesthetics Patient



BEFORE

AFTER

## WHAT IS MALE BREAST REDUCTION

*Procedure performed to reduce the size of the male chest.*

- **Pseudo-gynecomastia**

The male chest can accumulate fat that appears like breast.

- **Gynecomastia**

The male can have a bud of breast tissue behind the areola that can feel firm and sensitive, or may have;

- **Mixed Gynecomastia**

Male experiences both an accumulation of fat of the entire breast and have a bud of firm tissue behind the areola.

**Causes**

Can include hormone changes, excessive body fat, and taking certain antibiotics.

**What to expect**

Male breast reduction is often treated with only PAL (power assisted liposuction) but occasionally some men will require a small incision around the areola to remove extra breast tissue. If the problem is more severe, extra skin may be present, and this will require all of the same methods plus an excision of skin (similar to Top Surgery).

**Cost**

\$7,500 - \$8,500



Many of the procedures we offer at CaloAesthetics and CaloSpa are not just for women. More and more men are looking for ways to look and feel refreshed.

**CHECK OUT OUR  
MEN'S GALLERY  
ON PAGES 56-57.**

## GYNECOMASTIA

CaloAesthetics Patient

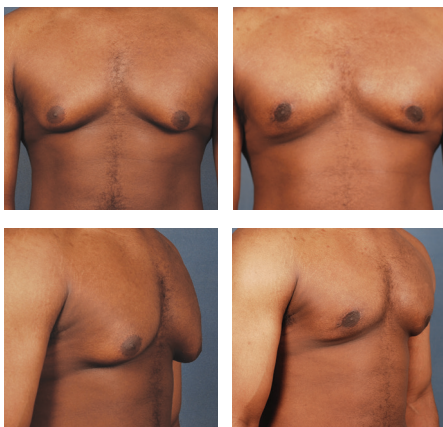


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## GYNECOMASTIA

CaloAesthetics Patient



BEFORE

AFTER

## GYNECOMASTIA

CaloAesthetics Patient



BEFORE

AFTER



# + TOP SURGERY

## FTM: FEMALE TO MALE

This surgery involves the removal of the breast tissue, aka a mastectomy. Performed with only small incisions around the areola, or often may include the need to remove a large amount of skin, the underlying breasts, and replacing the nipple areolar complex back onto the chest as a free nipple graft.

## MTF: MALE TO FEMALE

This surgical procedure transforms a male chest into women's breasts with the use of breast implants. Patient is left with feminine breast customized to the shape and size desired.

These patients are 100% appreciative and we here at CaloAesthetics are grateful to have the opportunity to be with them as they enter into what for many of them is the most important day of their life. Often left with scars on their chest, these patients simultaneously have incredible scarring of their gender dysphoria erased with a relatively simple operation. We are happy to take care of each and every one of these incredible people.

### Cost

\$8,000 - \$10,000

### Understanding & Bravery

We are very busy in our practice seeing and often performing Top Surgery on patients desiring breast removal due to Gender Dysphoria. We have been amazed at the incredible patients who find the strength to seek out our help as they consider their options for surgery to feel more comfortable in their own bodies. Not often easily understood, but certainly not hard to understand how incredibly brave these patients are and how thoughtful they are during this process. We have all learned in the practice, and have been so impressed and amazed by the family members and friends who have embraced their loved one and walked through this process with them and given much needed support.

### TOP SURGERY FTM

*CaloAesthetics Patient*

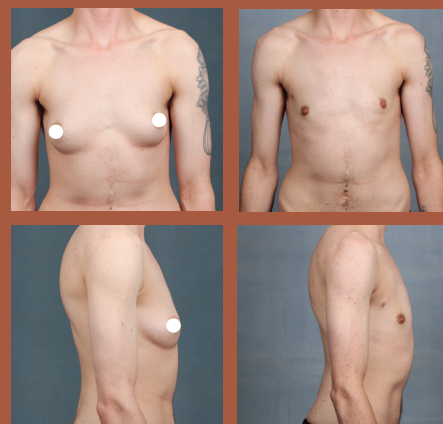


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### TOP SURGERY FTM

*CaloAesthetics Patient*

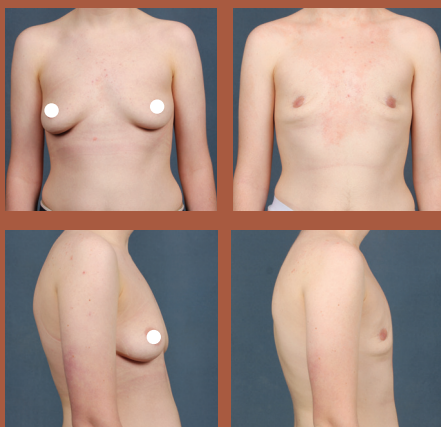


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### TOP SURGERY FTM

*CaloAesthetics Patient*



BEFORE

AFTER

### TOP SURGERY FTM

*CaloAesthetics Patient*



BEFORE

AFTER

### TOP SURGERY FTM

*CaloAesthetics Patient*



BEFORE

AFTER



A close-up photograph of a woman's midsection. She is wearing a dark blue athletic top and leggings. A yellow measuring tape is wrapped around her waist, showing measurements in inches. The background is a light gray with a subtle pattern of small dots.

# TAMING the TUMMY

BY DR. CHET MAYS

A tummy tuck (abdominoplasty) is one of the most popular plastic surgery procedures performed and can provide powerful results leaving the patient with a new waistline. There are a variety of techniques and styles to the tummy tuck or abdominoplasty. The overall goal is to **remove the unwanted skin, improve laxity and fullness of the abdomen and hips.** The definition of a tummy tuck is a procedure that removes skin laxity, tightens the abdominal muscle weakness called a diastasis, and creates a new belly button in the remaining skin while contouring the waistline. The new belly button is always a topic of discussion because the concept is interesting to patients; because as we remove all the unwanted skin, we will need to remove the skin up to or above the belly button. As we stretch the remaining skin of the upper abdomen down to the lower incision line, we have covered the belly button. At the end of the procedure a new hole is cut in the skin and the belly button is brought out through the hole and stitched in place.



# DIFFERENT TYPES OF TUMMY TUCKS



## Mini Tummy Tuck

Traditionally a shorter scar length in the lower abdomen that does not extend hip to hip.



## Standard Tummy Tuck

Scar is a lower abdominal incision that extends hip to hip.



## Extended Tummy Tuck

Designed for individuals who have skin laxity that extends to the hips and back. In the extended tummy tuck the incision will go past the anterior hips to remove the unwanted skin.

## TUMMY TUCK

*CaloAesthetics Patient*



BEFORE

AFTER

## Who's a Candidate

The best candidates are healthy active individuals with skin laxity that does not resolve with diet and exercise. The abdominal muscle weakness called a rectus diastasis is only treated with a tummy tuck. A combination of muscle weakness and skin laxity are best treated with the tummy tuck.

## Prior to Surgery

Prior to surgery we want patients to be active and healthy. A tummy tuck is not a weight loss procedure so patients need to be able to maintain their goal weight prior to surgery. Education and expectations are key to a successful surgical outcome. Our team will provide the tools necessary to plan for your tummy tuck.

## During Surgery

A tummy tuck is performed under general anesthesia that is administered by one of our board-certified anesthesiologists. The procedure can take anywhere from 2-3 hours in our accredited surgery center.

## Post-Surgery Expectations

As with any surgery there is a recovery period. All patients go home the day of surgery and come back to the office the following day. There is a compressive garment that is worn for 6 weeks after surgery to help minimize swelling. Getting up and walking is important after surgery to keep the swelling in the legs and surgical sites at a minimum. Strenuous activity is avoided for 4 weeks during the recovery

process. Some patients will have a drain in the lower abdomen for 1-2 weeks to remove excess fluid. The recovery period for the first few weeks is a team effort with the patient, their caretaker and our nurses working closely together. Surgical swelling improves dramatically in the first 6 to 8 weeks. Sometimes numbness and tingling to the skin can be present that slowly resolve.

## Cost

\$10,000 - \$12,000 is the average cost.

## EXTENDED TUMMY TUCK

*CaloAesthetics Patient*



BEFORE

AFTER

## TUMMY TUCK WITH LIPOSUCTION

*CaloAesthetics Patient*



BEFORE

AFTER

## TUMMY TUCK WITH LIPOSUCTION

*CaloAesthetics Patient*



BEFORE

AFTER



## MOMMY MATTERS

The mommy makeover refers to any procedure that is performed on a woman to restore changes that have occurred during pregnancy and childbirth. Commonly a mommy makeover is a tummy tuck coupled with breast procedure such as an augmentation or lift.

### Procedures Commonly Added to The Mommy Makeover

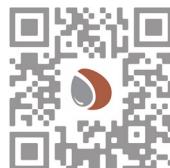
- Liposuction, a great adjunct to sculpt the back, hips, thighs, bra line, etc. during a mommy makeover.
- Vaginal Rejuvenation, popular after vaginal birth to improve the contour of the labia or tighten the vaginal laxity.
- Skin, not just of the abdomen, but other areas of the body will have laxity or other contour irregularities, easily addressed during surgery or treated non-surgically with treatments like **ThermiTyte®**, **Ultherapy®**, **INFINITI™** and **SkinTyte™**.
- Cellulite, a common problem that can be treated with **Cellfina®**, **Emtone™**, **ThermiSmooth®**, **truSculpt®**, etc.
- Buttocks, loss of volume or laxity. A great surgical treatment during the mommy makeover is the **Brazilian Butt Lift** where we will take the fat from the liposuction and inject it into the buttock for lifting and improved projection. If the patient does not have enough fat, no problem, we will perform buttock augmentation with **Sculptra®** injections to stimulate collagen and elastin in the buttock region. The Sculptra can be done in the office quickly and with zero downtime if a patient is not going to have surgery or it can be performed at the time of your surgery.

#### TUMMY TUCKS



UNMASKING  
THE MYTHS

#### TUMMY TUCKS

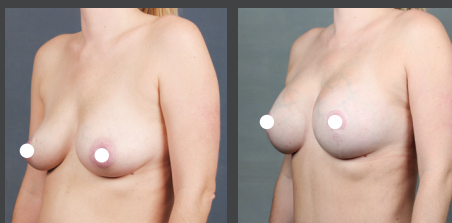


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### MOMMY MAKEOVER

*Breast Augmentation and Tummy Tuck*

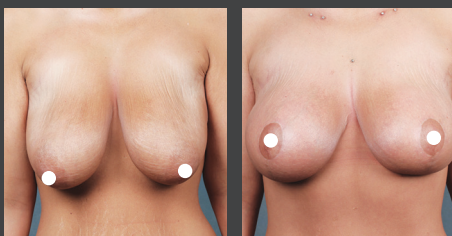


BEFORE

AFTER

### MOMMY MAKEOVER

*Breast Augmentation, Mastopexy (Breast Lift), and Tummy Tuck*



BEFORE

AFTER

Many of the procedures we offer at CaloAesthetics and CaloSpa are not just for women. More and more men are looking for ways to look and feel refreshed.

## CALOAESTHETICS

### NEOGRAFT

*CaloAesthetics Patient*



BEFORE

AFTER

### GYNECOMASTIA

*CaloAesthetics Patient*

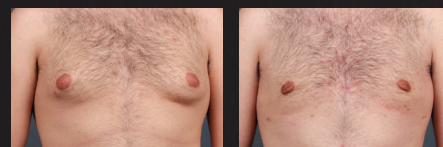


BEFORE

AFTER

### GYNECOMASTIA

*CaloAesthetics Patient*



BEFORE

AFTER

### UPPER & LOWER BLEPHORAPLASTY WITH FAT GRAFTING

*CaloAesthetics Patient*



BEFORE

AFTER

## CALOSPAA

### HA FILLER LIPS

*CaloSpa Patient*



BEFORE

AFTER



# MEN'S GALLERY

## LIPOSUCTION ABDOMEN & FLANKS

*CaloAesthetics Patient*



BEFORE

AFTER

## LIPOSUCTION ABDOMEN & FLANKS

*CaloAesthetics Patient*



BEFORE

AFTER

## LIPOSUCTION ABDOMEN & FLANKS

*CaloAesthetics Patient*

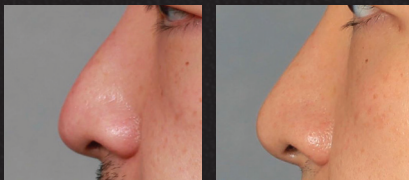


BEFORE

AFTER

## LIQUID RHINOPLASTY HA FILLER

*CaloAesthetics Patient*



BEFORE

AFTER

## LIQUID RHINOPLASTY HA FILLER

*CaloAesthetics Patient*



BEFORE

AFTER

## RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

## THIGH LIFT

*CaloAesthetics Patient*



BEFORE

AFTER

## NECKLIFT WITH LIPOSUCTION

*CaloAesthetics Patient*



BEFORE

AFTER

## NECKLIFT, LIPOSUCTION, & THERMITIGHT

*CaloAesthetics Patient*



BEFORE

AFTER

## COOLSCULPTING

*CaloSpa Patient*

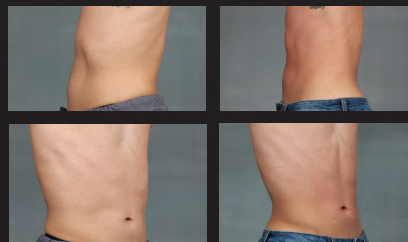


BEFORE

AFTER

## EMSCULPT

*CaloSpa Patient*



BEFORE

AFTER

## COOLSCULPTING

*CaloSpa Patient*



BEFORE

AFTER



# SURGICAL BODY CONTOURING

## Liposuction and Beyond

BY DR. BRADLEY CALOBRACE

There are many different techniques of liposuction, and we have used them all! Today the most commonly used technique is PAL, or Power-Assisted Liposuction. This is a vibrating liposuction machine that actually loosens the fat allowing it to be suctioned out gently. It creates very smooth contours. SAFELipo® uses the PAL device, and stands for SAFE (Simultaneous Aspiration and Fat Equalization). That means we initially pre-tunnel and loosen all of the fat, then gently aspirate or suction the fat out, and then reshape and mold the remaining fat to provide the smoothest contours and outcomes. These techniques allow us to be very aggressive and achieve incredible contours, while minimizing bruising and recovery. We also use the PAL to collect the fat we want to use for fat grafting. When we put the device in reverse the machine reinjects the fat in areas such as in the breast or into the buttocks (Brazilian Butt Lift). The machine in reverse is called EVL, or Expansion Vibratory Lipoplasty. When in EVL mode the reinjecting of the fat, with vibration, sprays the fat into the tissue almost like an airbrush, gently, evenly, and smoothly.

### GREAT AREAS FOR FAT GRAFTING INCLUDE:

- Face (cheeks, under eyes, temples, jaw lines, etc.)
- Breast Surgery
- Buttocks (Brazilian Butt Lift or BBL)

#### LIPOSUCTION



UNMASKING  
THE MYTHS

#### LIPOSUCTION



LEARN  
MORE

#### FAT TRANSFER



LEARN  
MORE



## WHO'S A CANDIDATE?

Anyone with relatively good skin and unwanted fat.

## THE RISKS

Bleeding and mild to moderate bruising. Infection, while extremely rare, may occur. Contour deformities or rippling can present itself, however it is more likely to occur on patients with poor skin tone. Fat emboli syndrome has been described, but is rare and more likely with fat grafting, although still very rare.

## DURING SURGERY

Usually performed under general anesthesia, a few small one-centimeter incisions will be used for the liposuction. Fluid (tumescant fluid) is injected into the incisions to expand the areas of fat and reduce bleeding during the procedure.

## POST-SURGERY EXPECTATIONS

One will wake up with a compression garment on and small pieces of foam over the areas of liposuction. Patients will leak kool-aid type fluid tinged with blood the first night, and then it stops. Garments are worn for the first four days, and then the foam is removed and the patient can shower. The garment is then worn for 4 weeks all the time and for 2 more weeks half time (12 hours) each day. Back to work in a few days, up to one week. Results in 6-12 weeks.

## COST

\$3,500 - \$5,000 for one area, and around \$3,000 or slightly more for each additional area.

## USING FAT FOR RESULTS

Liposuction and fat grafting are a part of almost all of our operations, whether it is facelifts, neck treatments, breast lifts, breast reductions, tummy tucks, liposculpting hips, back, flanks, thighs, knees, abdomens, chests, arms, knees, calves, etc ... if you can think of it, we probably perform liposuction there. Every time we remove fat, we consider whether that fat is FRIEND or FOE. We believe fat can be bad in some places, but is desperately needed in others.

## DID YOU KNOW

We often use fat to fix defects where fat can improve the contour. Fat can be our friend and so we use it in many, many cases today. SO, for everyone, remember, fat in the right places is awesome and beautiful, and natural. When getting liposuction, always ask yourself where would I like that fat? It can absolutely make the surgery a home run.

## LIPOSUCTION ABDOMEN, HIPS, BACK

*CaloAesthetics Patient*



BEFORE

AFTER

## BRAZILIAN BUTT LIFT

*CaloAesthetics Patient*



BEFORE

AFTER

## BRAZILIAN BUTT LIFT, LIPOSUCTION HIPS AND BACK

*CaloAesthetics Patient*



BEFORE

AFTER

## SUBMENTAL LIPOSUCTION WITH THERMITYTE

*CaloAesthetics Patients*



BEFORE

AFTER

## LIPOSUCTION BACK

*CaloAesthetics Patient*



BEFORE

AFTER

## LIPOSUCTION ABDOMEN, BACK, HIPS, MEDIAL THIGHS

*CaloAesthetics Patient*

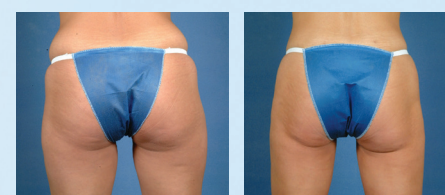


BEFORE

AFTER

## LIPOSUCTION HIPS, LATERAL AND MEDIAL THIGHS

*CaloAesthetics Patient*



BEFORE

AFTER

## LIPOSUCTION ARMS

*CaloAesthetics Patient*



BEFORE

AFTER





# The Lifts

BY DR. BRADLEY CALOBRACE

There are many different types of lift surgeries we offer here at CaloAesthetics. Lifts are typically performed on patients who experience skin laxity, pregnancy, or weight loss. Loose, sagging skin is the main concern for these patients, and for many of them their loose skin may cause discomfort and reduced quality of life. Lifts are typically an extensive surgical procedure and they require extensive incisions. Incision length and pattern depend on the amount and location of excess skin to be removed. A good candidate would be a patient of good health, nutritionally fit, and can tolerate a major surgery.

## Common Causes Of Skin Laxity

GENETIC

WEIGHT LOSS

WEIGHT FLUCTUATIONS

PREGNANCY

### Brachioplasty

Designed to remove excess fat and skin of the upper arm (the area between the elbow and shoulder). The scar of the arm lift is designed to be concealed on the posterior arm so it is not visible from the front.

### Abdominoplasty

Designed to tighten and flatten the abdomen. Can include liposuction and muscle repair.

### Inner Thigh Lift

Designed to remove excess skin that hangs on the inner thigh. Often includes liposuction with an incision hidden in the groin crease.

### Circumferential Thigh Lift

Is an inner thigh lift that extends up the groin to include entire anterior thigh.

### Buttocks Lift or Posterior Body Lift

Designed to lift and tighten outer thighs and buttocks. We can often use part of the tissue to create an augmentation of the buttocks.

### Body Lift

Extensive procedure that goes around like a belt, includes an extended abdominoplasty with a buttocks lift.

### Bra Lipectomy

Designed to lift the back with the scar located in the bra line, tightens the entire back to the armpits.

### Breast Lifts

Discussed on page 51. Please review to learn more.



## REALISTIC EXPECTATIONS

The most important issue is understanding that even though the extra skin is being removed and/or lifted, the skin that is left behind is still injured, imperfect skin. With that said, one would always expect some stretching and loosening of the skin as the patient recovers and over time as they age. It may take additional procedures if someone would like to have maximal benefit as when someone is RE-TIGHTENED, it often lasts much longer. This is much more common with weight loss patients with poor quality skin. Also, there are a lot of scars with these operations. These scars may widen, thicken or darken. The benefit of the lifting procedure must outweigh the issues related to scarring, or the procedure is not worth it. Patients are extremely happy with our lift procedures, but I do believe that is because we are extremely honest, set realistic expectations, don't over-promise, and then work extremely hard in the operating room to deliver a top-notch result. These are LIFE-CHANGING operations for our patients. We want our patients to simply feel whole, complete and much better in their own skin. That is why we work very hard to make that happen for each and every one of our patients.

## PRIOR TO SURGERY

Lifts are typically very extensive procedures. Patients will have a long consultation with Dr. Calobrace or Dr. Mays discussing the risks, benefits and expected outcome, managing expectations and each of our patients' desired outcomes. We may prescribe iron to help in weight loss patients. Patients with any significant history that places them at risk of blood clots during the surgery would be placed on a blood thinner for the operation.

## HELPFUL INSIGHT

- Patients must not smoke for 4 weeks
- Patients must be nutritionally healthy
- Diabetics must have their blood sugars well under control
- Patients cannot be anemic at all prior to this surgery

## DURING SURGERY

All lift procedures are done under general anesthesia. A garment is put in place when our patients wake up from surgery to moderate discomfort, swelling, and oozing from the incision sites.

## POST-SURGERY EXPECTATIONS

Patients will have extensive scarring that fades over time. Patients will feel very tight and swollen initially and then, as swelling subsides, the tissues soften and the results become visible.

## COST

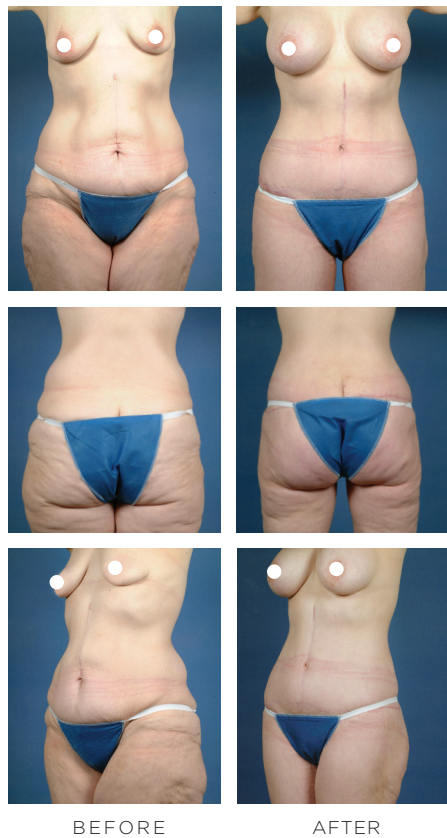
Highly variable, approximately \$7,000 - \$9,000 for an arm lift, \$10,000 - \$12,000 for a tummy tuck, \$10,000 - \$15,000 for thigh lift, and \$20,000 or more for a body lift.

## POST-SURGICAL RECOMMENDATIONS

We recommend EmTone™ and Exilis™ to help skin tone and texture. EmSculpt® to tone the muscles. We also suggest Biocorneum® Scar Management on all scars for 6 months or more. Problem scars may get treated with lasers or microneedling for improvement.

### BODY LIFT, THIGH LIFT

*CaloAesthetics Patient*



### BRACHIOPLASTY (ARM LIFT)

*CaloAesthetics Patients*



### BODY LIFT

*CaloAesthetics Patient*





# Vaginal Rejuvenation

PROVIDING RENEWED SELF-CONFIDENCE  
AND COMFORT FOR WOMEN

BY DR. CHET MAYS

We offer multiple vaginal rejuvenation therapy solutions here at CaloSpa and CaloAesthetics. Each treatment can be used to restore vaginal tissue and improve sexual health. So, if you suffer from any gynecological and genitourinary/urology health concerns described below, then we have the solution for you.

## VAGINAL REJUVENATION CONCERNS

- Incontinence
- Vaginal dryness
- Painful intercourse
- Difficult orgasm
- Vaginal laxity

## Surgical Approach

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, majora and clitoral hood become unusually large or misshapen. Other women develop loss of fullness or laxity 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 frond 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. A popular procedure to improve clitoral sensitivity is to reduce the clitoral hood which involves removing redundant tissue over the clitoris leading to increased sensitivity by allowing the tissue with more neural endings to be exposed.







## diVa™

Diva deeply resurfaces the layers of the inner vaginal tissues, replacing it with brand new, healthy tissue. The second laser heats the layers of the tissue where collagen exists.

### HOW LONG DOES IT TAKE

Less than 10 minutes

### TREATMENTS NEEDED

3 treatments, 1 maintenance treatment recommended per year

### COST

\$1,000 per treatment

### CONSIDERATION

Mild spotting and discharge for 2-3 days. No intravaginal for 72 hours post treatment.

## diVaTyte™

A total women's health solution, diVaTyte treatments optimize both internal and external vaginal tissues by delivering both the powerful energy of the diVa laser and the skin tightening benefits of SkinTyte™ BBL.

### HOW LONG DOES IT TAKE

About 10 minutes

### TREATMENTS NEEDED

3 treatments, 1 maintenance treatment recommended per year

### COST

\$1,300 per treatment

### CONSIDERATION

Mild spotting and discharge for 2-3 days. No intravaginal for 72 hours post treatment. Additional SkinTyte treatments may be recommended.

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® or diVa™ procedures may be recommended for vaginal rejuvenation.

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. – Dr. Chet Mays

## Non-Surgical Approach

### Do you...

- Cross your legs, Kegel and squeeze just to sneeze or cough?
- Feel that a trampoline is a no-go zone?
- Avoid intercourse due to pain caused by vaginal dryness?
- Keep tabs on the bathroom situation everywhere you go?
- Feel that your labial skin has lost some of its youthful smoothness and elasticity?

## Then girl you need diVa!

diVa, one of our newest treatments, was designed by Sciton Women's Health and gynecologists. Using High Precision Automation (HPA) the laser delivers multiple laser energies to a targeted depth. Its precise timing and accuracy result in the creation of elastic collagen, which can decrease laxity and increase lubrication. Many patients experience little to no discomfort.

*All non-surgical vaginal rejuvenation treatments are performed by our female team of nurse practitioners and physician assistants.*





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## Spa Info

Main: 502.814.3000  
Clinical: 502.899.9979  
2341 Lime Kiln Lane, Louisville, KY 40222  
[www.CaloSpa.com](http://www.CaloSpa.com) | [info@CaloSpa.com](mailto: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.

### Floyds Knobs Location

408 Lafollette Station Drive  
Floyds Knobs, IN 47119  
Main: 812.920.4880  
Call for hours of operation.



## CALOSPA'S 19<sup>TH</sup> ANNUAL OPEN HOUSE

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

**THURSDAY,  
NOVEMBER 5<sup>TH</sup>**

**1 P.M. TO 8 P.M.**

**RSVP: TEXT 502.899.9979**

**OR CALL 502.899.9982**

### PRESALES

Starting Thursday, October 15<sup>th</sup>  
pre-purchase all your favorite  
CaloSpa treatments and services.

**Sale ends November 6<sup>th</sup>.**

- › Stop in to Any CaloSpa Location
- › Call 502.814.3000
- › Order Online at [calospa.com/store](http://calospa.com/store)
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