

# BODY LANGUAGE

The Ultimate Resource for Facial, Breast, and Body Rejuvenation

Issue #10

Get in the Routine

*The Look Book*

SKIN IS ALWAYS IN

OPEN  
HOUSE

CALOSPA'S 20<sup>TH</sup> ANNUAL

Thursday, November 4<sup>th</sup> from 1 p.m. to 8 p.m.

CURVE APPEAL

*The Bottom Line*

HAIR RESTORATION

Facing the Facts

*The Most Personal  
Procedure*



 **CALOSPA**  
REJUVENATION CENTER

 **CALOAESTHETICS**  
PLASTIC SURGERY CENTER

**CHEERS TO 20 YEARS!**  
CaloSpa's original Open House providers (Dawn, Lisa, Karen, and Trina) are ready to kick-off our 20th Annual Open House Celebration with you!





# Calo Cheers TO 20 YEARS

CALOSPA'S 20<sup>TH</sup> ANNUAL  
**OPEN HOUSE**  
THURSDAY, NOVEMBER 4<sup>TH</sup>

1 P.M. TO 8 P.M. | RSVP: TEXT 502.899.9979 OR CALL 502.899.9982

VALET PARKING | HORS D'OEUVRES BY BOARD & YOU BISTRO | SPIRITS | DJ BRIOS & ODESKI



**We at the CaloAesthetics Plastic Surgery and CaloSpa Rejuvenation Center wish to express our sincere appreciation to all our patients for their loyal support as we celebrate our 20<sup>TH</sup> Annual Open House.**

We know that achievement and success aren't by accident. When our first Open House event was held back in 2001, we had 8 employees. Back then we couldn't have dreamed of the growth and loyalty our patients would have bestowed on us, now an internationally acclaimed plastic surgery center and medspa with a staff of 70; we are grateful to serve each and every one of you. We could not have come this far without you.

In recognition of this epic anniversary, we are inviting our patients, family, and friends to our 'CaloCheers to 20 Years' Annual Open House celebration at CaloSpa Rejuvenation Center Louisville, Thursday, November 4, 2021, from 1:00 p.m. to 8:00 p.m. Please come prepared to have a great time, learn about all we have to offer, take advantage of special pricing, and experience our gratitude. And as we continue to grow, we want you to know one thing will never change: our commitment to you.

---

## EXCLUSIVE 20<sup>TH</sup> ANNUAL OPEN HOUSE DISCOUNTS

- › JEUVEAU® - \$10 PER UNIT
- › BOTOX® - \$11 PER UNIT
- › DYSPORT® - \$4.50 PER UNIT

---

## EXPERIENCE

- › NEW TREATMENT OPTIONS
- › COMPLIMENTARY VISIA SKIN ANALYSIS (\$125 VALUE)
- › LIVE DEMONSTRATIONS
- › MINI-CONSULTS WITH EXPERT PROVIDERS
- › EDUCATION ON ALL PRODUCTS AND SERVICES
- › COMPLIMENTARY MINI-MASSAGES
- › GIFTS WITH PURCHASE
- › SELFIE & SOCIAL STATIONS
- › \$20,000+ IN DOOR PRIZES & GIVEAWAYS

---

## THE CALOTENT

- › MEET CALOSPA LEXINGTON & CALOSPA FLOYDS KNOBS
- › HYDRAFACIAL® DEMOS
- › SOCIAL MEDIA SELFIE STATION
- › TREATMENT EDUCATION
- › LOUNGE & DJ

---

## MASK REQUIREMENTS

CaloAesthetics and CaloSpa are moving forward with hosting this year's 20th 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. Attendees will be required to wear masks and to practice safe social distancing. The continuous shift in regulations and health environment can and will impact how our Open House event is executed. To learn more and to stay up to date with event details, provisions, or cancellations, please call 502.814.3000, visit calospa.com, or follow @calospa on Facebook and Instagram. Be sure to RSVP by calling 502.899.9982.

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## EXCLUSIVE 20<sup>TH</sup> ANNUAL OPEN HOUSE SPECIALS

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

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## CHEERS TO 20 YEARS OF GIVEAWAYS

SPEND \$5,000 ON OPEN HOUSE PURCHASES,  
RECEIVE 20 COMPLIMENTARY UNITS OF JEUVEAU.

---

## PRESALES\*

**IT'S QUICK, CONVENIENT, AND EASY!**

- › MAKE YOUR OPEN HOUSE PURCHASES STARTING FRIDAY, OCTOBER 15<sup>TH</sup> THROUGH THURSDAY, NOVEMBER 4<sup>TH</sup>
- › STOP IN TO ANY CALOSPA LOCATION
- › CALL 502.814.3000
- › ORDER ONLINE AT CALOSPA.COM/STORE
- › MAIL-IN ORDER\*\*

---

## CALOPERKS MEMBERS

- › EXCLUSIVE EVENT HOUR FOR PERKS MEMBERS ONLY:  
12 P.M. TO 1 P.M.
- › CALOPERKS DIAMOND MEMBERS WILL RECEIVE AN  
ADDITIONAL 5% OFF ON ALL OPEN HOUSE PURCHASES.
- › CALL 502.814.2986 ANYTIME TO PLACE YOUR OPEN  
HOUSE ORDER WITH A DEDICATED PERKS CONCIERGE.

\*Individual treatment results may vary. Open House pre-purchases cannot be rendered until Open House Week, November 1-5.

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



2021-2022

# CALENDAR

of Events

## OCTOBER

1-31 Breast Cancer Awareness Month  
15 Open House Pre-sales Begin

## NOVEMBER

4 20<sup>TH</sup> Annual Open House  
26 CaloSpa Black Friday

## DECEMBER

10-23 12 Days of CaloSpa

## JANUARY

1-31 Perks Month

## FEBRUARY

1-14 Valentine's Day Specials  
11-15 Love Your Skin Week

## MARCH

3-24 Get Derby Ready – CaloSpa  
Injectable Evening with  
Drs. Calobrace and Mays

## APRIL

1-30 Spring Beauty

## MAY

1-8 Celebrating Mom –  
Mother's Day Specials

## JUNE

1-30 Man Month  
1-19 Father's Day Gift Card Special

## JULY

1-31 Summer Skin Is In

## AUGUST

1-31 Back to School

## SEPTEMBER

1-30 Fall Skin

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.



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The Bottom Line



# 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 published his textbook and video series this year on breast augmentation mastopexy.

## **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.

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

*Chet  
Mays,  
MD*



## 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.





# For Your Convenience

CaloSpa Rejuvenation Center is proud to offer non-surgical medspa services in two additional convenient locations. CaloSpa Lexington, KY and CaloSpa Floyds Knobs, IN offer treatments like Botox® and Jeuveau®, injectable fillers, laser and light therapies, body contouring, and massage all in state-of-the-art facilities. Each location is under the medical direction of board-certified plastic surgeons Dr. Bradley Calobrace and Dr. Chet Mays. Patients who visit our satellite locations can also learn all about the aesthetic surgical procedures offered at our Louisville location, CaloAesthetics Surgery Center. Each location offers expert providers to help guide patients through their aesthetic journey to achieve each individual's vision of beauty. We hope to see you there.



FLOYDS KNOBS, IN

408 LAFOLLETTE STATION DR. | (812) 920-4880



LEXINGTON, KY

824 EUCLID AVE., SUITE A100 | (859) 269-2256

# 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
- BIRTHDAYS
- MOTHER'S DAY
- ANNIVERSARIES
- FATHER'S DAY
- 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.\*

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).



\*Restrictions may apply



# CaloSpa CENTERS OF Excellence

- › NURSE INJECTORS
- › AESTHETICIANS
- › BODY CONTOURING
- › MASSAGE 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!**

## EXPERTINJECTOR™

CaloSpa nurse injectors have over 60 years combined injector experience. CaloSpa is accredited as an ExpertInjector practice through the American Society of Aesthetic Plastic Surgery. The Nurse Injector staff performed over 10,000 treatments last year, adhering to stringent injectable standards. CaloSpa offers a variety of injectable products and non-surgical treatments to ensure that we can build customizable treatments plans that can meet the expectations and beauty goals of each patient.



**BETHANY SHIVELY**  
DNP, APRN, FNP-C



**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



**HANNAH BUENO**  
RN, BSN



**LAUREN MEADE**  
PA, Lexington



**ASHLEY HATFIELD**  
Clinical Aesthetician



**BRITTANY RONEY**  
Body Contouring Specialist



**MEREDITH STEINMETZ**  
Clinical Cosmetologist



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



**KAREN STICKROD**  
Lead Clinical Aesthetician



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



**JT WITT**  
Clinical Aesthetician,  
Lexington



**JACLYN FAVORITE**  
Clinical Aesthetician,  
Lexington



**JOHANNA SIMS**  
Licensed Massage Therapist,  
Floyds Knobs



**SAYRE GRIMES**  
Clinical Aesthetician,  
Floyds Knobs





## 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.



## EVOLUS™ ELITE

CaloAesthetics Plastic Surgery Center and CaloSpa Rejuvenation Center are among the top Jeunesse® accounts in the U.S.



## SCITON® DIAMOND DISTINGUISHED PARTNER

CaloAesthetics Plastic Surgery Center and CaloSpa Rejuvenation Centers are recognized as a Diamond Level Distinguished Partner for the advancement of skin rejuvenation.

## 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 with 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. Cameron Erickson, during the Open House or on one of your future visits to CaloSpa/CaloAesthetics Plastic Surgery.

## MEET CALOAESTHETIC'S 2021 FELLOW: DR. CAMERON ERICKSON



## THE CALO-FELLOW CLINIC

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. Erickson.





# 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  
Mommy Makeover  
Platelet-Rich Plasma (PRP)  
Post-Bariatric (Weight Loss) Rejuvenation  
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  
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 Clear BBL™  
Forever Young BBL™  
Forever Young BBLBody+™  
FotoRejuvenation Complexion Treatment  
Facial Tightening  
• INFINI Genius™  
• SkinTyte™  
• Scarlet RF  
• Morpheus8 RF  
HALO™  
Hollywood Laser Peel  
Laser Genesis™ – Skin Glow  
MOXI™  
PicoGenesis™  
Spectra® – For Pigmentation

### ADVANCED FACIAL TREATMENTS & PEELS

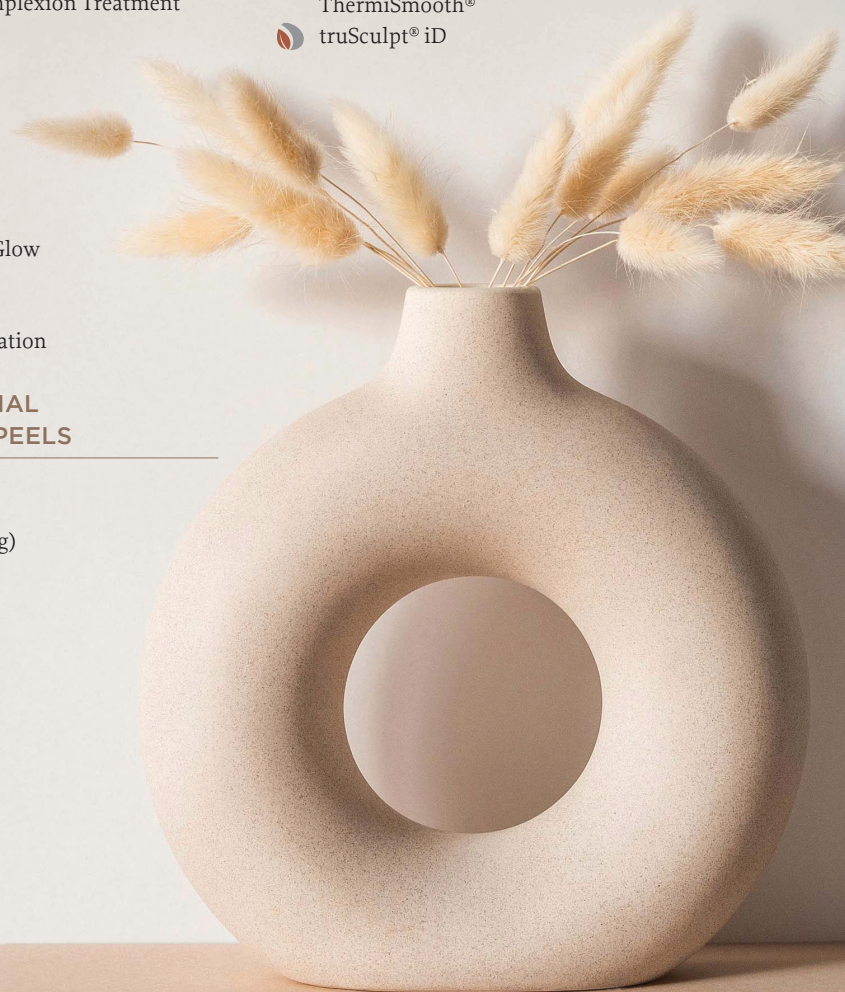
CaloThreads  
Chemical Peels  
Dermaplaning (Blading)  
DiamondGlow™  
Glycolic/Salicylic Peel  
HydraFacial®  
MicroLaserPeel®  
Microdermabrasion  
Microneedling  
Micropeel  
NanoLaserPeel®  
PRP Facial  
TCA Peel

### BODY TREATMENTS

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

### BODY CONTOURING & CELLULITE TREATMENTS

Cellfina®  
CoolSculpting®  
CoolSculpting® Elite  
EmSculpt® – Muscle Building + Fat Reduction  
QWO®  
ThermiSmooth®  
truSculpt® iD







# Looking Good Just Got *Easier*

**NEARLY 900 MEMBERS!  
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!**

"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





# A Year In Review

I remember flying to Las Vegas in February 2020 to give a series of lectures at the Face and Rhinoplasty meeting and being totally oblivious to what would happen one month later. On March 17, I was informed all elective surgery had to stop and all spas were closed as of the next day at 6 p.m. Nearly 70 employees working diligently, a new office in Floyds Knobs being built, and a thriving practice all PLACED ON HOLD. It lasted 7 weeks for surgery and 10 weeks for the spa, and all of it seemed like a bad dream.

As disruptive and disconcerting as this was, it wasn't all bad for me. I woke up at 7 a.m. instead of 4 a.m. for seven weeks in a row. I had breakfast at home every day and I personally grocery shopped and cooked every evening. Dr. Mays and I wrote 20 chapters for textbooks and published a textbook of our own on breast surgery. I also completed an educational video series for plastic surgeons. Additionally, as many of you know, I travel lecturing around the world many weeks a year, and all of that had stopped. I was home, safe, and well-rested. It was like a time before I was so busy – an experience I doubt I would have ever again in my life had without the shutdown. So, I choose to appreciate this unexpected and unwanted time in my life, ultimately being for me a kind of blessing.

Not just at home, but also at work... COVID-19 did not destroy us. As a matter of fact, I think it made us better. All of us at CaloSpa and CaloAesthetics had a new appreciation for our work, our patients, and our lives. We took the time to remodel areas in the practice, upgrade technology, integrate new air cleansing systems, develop systems to ensure patient privacy, protection,

and positive practices that enhanced the patient experience. We opened CaloSpa Floyds Knobs and it has been a huge success. Thank you to all of you who lined up to come back in and see us.

As a matter of fact, when we came back in May we had over 900 patients in our cue to reschedule for procedures, appointments, and surgery. We began to realize that together we were all going to make it and come out maybe just a bit better than before.

As 2020 progressed and in our belief that we were going to get back to normal, we planned our “Coming out of COVID” Bang-up 2020 Open House, only to see things shut down once again in November just before the Open House! All of you, our clients, were unbelievably understanding and stopped by or called for weeks leading up to the Open House (that never happened) ... And we had a record-breaking response.

We are full steam ahead with planning for Open House 2021, our 20<sup>th</sup> Open House Anniversary, scheduled for Thursday, November 4th, 1 p.m. - 8 p.m. As always, for all of our client's convenience, presales begin online and in-office on October 15th. We are excited to share so many new, amazing treatments, such as PDO Threading, MOXI skin rejuvenation, QWO cellulite treatment, Accufit muscle stimulation – and so much more.

Finally, all of us at CaloSpa and CaloAesthetics thank each and every one of you for your ongoing support during these uncertain times. Although none of us are certain what tomorrow will bring, we want you to know we will always be here for you. Just as you have been here for us. We truly appreciate and care for each and every one of you. Thank you for your support through these challenging times. You are all truly the best!!

**XO, Dr. Bradley Calobrace**

Who would have ever thought we would all see what 2020 and beyond has brought to each and every one of our lives.



*Dr. Calobrace and Partner, Ricardo Calobrace, in Vienna, Austria for ISAPS Congress*



*Dr. Bradley Calobrace and Ricardo Calobrace, Athens, Greece*



*Dr. Bradley Calobrace and Dr. Shino Bay at BTS Miami*



*KOL, Dr. Bradley Calobrace in Vienna, Austria for the ISAPS Congress*





# *Cheers* **TO THE** LOUISVILLE TEAM

## CALOSPA'S 20<sup>TH</sup> ANNUAL OPEN HOUSE

THURSDAY, NOVEMBER 4<sup>TH</sup>  
1 P.M. TO 8 P.M.

RSVP: TEXT 502.899.9979 OR CALL 502.899.9982

HORS D'OEUVRES BY BOARD & YOU BISTRO

VALET PARKING | SPIRITS | DJ BRIOS & ODESKI

## SAVE 20% IN CELEBRATION OF OUR 20<sup>TH</sup> ANNUAL OPEN HOUSE

STARTING FRIDAY, OCTOBER 15<sup>TH</sup> PRE-PURCHASE  
ALL YOUR FAVORITE CALOSPA TREATMENTS AND  
SERVICES. SALE ENDS THURSDAY, NOVEMBER 4<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 available in Body Language Magazine

### 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





BY DR. BRADLEY CALOBRACE  
AND DR. CHET MAYS

# Facing the FACTS

**F**acial aging is complex and seems quite variable from patient to patient. Of course, the aging process is affected by many environmental influences, such as sun exposure, weight fluctuations, and smoking. Additionally, genetic and hormonal influences play a role in the variability. In common with all, facial aging includes changes to the skin, loss of much-needed facial volume, and sagging.

Our treatments must address some of these, or all of these based on the stage of aging. Each patient's treatment must be individualized to provide optimal outcomes.



# REJUVENATION SURGERIES:

It may surprise some of you that one of the most commonly performed procedures at CaloAesthetics is facial rejuvenation surgery. This newsletter is full of non-surgical options at CaloSpa – **Botox, fillers, Sculptra, HALO Laser, Genius, INFINI Microneedling, HydraFacials, Dermaplaning, thread lifts** – I could go on and on, but surgery is sometimes necessary to achieve our patient's goals and can provide some of the most natural, long-lasting results. Let me review just a few of our more common facial rejuvenation surgeries. – Dr. Bradley Calobrace

## FACELIFTS

Facelifts are what everyone thinks about when talking about facial surgery. However, there are many different types we perform based on our patients' age, level of facial aging, and desired outcome. All facelifts include some type of neck lift, but we also can do neck lifts without performing a full facelift. We also do the CaloLift or aMAYSing Lift, both mini-facelifts designed to achieve excellent outcomes with less downtime. What is critical in all facelift and neck lift procedures is not to simply pull the skin back, but to correct and tighten the underlying muscle and tissues as a key part of the treatment. This type of correction results in facelifts which are **OFTEN** much more **NATURAL** looking than using too much fillers and non-surgical facial treatments trying to achieve the needed correction.

### LOWER FACELIFT, NECK LIFT WITH FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

### UPPER & LOWER BLEPHAROPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

BEFORE

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## BROWLIFTS & BLEPHAROPLASTIES

Browlifts (eyebrow and forehead surgery) and Blepharoplasties (eyelid surgery) are extremely common in men and women looking for a more youthful, restful appearance. The endoscopic browlift is performed with only small incisions in the hairline. It is, in a way, quite scarless. This procedure repositions the brow, weakens the frown muscles (the 11's), and softens the lines of the forehead. The browlift also improves the hooding of skin over the outer brow and crow's feet. Upper eyelid surgery removes unwanted excess skin and fat, providing a crisper, clean upper eyelid crease. The lower eyelid surgery removes the pockets of fat, tightens the lower lid skin, and improves dark circles. The incision is along the lash line and almost always becomes nearly invisible as it heals. Browlift and eyelid surgeries are quite painless, heal quickly, opening up the eyes creating a more rested, youthful appearance.

### ENDOSCOPIC BROWLIFT WITH TCA PEEL OF LOWER EYELIDS

*CaloAesthetics Patient*



BEFORE

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## FAT GRAFTING

Fat grafting has become a part of almost all facial aesthetic procedures, either as a standalone procedure or in conjunction with facelifts and eyelid surgery. The fat is placed with a blunt needle through tiny incisions and one can expect about half of it to survive long-term. The restoration of volume while rejuvenating the face and eyes provides a more natural, enduring result and reduces the need for future fillers.

## CHIN AUGMENTATION

Chin augmentation is often accomplished with the use of a small silicone implant through a small incision hidden underneath the chin. This is often combined with liposuction of the neck and/or a central neck lift to tighten and lengthen the chin-neck angle. Sometimes, a chin augmentation combined with rhinoplasty can restore important facial harmony.

### CHIN AUGMENTATION & LOWER FACELIFT

*CaloAesthetics Patient*



BEFORE

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# ENHANCEMENT SURGERIES:

An area of the body that is constantly visible to us and the rest of the world is our face. The face is out there for the world to photograph – selfie, Snapchat, Instagram, Tik Tok, etc. There are features of our face that we try to capture at that perfect angle in our selfies to not draw attention. As a plastic surgeon, facial enhancement procedures are a large part of what I do. They are popular among all age groups, races, and genders. The ability to change a facial feature in real life to what we see in a filter or Photoshop is powerful. – Dr. Chet Mays

## RHINOPLASTY & LIQUID RHINOPLASTY

A common surgical procedure I perform is rhinoplasty, AKA the nose job.

Whether it is a little hump reduction or tip work, the nose is a structure that can be modified surgically by removing or adding components. Most of the rhinoplasties I perform are cosmetic but every now and then there is a functional component, and the patient is having difficulty breathing that can be addressed with their rhinoplasty. The results from the open rhinoplasty gradually reveal themselves during the recovery process as the swelling goes down and the definition becomes apparent.

The best candidate for rhinoplasty 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 keeping proportions symmetric will yield 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.

Some patients who present for nasal modification are not interested in surgery and want a quick fix to an issue. The non-surgical nose job has become a popular procedure.

It creates results without the need for 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 lifting 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 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

### RHINOPLASTY

*CaloAesthetics Patient*



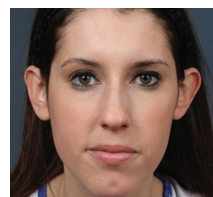
BEFORE



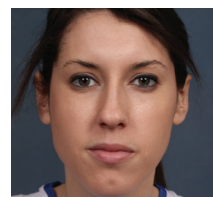
AFTER

### OTOPLASTY

*CaloAesthetics Patient*



BEFORE



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achieved with fillers include smoothing small indentations, creating a straighter-looking nasal bridge, and lifting a drooping nasal tip. The overall appearance can be improved with slight tweaks from filler injections, improving facial symmetry for a more attractive appearance.

Common benefits of a non-surgical rhinoplasty include: no downtime, minimal bruising and swelling, short procedure time, immediate results, changes are reversible, benefits last approximately 12 months and it's less expensive than surgery.

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 breathing irregularities. Additionally, the liquid rhinoplasty must be repeated every year or two. The patients who are seeking a more permanent result should consider the surgery.

## OTOPLASTY

A popular procedure to improve ear protrusion by pinning the ears back is an otoplasty. The otoplasty procedure is a quick treatment for prominent ears that will enhance the facial appearance. The procedure involves placing a small incision on the back of the ear, removing cartilage, and placing permanent sutures to hold the ear in place. During the COVID-19 pandemic, mask wearing led to an increase in otoplasty because the ears became one of the visible structures outside of the mask. The procedure can be performed on children and adults using either a local anesthetic or general anesthesia. Ear protectors and a headband are worn for a few weeks after the procedure as the patient recovers.

## LIP LIFT

An upper lip lift is a great technique to improve the appearance of the upper lip.

It allows more red lip to show by shortening the upper lip distance subsequently everting the lip. The procedure is designed for individuals with long distances between the nose and upper lip who have very thin lips. The procedure can be done in the office under local anesthesia with minimal to no downtime. Sometimes a composite lip enhancement can be performed with a lip lift and filler injections or lip implant insertion to give the best result.

## LIP ENHANCEMENT

Lip injections with Hyaluronic Acid fillers are popular procedures that can augment and shape the lip. They are temporary and must be repeated yearly if the patient wants to maintain the result. An alternate more permanent treatment is the insertion of a lip implant. The procedure involves making small incisions in the corner of the mouth to insert a silicone implant. The implant can be placed in the upper or lower lip or both.

The patient has the option to do the procedure in the office using a local anesthetic with minimal downtime.

## FAT TRANSFER LIPS

*CaloAesthetics Patient*



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## CONTOUR TRL™ – LASER SKIN RESURFACING

The three signs of facial aging are texture (fine lines and wrinkles), loss of facial volume, and loss of elasticity with resulting laxity.

Treating all three of these components will provide the best rejuvenation. Sciton's Contour TRL (Total Resurfacing Laser) is an aggressive treatment designed to improve facial texture. The description of the laser is in the name. Total resurfacing is a concept that involves removing or ablating the external layers of the skin to allow replacement with new smooth skin.

The procedure involves a short procedure with general anesthesia to allow for patient comfort during laser use.

As the external layers of skin are removed, the recovery process involves 7-10 days of skincare to allow skin cell regrowth. The fine lines and wrinkles disappear as the new skin cells grow to replace the outer layer of skin called the epidermis.

Maintaining healthy skin after the procedure involves minimizing sun exposure and continuing a healthy skincare regime.

The Contour TRL can be repeated every few years if desired or the skin can be maintained with less aggressive lasers in CaloSpa that involve minimal to no downtime. The best results can occur when you utilize maintenance procedures over time to improve skin texture.

## CONTOUR TRL

*CaloAesthetics Patient*



BEFORE

AFTER

## LIP LIFT

*CaloAesthetics Patient*



BEFORE

AFTER

**M**y final advice is to address facial aging early. It starts with a good lifestyle... stable weight, a healthy lifestyle, sunscreen, and good physician-directed skincare. I do believe starting Botox®, fillers and lasers will provide all a patient needs for most well into their 40's. In addition, even when facial surgery is necessary, all of these non-surgical modalities MAINTAIN the results, reducing or delaying the need for future surgical procedures. It is the marriage of non-surgical and surgical procedures, in concert with each other, that provides optimal outcomes! All of us at CaloSpa Rejuvenation Center and CaloAesthetics Plastic Surgery are here to help you navigate your options on your way to a more youthful, rested "look"!



# *Skin is* ALWAYS IN

BY JJ GANTT

AT CALOSPA  
REJUVENATION CENTER,  
MAKING PEOPLE  
FEEL GOOD ABOUT  
THEMSELVES IS ONE  
OF OUR TOP PRIORITIES  
AND OUR PREMIER  
MEDISPAS SPECIALIZE  
IN OVER 70+ AESTHETIC  
NON-SURGICAL SERVICES  
THAT CAN COMBAT  
EVEN THE TOUGHEST  
SKIN CONCERNS.





Many experts in the industry would agree that skin is the most important part of any beauty routine. Skin is the foundation of all other surgical or non-surgical procedures performed. With so many aesthetic treatment options to choose from, we thought it would be helpful to create a list of the TOP 20 treatment options for the most common facial aging and skincare concerns patients present us with.

## 1 FINE LINES & WRINKLES

### Neurotoxins | Jeuveau®, Botox®, Dysport®

Neurotoxins have long been the most popular non-surgical procedure in the U.S.\* They are very effective in smoothing out dynamic wrinkles, the wrinkles that form as a result of facial movements and expressions. Toxin treatments work by blocking nerve impulses to the muscles, causing them to relax. As a result, your expressions soften, and the dynamic wrinkles are greatly reduced.

**Areas Treated:** Frown Lines, Forehead Creases, Crow's Feet, Bunny Nose, Corners of the Mouth, Orange Peel Chin

**Results:** Last 3 - 6 months

**Treatment Time:** 15 - 20 minutes

**Indications:** May cause minor swelling and bruising at the injection site.

**Hidden Talents:** Can alleviate embarrassment from excessive sweating on the armpits, hands, or feet and can soften vertical neck bands.

**Pair With:** Hyaluronic Acid dermal fillers or laser skin resurfacing treatments like HALO™ and MOXI™

## 2 DEEP FOLDS & VOLUME LOSS

### HA Injectable Fillers | RHA®, Juvéderm®, and Restylane® Collections

Injectable fillers comprised of Hyaluronic Acid (HA) are very versatile anti-aging treatments that can create a more youthful appearance, used to add volume, lift and plump the skin, smooth folds and wrinkles.

**Areas Treated:** Tear Troughs, Cheeks, Laugh Lines, Nasolabial Folds, Marionette Lines, Lip Lines, Chin, Jaw Line

**Results:** 6 months up to 2 years

**Treatment Time:** 30 - 45 minutes

**Indications:** May cause minor swelling and bruising at the injection site.

**Hidden Talents:** Can be used to reshape the nose, the Liquid Rhinoplasty, or to rejuvenate sagging, wrinkled earlobes.

**Pair With:** Sculptra® Aesthetic and routine Forever Young BBL™ treatments for well-rounded, non-surgical facial rejuvenation.

## 3 WEAK CHEEKS

### Injectable Treatment | Radiesse®

Radiesse is different from other dermal fillers as it is made from Calcium Hydroxylapatite. This mineral is found in human teeth and bones. It is a great option when trying to build more structure to areas like the cheekbones. This unique calcium-based filler creates subtle lift to the midface while also stimulating collagen growth, adding to your skin's strength and elasticity.

**Areas Treated:** Cheeks, Jaw Line, Nasolabial Folds, Marionette Lines

**Results:** 6 months up to 2 years

**Treatment Time:** 30 - 45 minutes

**Indications:** May cause minor swelling and bruising at the injection site.

**Pair With:** Radiesse is also FDA approved for correcting volume loss in the back of the hands.

**Alternative:** HA Injectable Voluma®

\*American Society of Plastic Surgeons, Plastic Surgery Statistics Report 2020.

### 1 - FINE LINE & WRINKLES: TOXIN FOREHEAD

*CaloSpa Patient*



BEFORE

AFTER

### 2 - DEEP FOLDS & VOLUME LOSS: TEAR TROUGHS

*CaloSpa Patient*



BEFORE

AFTER

### 3 - WEEK CHEEKS: RADIESSE

*CaloSpa Patient*



BEFORE

AFTER



## 4 HALLOW TEMPLES

### Injectable Treatment | Sculptra® Aesthetic

Sculptra is a unique injectable that can be used to restore facial volume loss due to aging or illness. It contains Poly-L-Lactic Acid (PLLA), a biocompatible substance that stimulates collagen production. It can be used to treat hollowness, deep lines, creases, and folds to give a more youthful appearance.

**Areas Treated:** Temples and Midface

**Results:** 6 months up to 2 years

**Treatment Time:** 30 - 45 minutes

**Indications:** May cause minor swelling and bruising at the injection site.

**Hidden Talents:** Sculptra's ability to generate collagen also makes it a great option for restoring volume loss on the décolleté, buttocks, and knees.

**Pair With:** Pair your Sculptra facial rejuvenation treatments with treatments like INFINI Genius™ and HALO.

## 5 SOFT JAWLINE

### Injectable Treatment | RHA®4

A revolutionary Hyaluronic Acid (HA) injectable filler that was created to be more like the natural HA in your skin. This product has been tagged "Flawless in Motion" for a reason. Once injected the product moves flawlessly with all your dynamic facial expressions.

**Areas Treated:** Jaw Line, Nasolabial Folds, Marionette Lines

**Results:** 12 - 15 months

**Treatment Time:** 30 - 45 minutes

**Indications:** May cause minor swelling and bruising at the injection site.

**Pair With:** Kybella®, the first and only injectable treatment to improve the appearance and profile of moderate to severe fat below the chin (submental fat).

## 6 WEAK CHIN

### Injectable Treatment | Restylane® Defyne

Originally FDA-approved for treating nasolabial folds and marionette lines, Restylane Defyne can now add chin enhancement to its treatment protocol. Its advanced cross-linked technology helps make it an optimal HA treatment for chin augmentation and correction of mild to moderate chin retrusion.

**Areas Treated:** Chin, Jaw Line, Nasolabial Folds, Marionette Lines

**Results:** 6 - 12 months

**Treatment Time:** 30 - 45 minutes

**Indications:** May cause minor swelling and bruising at the injection site.

**Alternative HA:** Voluma® RHA4

## 7 THIN LIPS

### Injectable Treatment | Restylane® Kysse

Restylane Kysse is the first lip filler designed with XpresHAN Technology™ for flexible-movement and natural-looking volume.

**Areas Treated:** Lips

**Results:** 6 - 12 months

**Treatment Time:** 30 - 45 minutes

**Indications:** May cause minor swelling and bruising at the injection site.

**Alternative:** HA Injectable Juvéderm and Restylane Collections.

## 8 AGING SKIN

### Laser Treatment | HALO™

First of its kind, HALO has the unique ability to deliver both fractional (ablative) and non-fractional (non-ablative) wavelengths simultaneously to the treatment area. This allows the laser to provide maximum results with minimal downtime.

**Areas Treated:** Face and Body, and it's safe for all skin types.

**Results:** Can last for years to come.

**Treatment Time:** 1 hour

**Indications:** 5 - 7 days downtime

**Hidden Talents:** Although the HALO laser is one of the most effective fine line and wrinkle reducers, it isn't just a treatment for aging skin. It also corrects issues such as discoloration, uneven skin tone, and scars.

**Pairs With:** Skincare Regimen, Broadband Light (BBL) therapy, Platelet Rich Plasma

## 9 HYPERPIGMENTATION

### Broadband Light Treatment | Forever Young BBL™

Proven to keep skin looking ten years younger, Forever Young BBL uses photothermal energy to gently heat the top layers of skin. The light energy stimulates the regeneration of cells and improves skin tone, texture, elasticity, and pigmentation.

**Areas Treated:** Face, Neck, Hands, or almost any other part of the body.

**Results:** 6 - 12 months

**Treatment Time:** 30 - 45 minutes

**Indications:** Mild redness and a flushed appearance, which resolves within a few hours.

**Hidden Talents:** A study published in the *Journal of Investigative Dermatology* shows that Sciton® BroadBand Light treatments can change the expression of genes associated with the aging process to more closely resemble young skin.

**Alternative Treatments:** Other Sciton laser treatments like HALO, Forever Clear®



# 10 TEXTURE

## Laser Treatment | Nano Laser Peel™

A Nano Laser Peel is a quick and effective rejuvenating treatment that uses a special laser to address conditions on the top layer of your skin. The treatment removes a thin layer of damaged skin to improve texture and provide a more youthful appearance.

**Areas Treated:** Face and Neck, though some people also treat the chest and hands.

**Results:** 6 - 12 months

**Treatment Time:** 30 - 45 minutes

**Indications:** Post-treatment, the skin has a “frosty” appearance. This is the dehydrated skin that will peel away over the next several days. You may experience some skin redness and a sensation resembling sunburn, as well as mild swelling.

**Alternative Treatments:** Other great texture treatments are DiamondGlow™ and Micropeel.

# 11 MELASMA

## Laser Treatment | MOXI™

The newest fractionated wavelength, MOXI, is a gentle approach to radiant skin year round for every skin type and it is the preferred treatment for melasma patients. Unlike other laser treatments that can make your melasma condition worse, MOXI's unique wavelength can treat your melasma safely and can significantly reduce its appearance.

**Areas Treated:** Face, Neck, Chest, Arms, and Hands

**Results:** 6 - 12 months

**Treatment Time:** 30 - 45 minutes

**Indications:** Plan on a day or two of redness and some darkening of treated areas of pigment.

**Hidden Talents:** It's the laser for everyone and can correct uneven pigmentation and improve skin tone and texture without the recovery or downtime associated with more aggressive laser procedures.

**Pairs with:** We recommend a combined BBL Hero™ or BBL® treatment with MOXI for maximum skin rejuvenation.

## 4 - HALLOW TEMPLES: SCULPTRA®

CaloSpa Patient



BEFORE

AFTER

## 5 - SOFT JAWLINE: RHA®4 INJECTABLE

CaloSpa Patient



BEFORE

AFTER

## 5 - SOFT JAWLINE: KYBELLA®

CaloSpa Patient



BEFORE

AFTER

## 6 - WEAK CHIN: RESTYLANE® DEFYNE

CaloSpa Patient



BEFORE

AFTER

## 7 - THIN LIPS: RESTYLANE® KYSSÉ

CaloSpa Patient



BEFORE

AFTER

## 8 - AGING SKIN: HALO™

CaloSpa Patient



BEFORE

AFTER

## 9 - HYPERPIGMENTATION: FOREVER YOUNG BBL™

CaloSpa Patient



BEFORE

AFTER

## 10 - TEXTURE: NANO LASER PEEL

CaloSpa Patient



BEFORE

AFTER

## 11 - MELASMA: MOXI™

CaloSpa Patient



BEFORE

AFTER

See More Before & After Photos in Our Special Look Book Section, “Seeing is Believing,” on pages 29-39.



## 12 FACIAL VEINS & ROSACEA

### Laser Treatment | Clear V™

Clear V is a very unique laser that has integrated vein illumination technology. This allows CaloSpa providers to precisely treat vessels, broken capillaries, spider veins, vascular lesions, and discoloration of your skin that is hard to see and detect.

**Areas Treated:** Face, Neck, Chest, Legs

**Results:** Permanent

**Treatment Time:** 15 minutes - 1 hour

**Indications:** Redness and swelling around the treated vessels. Slight sunburn sensation. Treated veins will look slightly red, purple, or bruised and will subside over a few weeks.

**Alternative:** Excel V,™ Diolite® Laser

## 13 ACNE

### Broadband Light Treatment | Forever Clear®

A cutting-edge acne treatment that uses the power of light to comfortably and effectively clear acne without creams or medicine. Using three different light energies – blue, yellow, and infrared – Forever Clear can eliminate bacteria, reduce inflammation, and initiate the body's own healing process allowing the skin to look and feel more healthy.

**Areas Treated:** Face, Back

**Results:** 2 - 6 months

**Treatment Time:** 30 - 45 minutes

**Indications:** Redness and mild swelling around the treated area

**Pair With:** ZO® Oil Control Pads

## 14 ACNE SCARS

### Collagen Induction Therapy | Microneedling

Microneedling is a dermaroller procedure that uses small needles to prick the skin causing micro-injuries. The purpose of treatment is to generate new collagen and skin tissue for smoother, firmer, more toned skin. It is one of our preferred treatments used on the face to treat various scars, wrinkles, and large pores.

**Areas Treated:** Face, Body

**Results:** 3 - 5 months

**Treatment Time:** 30 - 45 minutes

**Indications:** The procedure isn't safe for people who use certain acne medications or for women who are pregnant. Tiny wounds that cause mild redness and swelling.

**Hidden Talents:** Also used to reduce the appearance of stretch marks.

**Pair with:** Platelet-rich plasma, PRP, for its high levels of growth factors, which, when applied to the skin, will stimulate cell turnover for improved healing and treatment results.

## 15 SKIN TIGHTENING

### RadioFrequency + Microneedling | INFINI Genius™

Genius' innovative dual Radiofrequency + Microneedling technology delivers thermal energy deep in the dermis to stimulate collagen and elastin without damaging the surrounding tissue. It creates thermal dermal wounds at varying depths to precisely target the different thicknesses of facial and body tissue.

**Areas Treated:** Face, Neck, Axilla, Abdomen, Arms, Knees, Thighs

**Results:** 3 - 6 months

**Treatment Time:** 30 - 45 minutes

**Indications:** Mild redness, swelling, pinpoint bleeding, bruising, and stamping marks from the needles could occur and can last for about three days.

**Hidden Talents:** The radiofrequency energy is what takes this microneedling treatment to the next level. It's the RF heat that tightens and lifts the skin to smooth out lines and wrinkles. The energy also stimulates the production of collagen and elastin in the deep layers of your tissue.

**Pair With:** PRP, Growth Factor Serums

**Alternative:** Scarlet RF, Morpheus8

## 16 DEHYDRATED SKIN

### Advanced Medispa Facial | HydraFacial®

HydraFacial uses patented technology and proprietary "super serums" to comprehensively clean and renew skin through a unique three-step process. Patients see healthier-looking, more radiant, and hydrated skin right away.

**Areas Treated:** Face, Back

**Results:** 1 - 2 weeks

**Treatment Time:** 30 - 45 minutes

**Indications:** Mild redness

**Hidden Talents:** HydraFacial offers a Keravive treatment designed to cleanse, exfoliate, nourish, and hydrate the scalp for healthier and fuller-looking hair.

**Pair With:** HydraFacial Lip and Eye Perk

## 17 DULL SKIN

### Dermabrasion Treatment | DiamondGlow™

Offering effective results with four different pro-infusion serums that target your greatest skin concerns, DiamondGlow can brighten the duller skin.

**Areas Treated:** Face, Body

**Results:** 1 - 2 weeks

**Treatment Time:** 30 - 45 minutes

**Indications:** Redness and mild swelling

**Pair With:** SkinMedica® TNS Advanced Serum

## 18 PEACH FUZZ

### Blading | Dermaplaning

The trendiest hair-removal option today is dermaplaning. The treatment is performed using a sterile surgical scalpel to manually exfoliate dead skin cells from the face. Shaving the top layer of the skin and the fine peach fuzz hair leaves your skin feeling ultra-smooth and radiant.

**Areas Treated:** Face

**Results:** 1 - 2 weeks

**Treatment Time:** 30 - 45 minutes

**Indications:** Redness and mild swelling

*Continued next column*



# 19 UNWANTED FACIAL HAIR

## Broadband Light Treatment | Forever Bare BBL™

Delivering precise, even heat is what makes Forever Bare BBL so effective. The process is virtually painless and provides a lasting solution to eliminate unwanted facial and body hair.

**Areas Treated:** Facial Hair, Body Hair

**Results:** Permanent hair reduction

**Treatment Time:** 30 - 45 minutes

**Indications:** A mild sunburn-like sensation is expected.

**Alternative:** Lightsheer

# 20 LOWER EYELID WRINKLES

## Chemical Peel | TCA Peel

While a TCA Peel can be used to treat the entire face, it is commonly used just to resurface the skin beneath the eyes. This procedure provides the patient with a refreshed, youthful-looking appearance. It smooths wrinkles and helps even out irregular skin pigmentation. In addition, TCA Peels are very effective at tightening the skin around and under the eyes.

**Areas Treated:** Under Eyes, Face

**Results:** Permanent hair reduction

**Treatment Time:** 15 minutes

**Indications:** Redness, swelling, flaking, peeling

**Hidden Talent:** TCA Peel can treat and reduce the appearance of under eye Milia, the tiny white bumps that form from the hardening of skin cells.

**Alternative:** Microneedling RF Treatment, Lumière® Firm

## 12 - FACIAL VEINS & ROSACEA: CLEAR V

*CaloSpa Patient*



BEFORE

AFTER

## 13 - ACNE: FOREVER CLEAR BBL

*CaloSpa Patient*



BEFORE

AFTER

## 14 - ACNE SCARS: MICRONEEDLING

*CaloSpa Patient*



BEFORE

AFTER

## 15 - SKIN TIGHTENING: INFINI GENIUS™

*CaloSpa Patient*



BEFORE

AFTER

## 16 - DEHYDRATED SKIN: HYDRAFACIAL®

*CaloSpa Patient*



BEFORE

AFTER

## 20 - LOWER EYELID WRINKLES: TCA PEEL UNDER EYES

*CaloSpa Patient*



BEFORE



AFTER

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# Get in the Routine

BY JACLYN FAVORITE, CLINICAL AESTHETICIAN

It is important to create healthy habits when it comes to protecting the largest organ of the body. Our skin serves as our primary defense against the environment. So, why not give our skin some love? Skincare is essential at any age; it is better to prevent rather than correct. Here at CaloSpa, we are diligent in assessing and re-assessing each patients' concern. By doing so, we sometimes find that the regimen will change depending on the season and/or the patient's age. It is also very important to know that **60% of the patients' results come from physician-directed skincare.** At CaloSpa, our experts will consult with each patient to prescribe a tailored regimen of physician-directed skincare products that are backed by scientific research and studies. Science has shown that physician-directed skincare is more efficacious, and the products are able to penetrate the skin to deeper levels delivering high-performance ingredients. This will help the patient achieve desired results and healthier skin faster.

## Neocutis BioSerum Firm

Using unparalleled research and technology to restore elastin and collagen.

## ZO® Gentle Cleanser

Gentle foaming cleanser cleans away debris, oil, and makeup. Provides antioxidant and anti-irritant benefits.

## Revision™ Papaya Enzyme Cleanser

Gently cleanses dead skin cells while nourishing skin with papaya extract.



## SkinMedica® TNS Recovery

Enhances skin texture, evens complexion, rejuvenates sun-damaged skin, and visibly smooths skin.

## SkinMedica Instant Bright Eye Cream

Improving under-eye bags, dark circles, crepiness, and visible signs of aging.

## SkinMedica® HA5

Using 5 of the best Hyaluronic Acids to allow your skin to produce its own Hyaluronic Acid, smoothing the appearance of fine lines and wrinkles.

## ZO Complexion Renewal Pads

The perfect blend of Salicylic and Glycolic Acid to help minimize surface oil, prevent breakouts, and exfoliate dead skin cells.

## ZO Exfoliating Polish

Gently dissolves oil, clogging skin cells, replenishes hydration, and lipids.



### SkinMedica Lytera® 2.0

Non-hydroquinone formulation addressing stubborn pigment.

### Revision C+ Correcting Complex

Supporting the skin's natural production of vitamins C and E. This antioxidant booster helps fight free-radical damage.

### ZO Hydrating Cleanser

Formulated for normal to dry skin. Minimizes dryness and irritation. Cleanses away debris, makeup, and oil.

### ZO Daily Power Defense

Boosts Hyaluronic Acid and collagen production. Perfect for all skin types, providing antioxidant properties.

### Revision Intellishade SPF

Best-selling tinted moisturizer with UVA and UVB protection. Moisturizes and blends beautifully with the color of your skin.

### SkinMedica Retinol .5%

Exfoliates skin which encourages cellular turnover leaving skin bright, renewed, and smooth.



### Latisse®

Gives your eyelashes that extra boost of length and volume.

### Neocutis® Lumiere® Firm

Brightens the under-eye, restoring elastin and collagen to give the eyes a more youthful appearance.

### ZO Oil Control Pads

Designed for oily to acne-prone skin. Formulated with the perfect blend of Mandelic, Salicylic, and Glycolic Acids. These pads are designed to minimize oil and tighten pores.

### SkinMedica TNS Advance + Serum

Acting on multiple levels encouraging skin cell renewal, supporting collagen and elastin levels.

### Revision Hydrating Serum

Weightless, oil-free serum formulated with two forms of Hyaluronic Acid leaving the skin smooth and hydrated.

### ZO Growth Factor Serum

Softens the appearance of expression lines, reduces fine lines and wrinkles. Enhances production of collagen and Hyaluronic Acid, preventing future signs of aging.



# Sculpting Your Dreams

BY JJ GANTT

There are many injectable treatments available on the market. However, one has always stood out due to its unique design. FDA-approved, **Sculptra Aesthetic** is comprised of poly-L-lactic acid and has the ability to induce an inflammatory response to stimulate neo-collagenesis, or the production of new collagen. This new collagen growth occurs over time and eventually replaces the injected poly-L-lactic-acid creating a stronger structure, additional support, and volume in the areas treated. It is actually reinforcing the skin's framework. This post-treatment development makes Sculptra perfect for treating hollowness, deep wrinkles, and folds.

Since the introduction of Sculptra being used as an aesthetic treatment back in 2014, focusing solely on facial rejuvenation, we have discovered how versatile this dermal filler can be. Not only can it provide a more youthful appearance, but it can also address common concerns such as décolleté folds, hip dips, and a flat booty.

First and foremost, Sculptra provides beautiful results for patients wanting to address mid-face volume loss and deep folds and wrinkles. A series of 3 treatments, scheduled 6-8 weeks apart are recommended to achieve optimal results. Following the series of treatments, results gradually appear over the course of the next 4-6 months. For global rejuvenation, many patients will add a Botox or Jeuveau treatment, along with an HA filler to enhance areas like the lips or jawline.

When patients begin to notice a loss of volume, skin laxity, and deepening wrinkles on their neck and décolleté, Sculptra may be recommended. Results are natural looking and can be enjoyed for years to come. Most patients will require multiple vials to fully achieve optimal results.

Many patients find that even with healthy habits and consistent workouts they cannot achieve the booty results they want. Sculptra can add volume to the butt making it appear perkier. It can also be added to hip dips to enhance the overall look for a curvy appearance and producing an ideal hip-to-waist ratio. Most patients who are opting to have Sculptra as an alternative to the surgical procedures known as a Fat Transfer or Brazilian Butt Lift do so for two main reasons: (1) patients don't want the extended downtime the comes with having surgery and (2) the patient may be rather lean and does not have the extra "fat" needed to achieve optimal results.

Sculptra's simplicity is a primary advantage to having the treatment. It's ideal for both men and women wanting to improve their appearance. Treatments are quick and have very minimal downtime. Treatments are performed by CaloSpa ExpertInjectors and results can last years to come. Schedule your next Sculptra treatment today!

## SCULPTRA®

CaloSpa Patient



BEFORE

AFTER

## SCULPTRA®

CaloSpa Patient



BEFORE

AFTER

OPEN HOUSE  
EXCLUSIVE

**BOOTYSCULPT BUNDLE: \$5,500\***

*Sculpt the booty of your dreams by pairing Sculptra + EmSculpt for a savings of \$2,300.*

\*All CaloSculpting Bundles are priced as is. No additional saving will apply. Bundles are non-refundable and may not be exchanged with another service once treatments have been started. Individual results may vary.



# Precision in Every Pulse

BY KAREN STICKROD,  
LEAD CLINICAL AESTHETICIAN

**The Lutronic Genius device uses radiofrequency (RF) technology to deliver thermal energy through needles.**

These needles penetrate the epidermis, your outer layer of skin, at the precise depth creating controlled wounds and delivering RF energy into your dermis, your inner layer of skin, which supports collagen and elastin. This precise penetration helps to stimulate your own collagen and elastin production. In return, this can help plump up skin, improve texture, and reverse signs of aging.

In the world of aesthetics, we understand that it has always taken multi-modalities to achieve the best results for patients, whether they were looking to improve skin texture, acne scarring, or tighten the skin. However, this process has greatly changed with newer microneedling RF devices. Our practice has been fortunate enough to be able to offer the best of the best for years, for our patients. Starting with the Lutronic INFINI device and now offering the latest microneedling RF technology by Lutronic, the Genius. This smart technology can measure the impedance of the skin and how much energy is being absorbed with each pulse, so we can modulate the energy being delivered as we treat it. What this means is the exact amount of energy is used for effectiveness and NO MORE. Therefore, each pulse is maximally effective with much less discomfort and a more precise depth of needles, delivering the perfect amount of energy into the skin. Allowing for customization, for your individual needs and goals, minimizing downtime and discomfort for our patients.

## LUTRONIC GENIUS™

*CaloSpa Patient*



BEFORE



AFTER



BEFORE



AFTER



# *A Gentle Approach to* RADIANT SKIN

BY ASHLEY HATFIELD, CLINICAL AESTHETICIAN

Seeking that glowy, vibrant look associated with healthy, well-rested skin? I have the treatment for you – it has been my favorite for skin tone, firmness, and discoloration. Let me tell you a little about MOXI by Sciton. MOXI provides fractionated wavelengths that are completely customizable by your provider to ensure your best results. MOXI comfortably delivers non-ablative laser energy to revitalize skin, no matter the season, age, or skin type. This treatment proactively enhances the skin and reduces the development of fine lines and wrinkles. If you are struggling with poor skin texture and tone, light sun damage, and uneven pigmentation this might be the treatment you have been waiting for! It's affordable and can be done regularly as a prejuvenation service. It literally slows down the signs of aging. Not only is MOXI a great treatment alone but it's amazing to pair it up with other treatments. The combination of MOXI with any Sciton BBL® (broadband light) therapy is an unbeatable treatment for total face and body skin renewal. MOXI improves the surface and texture of the skin, while BBL therapies even out areas of excess red and brown pigment. The effect of the two treatments together truly enhances your results. MOXI is known as the gentle laser, perfect for both men and women and for all skin types. Now get on the books and start your journey to radiant skin!

## MOXI

*CaloSpa Patient*



BEFORE

AFTER



BEFORE  
& AFTERTHE  
LOOK  
BOOK

Drs. Bradley Calobrace and Chet Mays are always in pursuit of the top treatments and techniques to ensure that we are exceeding patient expectations and outcomes. Take a peek at some of our most satisfied patient results, because seeing is believing.

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Non-Surgical  
INJECTABLES

## HA INJECTABLE - LIQUID RHINO

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIQUID RHINO

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIQUID RHINO

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIQUID RHINO

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIPS

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIPS

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIPS

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIPS

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIPS

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIPS

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIPS

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - LIPS

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - JAW LINE

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - JAW LINE

CaloSpa Patient



BEFORE AFTER

## HA INJECTABLE - CHIN, JAW LINE

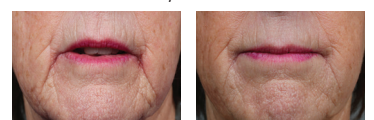
CaloSpa Patient



BEFORE AFTER

HA INJECTABLE -  
MARIONETTE LINES

CaloSpa Patient



BEFORE AFTER



# Non-Surgical INJECTABLES (CONTINUED)

## SCULPTRA

*CaloSpa Patient*



BEFORE

AFTER

## SCULPTRA

*CaloSpa Patient*



BEFORE

AFTER

## SCULPTRA, LIP LIFT

*CaloSpa Patient*



BEFORE

AFTER

## SCULPTRA BUTTOCKS

*CaloSpa Patient*



BEFORE

AFTER

## SCULPTRA BUTTOCKS

*CaloSpa Patient*



BEFORE

AFTER

## HA INJECTABLE - NASOLABIAL FOLDS

*CaloSpa Patient*



BEFORE

AFTER

## HA INJECTABLE - NASOLABIAL FOLDS, MARIONETTE LINES, LIPS

*CaloSpa Patient*



BEFORE

AFTER

## HA INJECTABLE - NASOLABIAL FOLDS, MARIONETTE LINES, LIPS

*CaloSpa Patient*



BEFORE

AFTER

## HA INJECTABLE - CHEEKS

*CaloSpa Patient*



BEFORE

AFTER

## TOXIN BROW LIFT

*CaloSpa Patient*



BEFORE

AFTER

## TOXIN CHIN

*CaloSpa Patient*

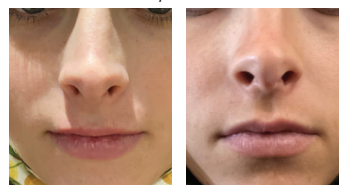


BEFORE

AFTER

## TOXIN LIP FLIP

*CaloSpa Patient*



BEFORE

AFTER

## HA INJECTABLE - TEAR TROUGH

*CaloSpa Patient*



BEFORE

AFTER

## HA INJECTABLE - TEAR TROUGH

*CaloSpa Patient*



BEFORE

AFTER

## KYBELLA

*CaloSpa Patient*



BEFORE

AFTER

## HA INJECTABLE - HAND REJUVENATION

*CaloSpa Patient*



BEFORE



AFTER

# Non-Surgical LIFESTYLE TREATMENTS

## BBL SCAR REDUCTION

*CaloSpa Patient*



BEFORE

AFTER

## TATOO REMOVAL

*CaloSpa Patient*



BEFORE

AFTER

## HYDRAFACIAL KERAVIDE

*CaloSpa Patient*



BEFORE

AFTER

## CALOTHRADING

*CaloSpa Patient*



BEFORE

AFTER



# Non-Surgical FACIAL LASER AND LIGHT TREATMENTS

## HALO

*CaloSpa Patient*



BEFORE

AFTER

## HALO

*CaloSpa Patient*



BEFORE

AFTER

## HALO

*CaloSpa Patient*



BEFORE

AFTER

## HALO & FOREVER YOUNG BBL

*CaloSpa Patient*

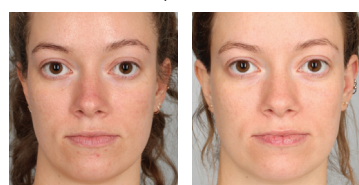


BEFORE

AFTER

## FOREVER YOUNG BBL

*CaloSpa Patient*



BEFORE

AFTER

## FOREVER YOUNG BBL

*CaloSpa Patient*



BEFORE

AFTER

## FOREVER CLEAR BBL

*CaloSpa Patient*



BEFORE

AFTER

## FOREVER CLEAR BBL

*CaloSpa Patient*



BEFORE

AFTER

## INFINI GENIUS

*CaloSpa Patient*



BEFORE

AFTER

## INFINI GENIUS

*CaloSpa Patient*



BEFORE

AFTER

## INFINI GENIUS

*CaloSpa Patient*

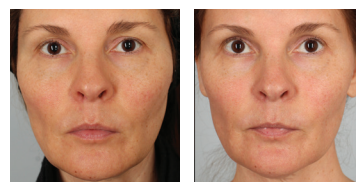


BEFORE

AFTER

## MOXI

*CaloSpa Patient*

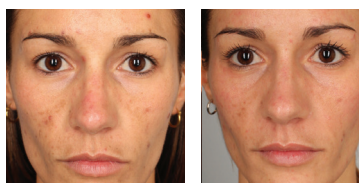


BEFORE

AFTER

## MOXI

*CaloSpa Patient*



BEFORE

AFTER



BEFORE

AFTER

## TCA PEEL UNDER EYES

*CaloSpa Patient*



BEFORE

AFTER



BEFORE

AFTER



## Non-Surgical **ADVANCED MEDISPA FACIALS**

### MICRONEEDLING FACIAL SCAR

*CaloSpa Patient*



BEFORE AFTER

### MICRONEEDLING

*CaloSpa Patient*



BEFORE AFTER

### MICRONEEDLING

*CaloSpa Patient*



BEFORE AFTER

### FOREVER CLEAR BBL

*CaloSpa Patient*



BEFORE AFTER

### FOREVER CLEAR BBL

*CaloSpa Patient*



BEFORE AFTER

### FOREVER CLEAR BBL

*CaloSpa Patient*



BEFORE AFTER

## Non-Surgical **CELLULITE AND SKIN IRREGULARITIES**

### CELLFINA

*CaloSpa Patient*



BEFORE



AFTER

### CELLFINA

*CaloSpa Patient*



BEFORE



AFTER

### CELLFINA

*CaloSpa Patient*



BEFORE



AFTER

### CELLFINA

*CaloSpa Patient*



BEFORE



AFTER

### CELLFINA

*CaloSpa Patient*



BEFORE



AFTER

### CELLFINA

*CaloSpa Patient*



BEFORE



AFTER

### EMTONE

*CaloSpa Patient*



BEFORE

AFTER

### EMTONE

*CaloSpa Patient*



BEFORE

AFTER

### INFINI GENIUS

*CaloSpa Patient*



BEFORE

AFTER

### EMTONE

*CaloSpa Patient*



BEFORE

AFTER

## Non-Surgical **CALOSCUPTING**

### EMSCULPT

*CaloSpa Patient*



BEFORE

AFTER

### EMSCULPT ABDOMEN

*CaloSpa Patient*



BEFORE

AFTER

### COOLSCULPTING ABDOMEN & FLANKS

*CaloSpa Patient*



BEFORE

AFTER

### TRUSCULPT & THERMISMOOTH

*CaloSpa Patient*



BEFORE



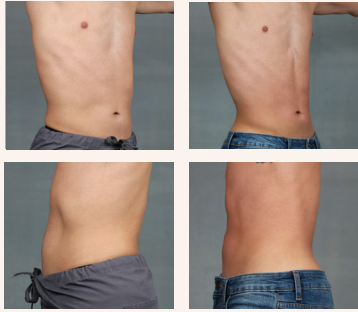
AFTER



## Surgical FACE PROCEDURES

### EMSCULPT ABDOMEN

*CaloSpa Patient*



BEFORE

AFTER

### EMSCULPT

*CaloSpa Patient*



BEFORE

AFTER

### RHINOPLASTY

*CaloAesthetics Patient*

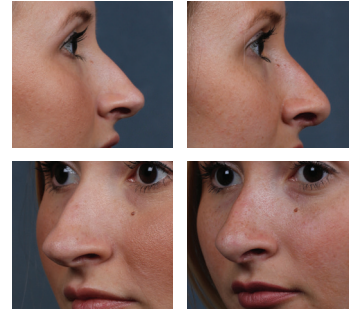


BEFORE

AFTER

### RHINOPLASTY

*CaloAesthetics Patient*

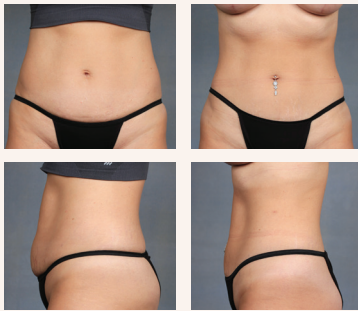


BEFORE

AFTER

### COOLSCULPTING ABDOMEN

*CaloSpa Patient*

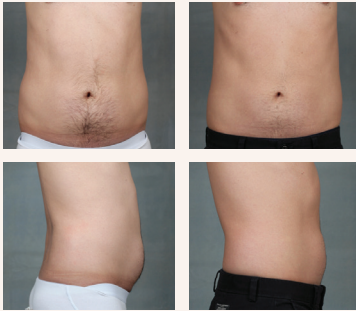


BEFORE

AFTER

### COOLSCULPTING FLANKS

*CaloSpa Patient*



BEFORE

AFTER

### RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

### RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

### TRUSCULPT

*CaloSpa Patient*



BEFORE

AFTER

### TRUSCULPT ABDOMEN & FLANKS

*CaloSpa Patient*



BEFORE

AFTER

### LIP IMPLANT

*CaloAesthetics Patient*

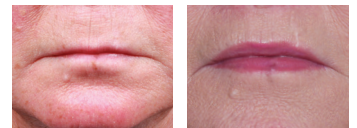


BEFORE

AFTER

### LIP LIFT

*CaloAesthetics Patient*



BEFORE

AFTER

### LIP LIFT

*CaloAesthetics Patient*



BEFORE

AFTER

### FAT TRANSFER - LIPS

*CaloAesthetics Patient*



BEFORE

AFTER

### EMTONE

*CaloSpa Patient*



BEFORE

AFTER

### EMTONE ABDOMEN

*CaloSpa Patient*



BEFORE

AFTER

### CHIN AUGMENTATION, LOWER FACELIFT

*CaloAesthetics Patient*

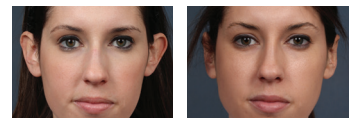


BEFORE

AFTER

### OTOPLASTY (EAR PINNING)

*CaloAesthetics Patient*



BEFORE

AFTER



Surgical  
FACE PROCEDURESFACELIFT, FAT  
TRANSFER AND CONTOUR  
TRL SKIN RESURFACING*CaloAesthetics Patient*

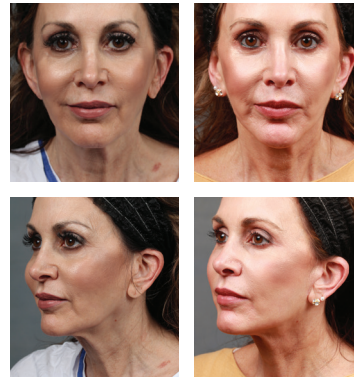
BEFORE

AFTER

FACELIFT, ENDOSCOPIC  
BROWLIFT, UPPER & LOWER  
BLEPHAROPLASTY, FAT TRANSFER*CaloAesthetics Patient*

BEFORE

AFTER

FACELIFT, LIP LIFT,  
CONTOUR TRL,  
FAT TRANSFER*CaloAesthetics Patient*

BEFORE

AFTER

LOWER FACELIFT, LOWER  
EYELID SURGERY, NECK LIFT  
WITH FAT TRANSFER*CaloAesthetics Patient*

BEFORE

AFTER

LOWER FACELIFT, LOWER  
BLEPHAROPLASTY*CaloAesthetics Patient*

BEFORE

AFTER

LOWER FACELIFT,  
ENDOSCOPIC BROWLIFT*CaloAesthetics Patient*

BEFORE

AFTER

## UPPER BLEPHAROPLASTY

*CaloAesthetics Patient*

BEFORE

AFTER

UPPER BLEPHAROPLASTY,  
FAT TRANSFER*CaloAesthetics Patient*

BEFORE

AFTER

UPPER & LOWER  
BLEPHAROPLASTY*CaloAesthetics Patient*

BEFORE

AFTER

LOWER  
BLEPHAROPLASTY*CaloAesthetics Patient*

BEFORE

AFTER

## ENDOSCOPIC BROWLIFT

*CaloAesthetics Patient*

BEFORE

AFTER

## CONTOUR TRL FULL FACE

*CaloAesthetics Patient*

BEFORE

AFTER

CONTOUR TRL LOWER  
EYE LIDS, ENDOSCOPIC  
BROW LIFT, UPPER  
BLEPHAROPLASTY*CaloAesthetics Patient*

BEFORE

AFTER

BEFORE

AFTER



**TUMMY TUCK**

*CaloAesthetics Patient*



BEFORE AFTER

**TUMMY TUCK**

*CaloAesthetics Patient*



BEFORE AFTER

**TUMMY TUCK,  
LIPOSUCTION**

*CaloAesthetics Patient*



BEFORE AFTER

**TUMMY TUCK, LIPOSUCTION:  
ABDOMEN, HIPS, BACK**

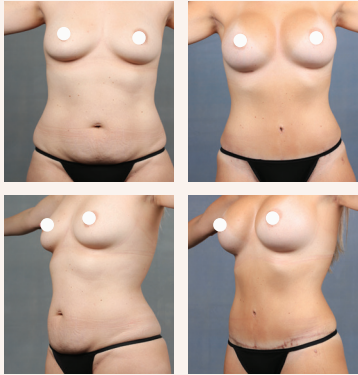
*CaloAesthetics Patient*



BEFORE AFTER

**TUMMY TUCK, LIPOSUCTION,  
BREAST AUGMENTATION**

*CaloAesthetics Patient*



BEFORE AFTER

**EXTENDED TUMMY TUCK**

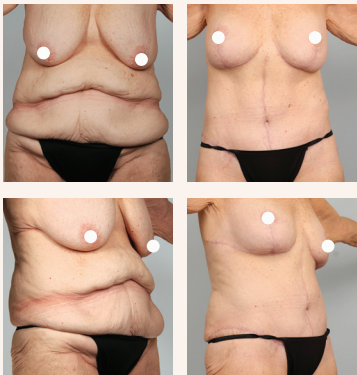
*CaloAesthetics Patient*



BEFORE AFTER

**EXTENDED TUMMY TUCK,  
BREAST LIFT**

*CaloAesthetics Patient*



BEFORE AFTER

**LIPOSUCTION BACK**

*CaloAesthetics Patient*



BEFORE AFTER

**LIPOSUCTION  
HIPS & THIGHS**

*CaloAesthetics Patient*



BEFORE AFTER

**LIPOSUCTION HIPS & BACK,  
BRAZILIAN BUTT LIFT**

*CaloAesthetics Patient*



BEFORE AFTER

**LIPOSUCTION FLANKS, BRAZILIAN  
BUTT LIFT, & SCULPTRA**

*CaloAesthetics Patient*



BEFORE AFTER

**LIPOSUCTION, BRAZILIAN  
BUTT LIFT, TUMMY TUCK**

*CaloAesthetics Patient*



BEFORE AFTER

**LIPOSUCTION,  
BRAZILIAN BUTT LIFT,  
TUMMY TUCK**

*CaloAesthetics Patient*

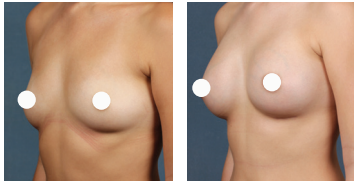
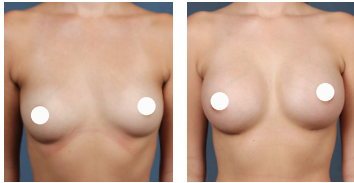


BEFORE AFTER



Surgical  
BREAST PROCEDURES

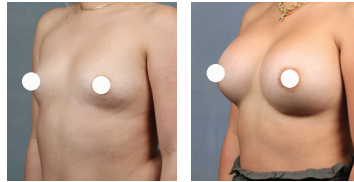
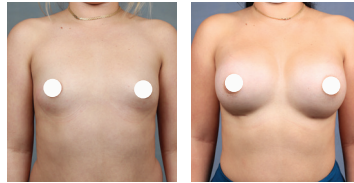
## BREAST AUGMENTATION

*CaloAesthetics Patient*

BEFORE

AFTER

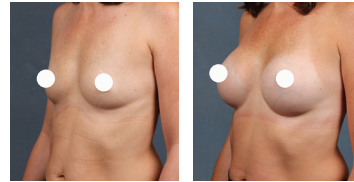
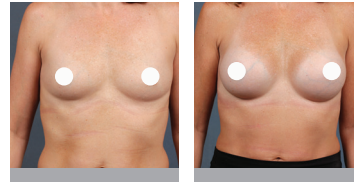
## BREAST AUGMENTATION

*CaloAesthetics Patient*

BEFORE

AFTER

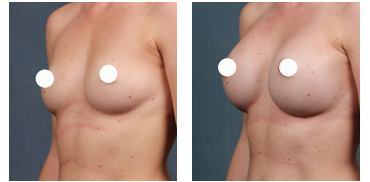
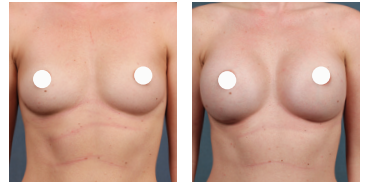
## BREAST AUGMENTATION

*CaloAesthetics Patient*

BEFORE

AFTER

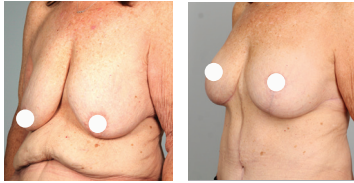
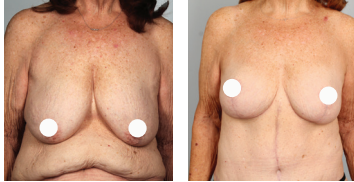
## BREAST AUGMENTATION

*CaloAesthetics Patient*

BEFORE

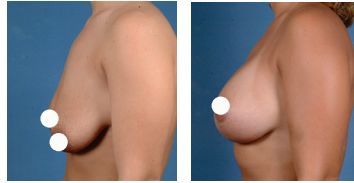
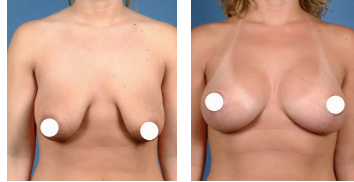
AFTER

## BREAST LIFT

*CaloAesthetics Patient*

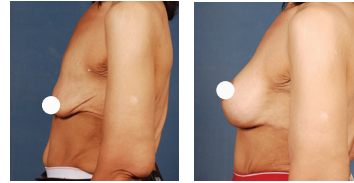
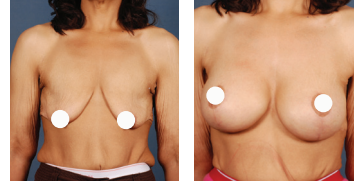
BEFORE

AFTER

BREAST LIFT,  
BREAST AUGMENTATION*CaloAesthetics Patient*

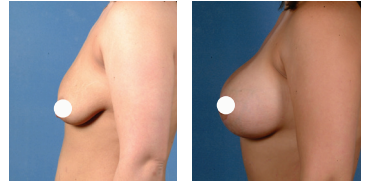
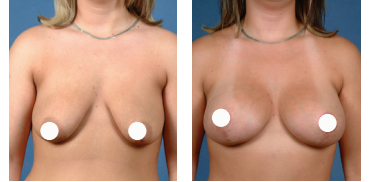
BEFORE

AFTER

BREAST LIFT,  
BREAST AUGMENTATION*CaloAesthetics Patient*

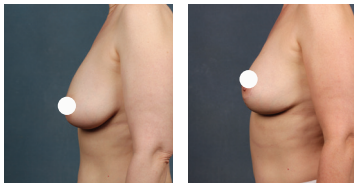
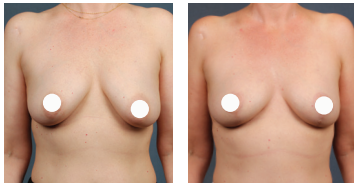
BEFORE

AFTER

BREAST LIFT,  
BREAST AUGMENTATION*CaloAesthetics Patient*

BEFORE

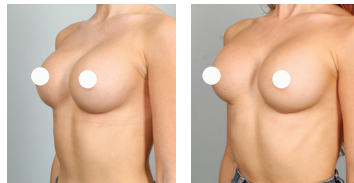
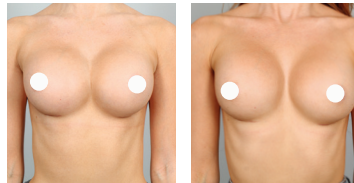
AFTER

BREAST LIFT,  
AUTOAUGMENTATION*CaloAesthetics Patient*

BEFORE

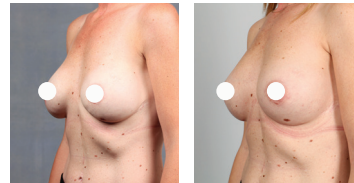
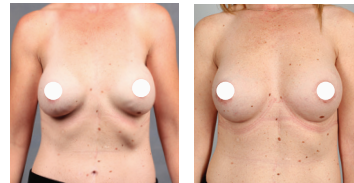
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## BREAST REVISION

*CaloAesthetics Patient*

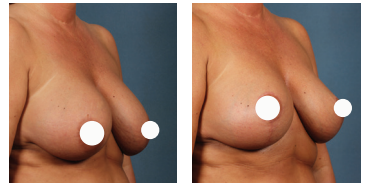
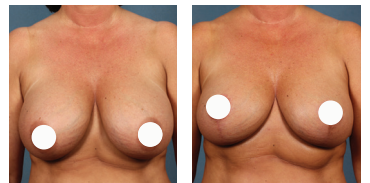
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AFTER

IMPLANT EXCHANGE,  
BREAST REVISION*CaloAesthetics Patient*

BEFORE

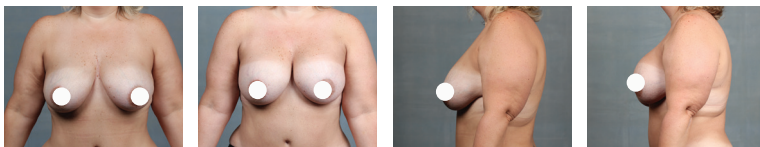
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IMPLANT EXCHANGE,  
BREAST LIFT*CaloAesthetics Patient*

BEFORE

AFTER

## IMPLANT EXCHANGE, FAT TRANSFER

*CaloAesthetics Patient*

BEFORE

AFTER

BEFORE

AFTER

## TOP SURGERY - FTM

*CaloAesthetics Patient*

BEFORE

AFTER

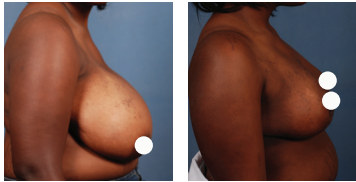
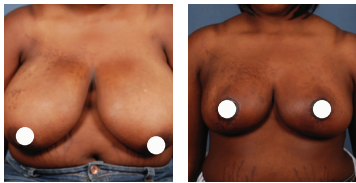
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AFTER



### BREAST REDUCTION

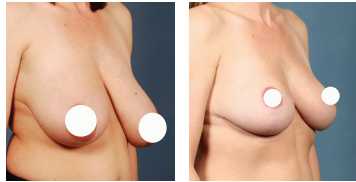
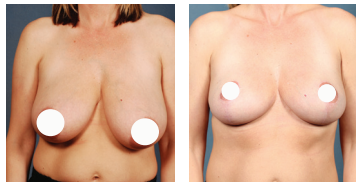
*CaloAesthetics Patient*



BEFORE AFTER

### BREAST REDUCTION

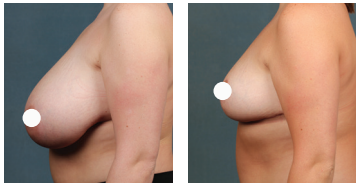
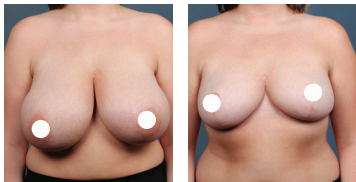
*CaloAesthetics Patient*



BEFORE AFTER

### BREAST REDUCTION

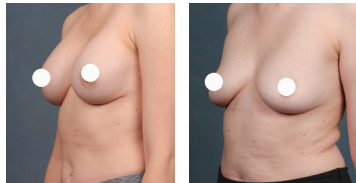
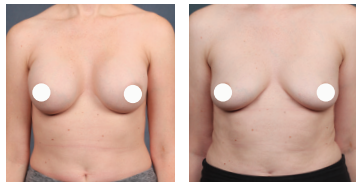
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BEFORE AFTER

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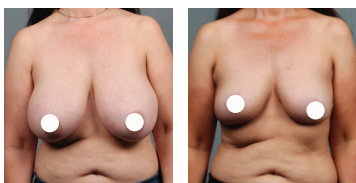
*CaloAesthetics Patient*



BEFORE AFTER

### IMPLANT REMOVAL, BREAST LIFT, AUTOAUGMENTATION

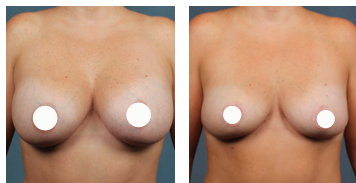
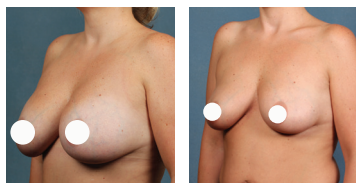
*CaloAesthetics Patient*



BEFORE AFTER

### IMPLANT REMOVAL, BREAST LIFT, AUTOAUGMENTATION

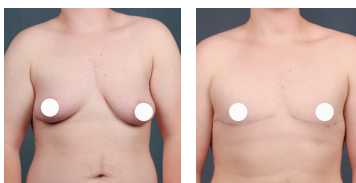
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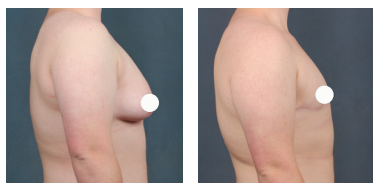
BEFORE AFTER

### TOP SURGERY - FTM

*CaloAesthetics Patient*



BEFORE AFTER



BEFORE AFTER

### LIQUID RHINOPLASTY

*CaloSpa Patient*



BEFORE AFTER

### LIQUID RHINOPLASTY

*CaloSpa Patient*



BEFORE AFTER

### HA FILLER LIPS

*CaloSpa Patient*



BEFORE AFTER

### EMSCULPT

*CaloSpa Patient*



BEFORE AFTER

### EMSCULPT

*CaloSpa Patient*



BEFORE AFTER

### EMSCULPT

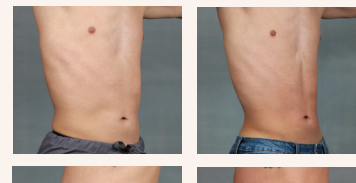
*CaloSpa Patient*



BEFORE AFTER

### EMSCULPT ABDOMEN

*CaloSpa Patient*



BEFORE AFTER

### COOLSCULPTING FLANKS

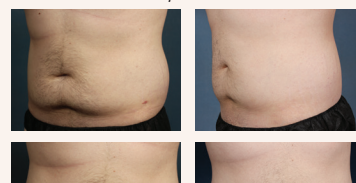
*CaloSpa Patient*



BEFORE AFTER

### COOLSCULPTING ABDOMEN

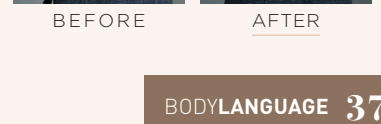
*CaloSpa Patient*



BEFORE AFTER

### COOLSCULPTING ABDOMEN

*CaloSpa Patient*



BEFORE AFTER



Surgical  
FOR MENUPPER & LOWER  
BLEPHAROPLASTY,  
FAT TRANSFER*CaloAesthetics Patient*

BEFORE



AFTER

UPPER AND LOWER  
BLEPHAROPLASTY  
WITH BROWLIFT*CaloAesthetics Patient*

BEFORE



AFTER

UPPER AND LOWER  
BLEPHAROPLASTY  
WITH FAT GRAFTING*CaloAesthetics Patient*

BEFORE



AFTER

UPPER & LOWER  
BLEPHAROPLASTY*CaloAesthetics Patient*

BEFORE



AFTER

## LIP LIFT

*CaloAesthetics Patient*

BEFORE



AFTER

## FACELIFT

*CaloAesthetics Patient*

BEFORE



AFTER

LOWER FACELIFT,  
CHIN AUGMENTATION*CaloAesthetics Patient*

BEFORE



AFTER

NECKLIFT, SUBMENTAL  
LIPOSUCTION*CaloAesthetics Patient*

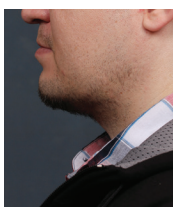
BEFORE



AFTER

NECKLIFT, SUBMENTAL  
LIPOSUCTION WITH  
THERMITIGHT*CaloAesthetics Patient*

BEFORE



AFTER

SUBMENTAL LIPOSUCTION,  
CHIN AUGMENTATION*CaloAesthetics Patient*

BEFORE



AFTER

NECKLIFT,  
SUBMENTAL LIPO*CaloAesthetics Patient*

BEFORE

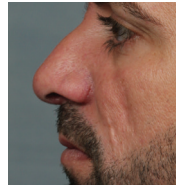


AFTER

## RHINOPLASTY

*CaloAesthetics Patient*

BEFORE



AFTER

## GYNECOMASTIA

*CaloAesthetics Patient*

BEFORE

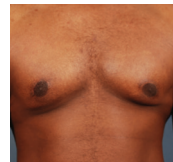


AFTER

## GYNECOMASTIA

*CaloAesthetics Patient*

BEFORE



AFTER

## GYNECOMASTIA

*CaloAesthetics Patient*

BEFORE

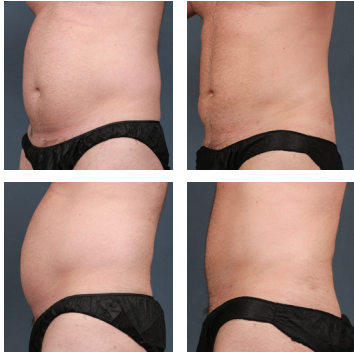


AFTER



LIPOSUCTION  
ABDOMEN AND FLANKS

*CaloAesthetics Patient*



BEFORE AFTER

LIPOSUCTION  
ABDOMEN AND FLANKS

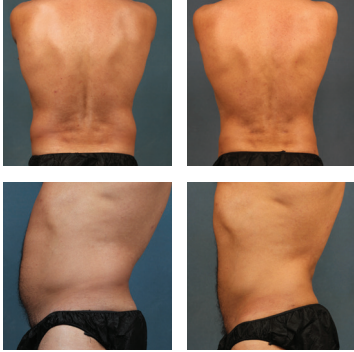
*CaloAesthetics Patient*



BEFORE AFTER

LIPOSUCTION  
ABDOMEN AND FLANKS

*CaloAesthetics Patient*



BEFORE AFTER

LIPOSUCTION  
ABDOMEN AND FLANKS

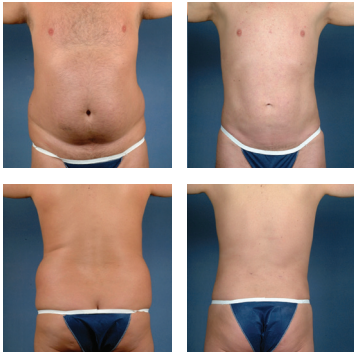
*CaloAesthetics Patient*



BEFORE AFTER

LIPOSUCTION ABDOMEN,  
FLANKS, CHEST

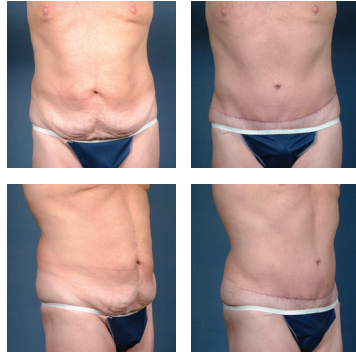
*CaloAesthetics Patient*



BEFORE AFTER

TUMMY TUCK,  
LIPOSUCTION

*CaloAesthetics Patient*



BEFORE AFTER

THIGH LIFT

*CaloAesthetics Patient*



BEFORE AFTER BEFORE AFTER

HAIR TRANSPLANT

*CaloAesthetics Patient*



BEFORE AFTER

HAIR TRANSPLANT

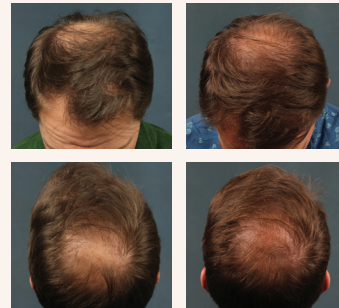
*CaloAesthetics Patient*



BEFORE AFTER

HAIR TRANSPLANT

*CaloAesthetics Patient*



BEFORE AFTER

HAIR TRANSPLANT

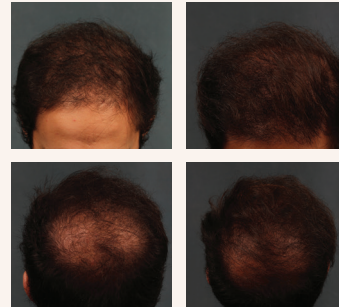
*CaloAesthetics Patient*



BEFORE AFTER

HAIR TRANSPLANT

*CaloAesthetics Patient*



BEFORE AFTER

HAIR TRANSPLANT

*CaloAesthetics Patient*



BEFORE AFTER

HAIR TRANSPLANT

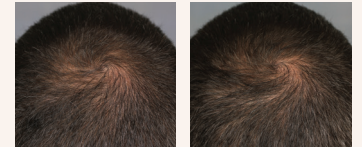
*CaloAesthetics Patient*



BEFORE AFTER

HYDRAFACIAL KERAVIDE

*CaloSpa Patient*



BEFORE AFTER



# STAYING ABREAST OVER THE LAST 20+ YEARS

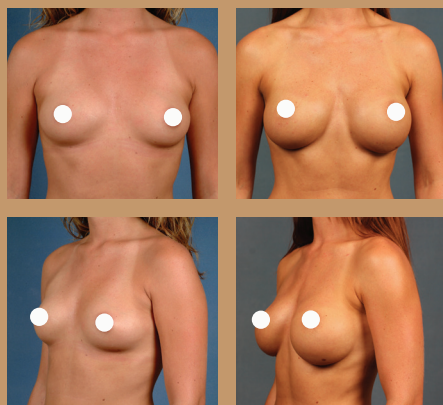
BY DR. BRADLEY CALOBRACE

So much has changed in breast surgery since I began practice in Louisville in 1997. Back then we were just six years past the removal of silicone implants from the market and only allowed to use saline implants for breast augmentation.



## BREAST AUGMENTATION

*CaloAesthetics Patient*

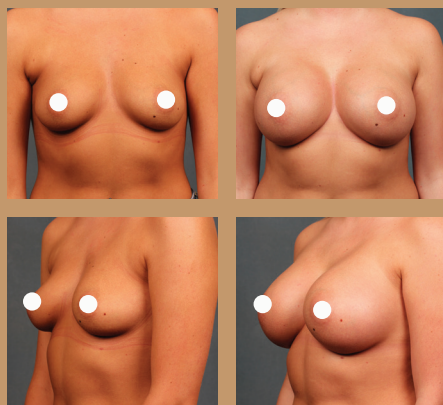


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## BREAST AUGMENTATION

*CaloAesthetics Patient*

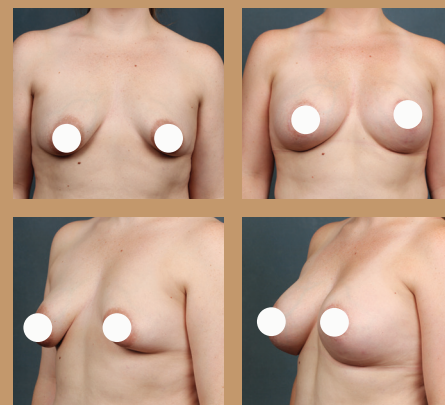


BEFORE

AFTER

## BREAST LIFT WITH AUGMENTATION

*CaloAesthetics Patient*



BEFORE

AFTER





I placed thousands of saline implants. They were not perfect, but for most, they provided a nice option and patient satisfaction was quite high. In 2006, silicone implants were re-approved for use in breast surgery, and the majority of implants placed in the U.S. today are silicone-filled with a silicone shell. The silicone implant options improved over the years, beginning in 2012 with the introduction of more cohesive Sientra breast implants, offered as round and teardrop-shaped. Allergan and Mentor soon followed with similar implants. All these new types of implants contained silicone that was more form-stable, acting like a soft solid (gummy bear) that holds its shape better and stays contained even with a rupture of the implant. Patient outcomes and safety improved with these new implants. We continue to use many of these today.

During this time, to allow the use of tear-drop-shaped implants and reduce the complications with implants in general, a textured surface instead of the smooth surface was increasingly used when performing breast augmentation. A very rare association with lymphoma (BIA-ALCL) was identified, and thus most implants placed in the U.S. today are smooth-surfaced (which has no association with lymphoma). I chair the BIA-ALCL committee in the U.S. for

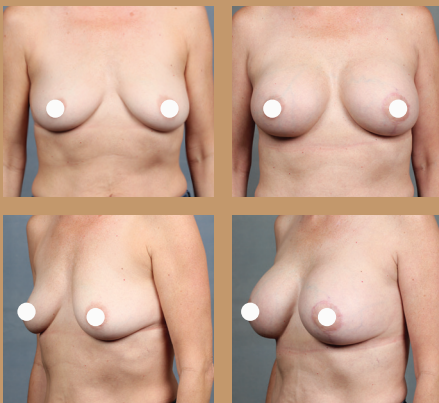
the Aesthetic Society and thus am intimately involved in all aspects of this (including testifying at the FDA panel in March, 2019), but we have never seen a case of BIA-ALCL in our practice at CaloAesthetics.

So, today, breast implants are extremely popular and have a very good safety record and high patient satisfaction. But, breast implants are probably not for everyone! We have increasingly offered many alternatives to breast implants for so many of our patients, such as breast lifts, lifts with auto-augmentations (using breast tissue to create an implant effect), and fat grafting. I have lectured extensively on these procedures and this past year produced a Quality Medical Publishing (QMP) video series and published a textbook with Dr. Mays describing all our techniques. Increasingly, we use these advanced techniques for patients choosing to have their breast implants removed.

A lot has changed in breast surgery, but one thing has never changed – whether using breast implants, breast lifts, or fat grafting to improve the “look” of the breasts, the most important aspect is creating breasts that help women feel more confident. That is what it is all about!

#### BREAST LIFT WITH AUGMENTATION

*CaloAesthetics Patient*

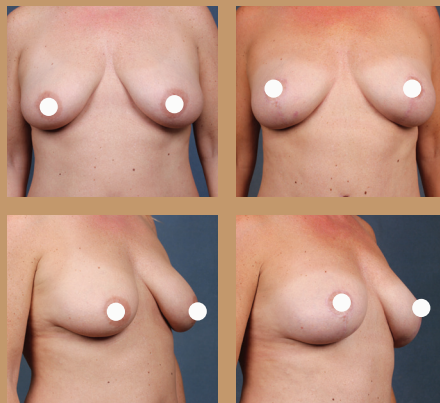


BEFORE

AFTER

#### REMOVAL OF IMPLANTS, BREAST LIFT WITH AUTOAUGMENTATION, FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

#### REMOVAL OF IMPLANTS, BREAST REDUCTION WITH AUTOAUGMENTATION

*CaloAesthetics Patient*



BEFORE

AFTER



# CURVE



Curves are in, and body contouring procedures are in high demand.

The best result in obtaining or highlighting the body's curves is to use multiple modalities. As we age, a healthy lifestyle with diet and exercise can only get us so far with our body goals. The body ages and the changes we go through are natural and can vary from individual to individual. Those areas of stubborn fat or skin laxity may seem to hang around longer and require more work to improve as we get older.

The most common body contouring procedure we perform is liposuction. Liposuction is designed to remove unwanted fat from those areas that are not responding to diet and exercise. It is a sculpting procedure, not a weight loss procedure. Removing the fat can help highlight the body's natural curves. Liposuction can be performed alone, or it can be added to common body contouring procedures like tummy tucks, body lifts, thigh lifts, etc.

A common technique to perform after the removal of the fat is a fat transfer. This is where we collect the fat, sterile at the time of liposuction and then re-inject the fat to other areas of the body for augmentation. A common area to transfer fat is into the buttock for a Brazilian Butt Lift (BBL) or gluteal augmentation. This procedure has skyrocketed in popularity because patients are loving curves. The gluteal region comes in all shapes and sizes and with our skilled liposuction and fat grafting techniques we can add the projection and volume exactly where the patient wants the most projection. Removing fat from one area and transferring it to another can add an even more dramatic improvement in the body's natural curves.

Not everyone is a candidate for liposuction alone. If skin laxity or muscle laxity exists, then we need to remove the skin and tighten the muscle. A tummy tuck or 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



# APPEAL

styles to the tummy tuck. The overall goal is to remove the unwanted skin, improve laxity and fullness of the abdomen and hips. 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. Creating the new belly button is always a topic of discussion because patients want to know what it will look like. Just like there are a variety of tummy tuck techniques there are a variety of ways to make a belly button. As we stretch the remaining skin of the upper abdomen down to the lower incision line, we have covered the belly button. Once all the skin is removed, a new hole is cut in the remaining skin and the belly button is brought out through the hole and stitched into place.

The different types of tummy tucks are treating the same issues of skin laxity, muscle weakness, and fullness of the waistline. The difference is the length of the incisions. A mini tummy tuck is traditionally a shorter scar length in the lower abdomen that does not extend hip to hip. The standard tummy tuck scar is a lower abdominal incision that extends all the way across the abdomen from hip to hip. The extended tummy tuck is 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 onto the sides and back to remove the unwanted skin. The fleur-di-lis tummy tuck involves a long horizontal incision and a vertical incision that extends in the middle of the lower abdomen up to the chest which is common to perform on individuals who have undergone greater than 100-pound weight loss. Another common procedure for individuals who have undergone massive weight loss is a 360-degree skin removal called a belt lipectomy. This involves an incision all the way around the body from the front, onto the back, and then back around to the front.

A common question we get is about insurance coverage of a tummy tuck.

There is no insurance coverage for tummy tucks. Select individual's insurance will cover a panniculectomy, which is the removal of large areas of hanging skin on the lower abdomen that is causing irritation and skin breakdown. A panniculectomy does not include muscle tightening, sculpting of the waistline, or the creation of a new belly button. It is more of a functional procedure instead of a cosmetic procedure.

There are times when the skin laxity is only in the upper abdomen, above the belly button and a reverse tummy tuck is needed. This technique involves making an incision underneath the breast and pulling the excess

skin up and removing, hiding the scar below the breast. Compare this to a traditional tummy tuck that involves pulling the skin down hiding the scar in the waistline.

Not every patient is a candidate for each procedure. A consultation with a board-certified plastic surgeon is the best place to start to see which procedure is going to give you the desired result.

See More Before & After Photos  
in Our Special **Look Book** Section,  
“*Seeing is Believing*,” on pages 29-39.

## TUMMY TUCK

*CaloAesthetics Patient*



## TUMMY TUCK, LIPOSUCTION HIP

*CaloAesthetics Patient*



## EXTENDED TUMMY TUCK

*CaloAesthetics Patient*



## FLEUR-DIS-LIS TUMMY TUCK

*CaloAesthetics Patient*







# *The Most* PERSONAL PROCEDURE

BY DR. CHET MAYS

For many women, the aftereffects of childbirth, weight changes, and the natural aging process leave the vagina and surrounding tissues stretched, torn, and lacking elasticity. Many women during puberty or after childbirth may see their labia minora become unusually large or misshapen. Other women may develop a loss of fullness in the labia majora after menopause. Just like other areas of the body the effects of aging can be seen in the female genitalia.

Vaginal rejuvenation is a term that describes both surgical and non-surgical treatments of the vagina and labia. When treating vaginal laxity, 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 removing excess laxity in the vaginal lining.

The tightness of the vagina can be tailored to the patient's specific goal. The vaginoplasty, when performed on select individuals, 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.

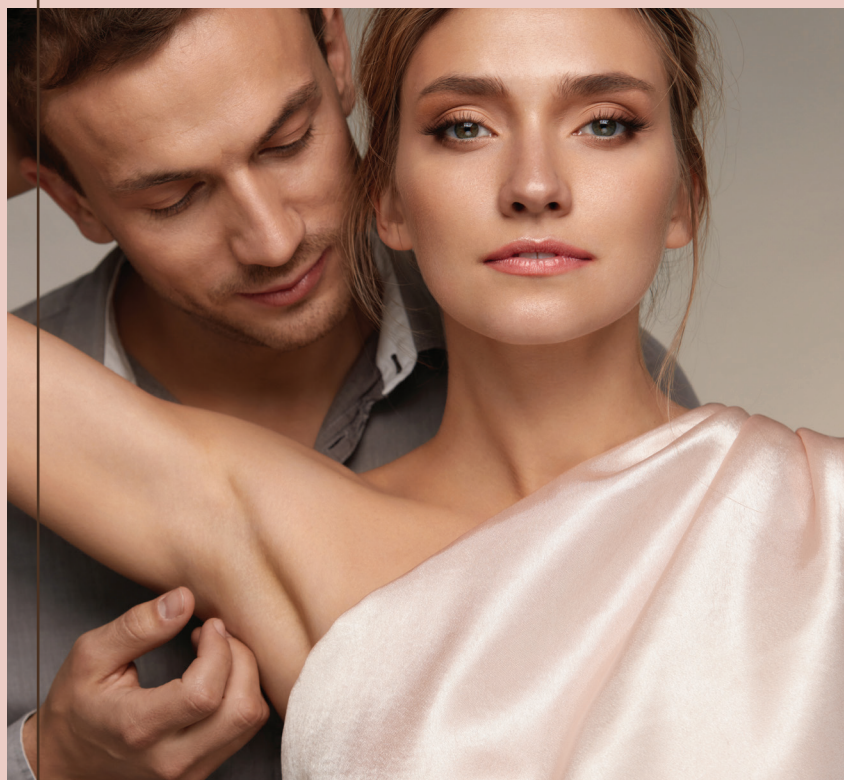
The best candidates for labiaplasty (surgical reduction of labial tissue) are healthy women who have oversized, sagging, or asymmetrical inner or outer labia. Improvements from this procedure include relieving irritation and discomfort during sexual activity and athletics (such as bicycling, spinning, and running), and while wearing fitted pants or bathing suits. Labiaplasty can repair damage caused by childbirth or treat redundancy caused by hormonal changes.

There are some patients who describe laxity in the labia majora (the outer frond of tissue) or loss of volume in this area. Just like with the labia minora, the labia majora can be reduced by removing the excess tissue. If the problem is deflation of the labia majora we can use our fat grafting procedures to inject fat into the majora for rejuvenation.





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, non-surgical procedures, diVa® or Morpheus8®, may be recommended for vaginal rejuvenation. The diVa treatment involves using hybrid ablative and non-ablative wavelengths, whereas Morpheus8® delivers fractional tissue coagulation and radiofrequency to resurface the vaginal wall and trigger healthy cellular activity to tone and tighten vaginal tissue. The goal is to stimulate collagen production in the vagina and labia to tighten, tone, and increase blood flow. For best results, we recommend a series of three or more treatments over the course of a few months and possible yearly maintenance to keep the vaginal tissue healthy.



## A NEW NON-SURGICAL TREATMENT FOR VAGINAL HEALTH IS THE ORGASM “O” SHOT

BY DR. CHET MAYS

A new non-surgical treatment for vaginal health is the Orgasm “O” Shot. It is designed to increase sexual arousal and rejuvenate the vagina. Patients report stronger and more frequent orgasms, increased natural lubrication, and greater arousal after having the procedure.

The O-Shot works by using “high quality” Platelet-Rich Plasma (PRP) produced from your own blood. The PRP contains cell regenerating growth factors that, when injected into specific areas of the vagina, trigger stem cells to increase blood flow and generate healthy tissue growth as well as help improve the vascularization of the area.

Just like PRP for hair loss, the O-Shot procedure begins with a simple blood draw from the arm. This sample is then put into a special centrifuge to produce the Platelet-Rich Plasma. Once the PRP is extracted from the blood, it is injected into the numbed area near the clitoris and upper vagina.

One of our trained providers will numb the area for injection with a gentle, cream-based product. The injection feels like a slight pinch or warm sensation. It is quick and generally takes about 30 minutes to complete, including the numbing process.

Some patients may experience an increase in sexual desire and pleasure immediately, but full results are usually enjoyed after three months. Generally, women will begin to experience heightened sensation in the first 3-7 days and new tissue will begin to develop over the next 3-9 weeks. This will peak around the 3-month mark. The results can vary depending on the patient, but they generally last between 14 and 18 months. On average, women repeat the procedure every 18 months.





# CaloSculpting 2.0

BY BRITTANY RONEY, BODY CONTOURING EXPERT,  
CLINICAL COSMETOLOGIST

It has been over a decade since the first non-invasive, permanent fat reduction treatment was launched. In 2019, over 386,557 non-invasive treatments were performed across the U.S. The industry continues to evolve each year with new technology that is capable of ridding unwanted fat, building, and toning muscle, tightening loose and saggy skin, and improving the reduction of cellulite. Dr. Calobrace and Dr. Mays strive to bring the latest technology and most current devices into the practice. Over the past 10 years, our non-surgical modality platform continues to grow! As non-surgical body contouring specialists at CaloSpa, we set ourselves apart from others by combining different treatments specifically customized to the patients' needs and desires. Having the ability to combine our treatments allows us to achieve the best outcome possible, while also prolonging the patients' results. So, let's discuss the next level of CaloSculpting, the 2.0 version of body contouring.

There are many contributing factors as to why someone may be interested in a non-surgical consultation. Some patients may be wanting a more toned and defined buttocks or abdomen or to permanently get rid of that stubborn pooch or bulky love handles. Or maybe the patient is tired of looking at that double chin their sweet grandmother passed down to them that they notice every time they are on a zoom meeting. Or perhaps our patients are learning that they cannot stop the aging process, but that there are non-invasive options that can help rejuvenate and tighten skin whether on the body, neck, or face. Whatever the concern may be, the good news is we have more options than ever before to get the improvement and results our patients are looking for!

*Let's talk about some examples...*

## THE JAW DROPPER

**AREA OF CONCERN:** Under the chin/jaw line/neck area

**GO-TO DEVICE:** Exilis Ultra™

This is one of my personal favorites. Not only have I seen it produce great results, but it gets the most positive feedback for tolerability. Many of my patients enjoy the treatment. As we age our bodies stop producing collagen and we lose elasticity which results in "sagging" skin. Exilis Ultra uses two forms of energy (radiofrequency and ultrasound) to safely and effectively stimulate collagen which results in firmer, tighter, and more youthful-looking skin. A series of 4-8 treatments spaced 2-4 weeks apart is recommended for the best results. Wait. It gets better – this device can be used head to toe and it feels like a warm massage!

## TAKE IT TO LEVEL 2.0

**ADDING:** truSculpt® iD

truSculpt offers a special, small handpiece that is perfect for treating that stubborn double chin. truSculpt iD uses heat to permanently destroy fat cells. Mild swelling and redness can be expected immediately after treatment but dissipates quickly. A series of 3-5 truSculpt iD treatments paired with 3-5 Exilis Ultra treatments will contour and sculpt the jawline which results in a more youthful appearance. These two treatments can be interchangeable based on what's best for the patient and work beautifully together! Look forward to a snatched, jaw-dropping profile.

### EXILIS

CaloSpa Patient



BEFORE

AFTER

### OPEN HOUSE EXCLUSIVE

**JAW DROPPER 2.0 BUNDLE: \$2,000\***

*Snatch that jaw line by pairing Exilis Ultra and truSculpt iD for a savings of \$1,000!*



## ARM ENVY

**AREA OF CONCERN:** Arms

**GO-TO DEVICE:** truSculpt iD

I am often asked the question, “What can you do about these bat wings?” The upper arms can be a tricky area for many people because usually it is a little bit of fat and a little bit of skin laxity. Therefore, truSculpt iD is the best device to target both of those concerns! As mentioned before, truSculpt iD is a radiofrequency device that destroys fat cells using uniformed heat and controlled time. The heat from the treatment not only exterminates 20-25% of fat cells but the heat also stimulates collagen for tighter skin. Two treatments spaced 12 weeks apart are recommended for the best results. The treatment takes about 15 minutes and with the proper hydration, it is very tolerable!

## TAKE IT TO LEVEL 2.0

**ADDING:** Emsculpt®

Want a boost in your results? Add some Emsculpt! This device is great for arms because studies show a total of up to 13% fat reduction after a series of 4 treatments. Emsculpt stimulates muscle contractions resulting in the formation of new muscle fibers. After a series of 4 Emsculpt treatments on the biceps and triceps (which is still considered one area) studies show an increase of 17% muscle mass in the biceps and 11% increase in triceps, and this creates a beautiful foundation for the skin, leaving arms looking leaner and more toned!

### TRUSCULPT & THERMISMOOTH

*CaloSpa Patient*



BEFORE



AFTER

### OPEN HOUSE EXCLUSIVE

**ARM ENVY 2.0 BUNDLE: \$4,000\***

*No short sleeve shame. Pair your truSculpt with Emsculpt for a savings of \$1,600!*

## THE TUMMY TAMER

**AREA OF CONCERN:** Abdomen

**GO-TO DEVICE:** CoolSculpting®

Freeze fat away? Yes please! CoolSculpting is an FDA-approved, non-surgical treatment that safely and comfortably eliminates 20%-25% of fat cells per treatment. The abdomen is one of my favorite areas to treat with CoolSculpting because of its capability of reducing volume or “debulking” in the upper and lower abdomen. Although the abdomen is my favorite area to treat with CoolSculpting it is not limited to treat that area alone. CoolSculpting is indicated to treat the flanks (love handles), inner and outer thighs, bra line, submental (double chin), arms, and even smaller fat pockets like around the knees. Patients are recommended to treat their area of concern 2 times, 1 month apart to achieve the best results. The treatment consists of a gel pad being applied to the treatment area prior to placing the appropriate applicator. During the treatment, patients may feel a “pins and needles” sensation before the area goes numb for the remainder of the treatment. Treatment time ranges from 35-45 minutes and patients can expect mild tenderness and swelling for the first few days after treatment but are able to continue with their daily routine with no restrictions.

## TAKE IT TO LEVEL 2.0

**ADDING:** Emsculpt

Ready for some WOW results? Adding a series of Emsculpt treatments to the abdomen post CoolSculpting will take results to the next level! Emsculpt is a non-surgical device that uses high-intensity electro-magnetic (HIFEM) energy to stimulate supramaximal contractions and is the only device FDA approved for building muscle. Yes, that's right, Emsculpt actually builds new muscle fibers along with strengthening existing muscle, showing up to a 19%-20% increase in muscle mass, 19%-21% reduction in fat, and improvement up to 11%-15% in abdominal muscle separation. Not only can Emsculpt tighten your core, but it can also be used on the arms, calves, and buttocks. A series of four treatments spaced 2-4 days apart is recommended for optimal results. There is no downtime and treatments are comfortable!

### COOLSCULPTING ABDOMEN & FLANKS, EMSCULPT ABDOMEN

*CaloSpa Patient*



BEFORE

AFTER

### OPEN HOUSE EXCLUSIVE

**TUMMY TAMER BUNDLE: \$4,200\***

*Get ABsessed with your new waistline by pairing CoolSculpting + Emsculpt = \$1,400 savings!*



## LEG LONGING

**AREA OF CONCERN:** Upper thighs (front, back, inner and/or outer)

**GO-TO DEVICE:** Emtone®

After winning the award in Elle Magazine a couple of years ago for the “best in-office skin-smoothing treatment” the skin-tightening, cellulite-reduction treatment stays at the top of my list of favorites! Emtone uses heat (mono-polar radiofrequency) combined with a mechanical targeted pressure to firm, tighten and smooth the appearance of the skin by stimulating collagen and increasing lymphatic drainage. I love using the protocol for the upper back thighs/lower buttocks because you can successfully achieve a little lift in the tush, but there are protocols for other areas as well. Emtone is FDA- cleared to treat thighs, buttocks, abdomen, arms, and love handles.

## TAKE IT TO LEVEL 2.0

**ADDING:** Accufit™

To maximize the appearance of tighter and smoother legs we recommend pairing your Emtone treatments with Accufit. This new muscle stimulating device by Lutronic is the latest in non-surgical body contouring and we are proud to be the first in our area to offer it! Accufit is the next-generation body sculpting device that was engineered to deliver direct muscle activation using four alternating cycles over the course of a 15-45 minute treatment. With the Accufit protocol for posterior thighs, we can sculpt and elongate the muscle to create a beautiful foundation to truly enhance the skin tightening achieved with Emtone. Both Accufit and Emtone are done in a series of treatments, each treatment spaced 2-4 days apart, so they pair perfectly together!

EMTONE

*CaloSpa Patient*



BEFORE

AFTER

OPEN HOUSE EXCLUSIVE

**LEG LONGING 2.0 BUNDLE: \$4,100\***

*Want short skirt worthy legs?*

*Pair Emtone + Accufit for a savings of \$1,500!*

## BOOTYLICIOUS

**AREA OF CONCERN:** Buttocks

**GO-TO DEVICE:** Emsculpt

As discussed earlier in this article, Emsculpt is an amazing piece of technology capable of building muscle. Therefore, this is most certainly my go-to device for non-surgical booty lift. Studies show a 10% increase in all 3 major muscle groups in the buttock area after completing a series of four treatments spaced 2-4 days apart. The treatment is only 30 minutes, but equivalent to 20K squats! I feel like the most noticeable difference after completing a series of EmSculpt is the volume it creates at the top of the tush, where it seems to get some might say “flatter,” and gives it a rounder, more naturally lifted appearance. Treatments are quick, comfortable, and require no downtime!

## TAKE IT TO LEVEL 2.0

**ADDING:** Accufit

This combo treatment for the booty is new and exciting! Two muscle-stimulating devices, one that strengthens existing muscle and builds new muscle fibers, and another that selectively targets muscle to tone, stretch, and lengthen the muscle for the most sculpted bootylicious booty ever!

EMSCULPT

*CaloSpa Patient*



BEFORE

AFTER

OPEN HOUSE  
EXCLUSIVE

**BOOTYLICIOUS 2.0 BUNDLE: \$4,000\***

*Build the booty of your dreams.*

*Pair Emsculpt + Accufit for a savings of \$1,600!*

## ALL THE TREATMENTS DISCUSSED IN THIS ARTICLE ARE, SIMPLY PUT, AMAZING!

The technology has evolved quickly over the past 10 years and treatments have become far more efficacious with the ability to combine modalities. Complimentary consultations are offered for non-surgical body contouring treatments because at the end of the day the pairing of treatments mentioned is the most beneficial. Many of them can be harmonized together, and that is how we are truly able to customize the right treatment for all our patients.



# THE BEE'S KNEES...AND ELBOWS

BY KATY JO GROFT,  
BODY CONTOURING EXPERT, CLINICAL AESTHETICIAN

Do your ears hang low? Do they wobble to and fro? What about the skin on your knees or on your elbows? Ha, I just had to.

Often, I'm asked how to treat these pesky areas of sagging skin above the knees and elbows. As we age, the inevitable effects of gravity, sun exposure, loss of collagen and elastin, and many other factors play a role in contributing to the appearance of loose, sagging, or textured skin. For many, this appearance is bothersome, and fortunately, is something that can be treated non-invasively at CaloSpa.

Let us first start with the elbows. There are many ways that we can go about treating textured and loose skin around the elbows. Sometimes, it may be a stand-alone treatment that can provide the results that our patients seek, but more times than not we are using a multi-modality approach to attain our desired result. Emsculpt® is one treatment that can be done that is not specifically designed to tighten the skin, but by building muscle, you can in turn help to provide better support to the skin. Emsculpt is a device that I frequently use in combination with tightening modalities to help "anchor" the skin better, if you will. Skin tightening modalities like Exilis and Genius can be used in addition to Emsculpt. These modalities both use radiofrequency energy that works to stimulate new collagen, improve the appearance of textural irregularities, and tighten skin. During a consultation, your provider will help to customize the treatment plan that is best suited to address each individual's concerns.

For the skin above the knees, devices like Emtone® can be used. Emtone simultaneously emits both radiofrequency to tighten, and targeted pressure energy to smooth and tone. Combined, there is a synergistic effect that neither technology can achieve on its own. In addition to skin tightening and textural improvement, Emtone can effectively work to smooth the appearance of cellulite. Depending on the appearance and overall thickness of the skin, a combination of modalities, or other modalities may be used. Our Genius™ device that combines microneedling with radiofrequency energy, may also be used to treat the skin above the knees.

All treatments for skin tightening are done in a series of 3-4 treatments. The frequency of treatments will be determined by your provider during your consultation, as well as by determining which devices are best suited to each individual's needs and goals. The above treatments can be done with little to no downtime. For an insider tip, pair your treatments with Skinade®, a daily collagen peptide drink that works to stimulate your body's collagen production from head to toe! It's a game-changer and patients love the benefits it provides in improving skin's elasticity and youthful appearance in as little as 30 days.

## EMTONE

*CaloSpa Patient*



BEFORE

AFTER

## SUBMENTAL/JAWLINE

COOLSCULPTING  
TRUSCULPT ID  
EXILIS ULTRA

## UPPER ARMS

COOLSCULPTING  
TRUSCULPT ID  
EXILIS ULTRA  
EMSCULPT

## BRA LINE

COOLSCULPTING  
TRUSCULPT ID  
EXILIS ULTRA

## FLANKS

COOLSCULPTING  
TRUSCULPT ID  
EXILIS ULTRA  
EMTONE

## ABDOMEN

COOLSCULPTING  
TRUSCULPT ID  
EXILIS ULTRA  
EMTONE  
EMSCULPT  
ACCUFIT

## BUTTOCKS

COOLSCULPTING  
TRUSCULPT ID  
EXILIS ULTRA  
EMTONE  
EMSCULPT  
ACCUFIT

## THIGHS

COOLSCULPTING  
TRUSCULPT ID  
EXILIS ULTRA  
EMTONE  
ACCUFIT  
(POSTERIOR THIGH)

## CALVES

EXILIS ULTRA  
EMSCULPT





# GET YOUR GLOW ON

BY JT WITT, CLINICAL AESTHETICIAN

**DIAMONDGLOW™ AND HYDRAFACIAL® ARE BOTH AMAZING TREATMENTS THAT CAN DO WONDERS FOR YOUR SKIN. SO, HOW DO THEY COMPARE AND HOW DO YOU KNOW WHICH ONE IS BEST FOR YOU?**

**DIAMONDGLOW** is a non-invasive exfoliation treatment, designed to cleanse and revitalize the skin. The treatment works as a 3-in-1 system, which simultaneously exfoliates, extracts, and infuses the skin with serum solutions. Diamond tips of varying degrees of exfoliation are used to gently remove dry and damaged skin. Suction is then used to cleanse and unclog pores. Finally, the device infuses serum into the skin that helps to give you continuous results after the treatment. The type of serum used will differ depending on your skin concerns, which can target a variety of issues.

**HYDRAFACIAL** uses a patented Vortex technology that is designed to cleanse, extract, and hydrate the skin. The device uses HydroPeel tips, which spiral to create a vortex effect that lifts and removes impurities from skin and pores. Additionally, the treatment offers boosters that can be included to target a wider range of skin concerns. A selection of serums is also included in HydraFacials, which each yield temporary results.

## **THE TWO TREATMENTS HAVE MANY SIMILARITIES, AND BOTH PRODUCE POSITIVE RESULTS.**

Each treatment works to improve the look and feel of fine lines, wrinkles, clogged pores, dryness, and dark spots. For those looking for a more exfoliant-focused regimen, DiamondGlow may be the best fit for you. For those looking to really hydrate the skin, HydraFacial is the best fit for you. Both treatments can be completed over a lunch hour and are great pre-event procedures. So if you have a special event, wedding, graduation, reunion, or just want happy healthy skin these two medspa facials will let you **get your glow on**.

### HYDRAFACIAL®

*CaloAesthetics Patient*



BEFORE

AFTER





# Hail to the HERO

**Forever Young BBL™ is offered to treat and correct hyperpigmentation, rosacea, broken capillaries, fine lines, and wrinkles while also rejuvenating the patient's skin.**

Broadband Light also treats active acne with our Forever Clear® treatment, and our Forever Bare™ treatment provides permanent hair reduction. BBL treatments do not require numbing prior to treatment and there is minimal downtime following the treatment.

**With that being said, get ready to meet your new skincare HERO!**

**BBL HERO™** (High Energy Rapid Output) offers the same amazing technology as BBL, but with half the treatment time! BBL HERO is 4x faster, 3x more powerful and 2x more cooling than traditional BBL treatments. This gives the patient a quicker appointment time, more comfortability, and amazing results! BBL Hero can treat many areas of the body, including the neck, décolletage, back, arms, legs and more!

## FOREVER YOUNG BBL™

*CaloSpa Patient*



BEFORE

AFTER

## FOREVER CLEAR BBL™

*CaloSpa Patient*



BEFORE

AFTER

BY SAYRE GRIMES, CLINICAL AESTHETICIAN

**Q:** Is BBL HERO safe for everyone?

**A:** BBL HERO is safe for most skin types, but patients cannot have an active tan. We recommend doing treatments during the fall and winter as we are not spending much time in the sun during the cooler months.

**Q:** What does the treatment feel like?

**A:** BroadBand Light treatments are very tolerable, the sensation can be similar to a rubber band snap on the skin. Topical numbing is not necessary for BBL as most patients find the treatment very comfortable.

**Q:** How many treatments will I need?

**A:** 3-5 treatments about four weeks apart from each other is generally recommended for optimal results. After achieving the desired outcome yearly maintenance treatments are beneficial to maintain rejuvenated, youthful skin.

**Q:** What areas of the body can I correct with BBL HERO?

**A:** BBL Hero can treat almost any area of the body, including the neck, décolletage, arms, legs, back and so much more!

**Q:** How is BBL HERO different from traditional BBL?

**A:** BBL HERO offers the same amazing technology as BBL, while also offering a quicker and more comfortable treatment for the patient. BBL HERO uses a gliding method instead of the traditional stamping method to aid in quicker treatment. The device's handpiece cools down 2x faster following the pulse, this helps cool the skin down resulting in a more comfortable treatment.

**Q:** When can I get started?

**A:** We always recommend scheduling a complimentary consultation with one of our providers prior to treatment, this will ensure the patient will receive the best results possible based on their specific wants and needs.



# HAIR RESTORATION

BY DR. CHET MAYS

We lose hairs naturally every day without noticing and they grow back as the hair goes through its pre-programmed cycles. When 50% of the hair is lost it will become noticeable to others. Both men and women experience hair loss and this occurs due to a variety of reasons.

In men, 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.

In women, 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.

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 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 a 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 hair transplant surgery which was a deterrent for most patients.

Now with NeoGraft technology, we can harvest follicular units from the scalp and transplant them 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 the 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.

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 6-12 month mark. The 1st 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.

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 or at the time of your NeoGraft 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 3-6 months after the last injection.

Scalp hair loss is not the only area we can treat with transplantation using FUE. The eyebrows

and beard are common locations that hair can be transplanted to improve density to these regions. Because hair loss can have multiple causes, treating some of the underlying deficits with diet and supplements can improve hair quality. A new supplement offered at CaloSpa is Nutrafol which uses a proprietary blend of botanicals with unique formulas for both men and women to thicken and improve hair health.

## NEOGRAFT®

*CaloAesthetics Patients*



BEFORE

AFTER





# Protect Your Investment

hydrafacial  
—  
keravive.



Your scalp can accumulate buildup from dead skin cells and products that will restrict blood flow and block your hair follicles from growing. HydraFacial® Keravive™ works to cleanse and exfoliate your scalp to encourage healthier fuller-looking hair. During treatment, your Clinical Aesthetician will infuse a soothing Keravive peptide complex that contains growth factors and skin proteins to stimulate hair growth. You'll also be sent home with Keravive's peptide complex spray that will enhance and extend your in-office treatment. Say hello to your new luscious locks and stride with confidence in knowing you've peaked your scalp health with HydraFacial Keravive!

## HYDRAFACIAL® KERAVIVE™

*CaloAesthetics Patient*



BEFORE



AFTER



## TRY NUTRAFOL

Nutrafol improves hair growth with visibly more thickness and scalp coverage. This highly effective hair supplement targets the root causes of thinning like hormones, stress, and poor nutrition. Taking four capsules per day promotes stronger hair growth and less shedding.



# DON'T SWEAT IT

BY KATIE CHESSER, APRN

Are you wearing black clothes all the time and trying your hardest to conceal your sweaty armpits? Are you self-conscious about underarm sweat and odor, and try to avoid social situations and certain clothing options due to the embarrassment and annoyance? Have you tried other non-permanent options for sweating and are looking for something you don't have to maintain? If you can relate to any of these, you could be a candidate for MiraDry®.

MiraDry is a non-invasive treatment that offers a permanent reduction in sweat, odor, and hair in your armpits. Your body contains about 2-4 million sweat glands, with only about 2% of them residing in your axilla. Because of this, compensatory sweating post-treatment is not an issue, and your body does not lose its ability to cool itself. MiraDry is an easy in-office procedure that takes approximately an hour to perform. Local anesthesia is used first to numb the area and then the procedure is performed with minimal to no discomfort. The treatment uses thermal energy to treat the sweat and odor glands in your underarms, and once the glands are gone, they are gone for good. Downtime varies for each individual and consists of temporary swelling, tenderness, bruising numbness, and tingling. Most patients require only one treatment, and results can typically be seen as soon as 1-2 weeks post-treatment.

If you or someone you know is interested in permanently reducing the sweat, odor, and hair in your underarms with MiraDry, call our office to schedule a consultation or to go ahead and book your appointment for treatment! Your future self will be glad you did!

## 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.\*





# *Drop the* **RAZOR** *for the* **LASER**

## **WHAT IS LASER HAIR REMOVAL?**

*Laser hair removal is the process of using direct pulse light to destroy the hair follicle. Here at CaloSpa we use a safe, non-invasive diode laser.*

## **WHO'S A GOOD CANDIDATE?**

Most people will see significant results with laser hair removal, unless you have lighter hair, such as blonde or white. The lasers used to destroy your hair follicles pick up the pigment in your hair to adequately work. Typically, if your skin is light and your hair is dark, you're a good candidate. However, we treat all skin types. Our lasers at CaloSpa can be adjusted to our patients' skin tone to protect the surface of the skin.

## **HOW LONG WILL YOUR RESULTS LAST?**

Laser hair removal was approved by the FDA in 1997. This means that if the proper laser and settings are used during treatment, you should see the results you're looking for. Even though laser hair removal can be highly effective, there is a possibility of some hair returning as thin or lighter hair.

## **HOW MANY TREATMENTS WILL YOU NEED?**

Hair grows in four different cycles – the anagens, catagen, telogen, and exogen cycle. For best results, patients will need five or more treatments that are spaced 4-8 weeks apart.

## **HOW PAINFUL IS LASER HAIR REMOVAL?**

Some patients will experience a gentle pinching sensation during treatment. The laser technology used by our experienced clinical aestheticians is equipped with a cooling tip that promotes a comfortable treatment.

## **HOW LONG WILL YOUR PROCEDURE TAKE?**

Procedure time can vary depending on the area(s) being treated. Generally, your treatment will range from 5-20 minutes.

*In summary, laser hair removal is a safe, effective and fast treatment. Say goodbye to bumps, burns, and ingrown hairs.*



At CaloSpa Lexington we are proud to be considered one of Lexington's most desired medical spas. Located in the heart of Chevy Chase, we offer the most advanced treatments and technology within the aesthetic realm. Having two board-certified plastic surgeons, and a master injector really sets us apart. CaloSpa Lexington also has two clinical aestheticians with over 20 years of combined experience. JT Witt and Jaclyn Favorite have extensive education and training on physician-grade skincare, laser and light therapies, and non-surgical body contouring. We invite you to step into our award-winning aesthetics practice.

**CALOSPA'S 20<sup>TH</sup> ANNUAL**  
**OPEN HOUSE**  
**THURSDAY, NOVEMBER 4<sup>TH</sup>**

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

**RSVP: TEXT 502.899.9979 OR CALL 502.899.9982**



# inked no more

BY ASHLEY HATFIELD, CLINICAL AESTHETICIAN

## TATTOO REMOVAL

*CaloSpa Patients*



BEFORE



AFTER



BEFORE



AFTER

Plan on each treatment being scheduled about 8-12 weeks apart.

Remember, the biggest thing is having a realistic expectation of removing your tattoo and understanding that the process will take time. With tattoo removal, slow and steady wins the race. Your body needs the time to process, heal and eliminate the ink that the laser has broken down. Those who stick with it and follow treatment protocol get optimal results.

**To learn more and to schedule your tattoo removal consult, call us at 502.814.3000.**

I'm finding more and more people are getting inked and I'm wondering if it might be because somewhere in the back of people's minds, they know that although they are doing something that is intended to be "permanent", with today's technology they know they can remove their tattoos more easily. Even though tattoos are very popular, many have regrets about getting a tattoo, it's not what they expected, the placement isn't right, or they got it when they were younger and no longer want the tattoo. Whatever the reason is, that is totally fine. We have some top-of-the-line technology available to help you remove an unwanted tattoo. Here at CaloSpa we use a laser called Cutera Enlighten®. It utilizes picosecond and nanosecond technology to break down the pigment of the ink. The Enlighten laser system has been a game-changer for my tattoo removal patients. I feel much more confident

we can deliver patients the results they have been wanting since laser tattoo removal was first invented.

**With Enlighten, the treatments are faster and more efficacious.**

With that being said, the process of removing a tattoo, I always tell my patients, is a commitment! It takes time and multiple treatments depending on the color and the size of the tattoo. The type of ink used and how deep the ink was placed also play a factor. Each treatment itself takes no time at all, usually, appointments average 15 minutes to 1 hour, depending on how large the tattoo is. At the end of each treatment, I apply ointment and a bandage to the treated area. I provide the patient post-care treatment instructions and we then schedule the next appointment.



# MIND MATTERS



**BY BETHANY SHIVELY, DNP, APRN, FNP-C**

CaloAesthetics is excited to bring a new service to the menu, as we began offering mental health care earlier this year. In a time of uncertainty, our culture has experienced mental health struggles in a way we have not seen before and we saw the need to address these concerns to care for our patients more holistically. By providing mental health care alongside our aesthetic services, we offer a way to help our patients look and feel their best.

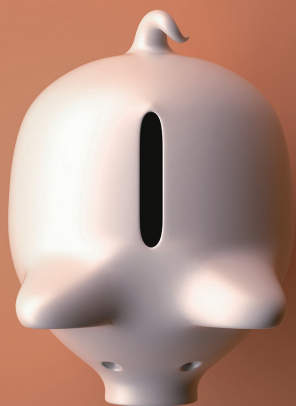
In our mental health program, you will be cared for under the specialty psychiatric certification of our Psychiatric/Mental Health Nurse Practitioner, Bethany Shively, DNP. Bethany holds dual certification as a Family Nurse Practitioner as well as Psychiatric/Mental Health Nurse Practitioner and has been with the practice for over eight years. During this time, she has worked in surgery alongside the physicians as well as in the Medical Spa area performing a variety of office cosmetic procedures. She saw a need for accessible and high-quality mental health care and developed our own unique mental health care program to meet the needs of our existing patients.

Our approach is unique, as each new client receives an hour-long evaluation to determine the root cause of mental health concerns. It is of utmost importance that each client feels heard, has adequate time, and has options laid out before them in regards to potential treatment. Bethany works as a partner in your care to ensure you are comfortable with treatment options and are an advocate in your own treatment plan.

We are excited to offer genetic testing through GeneSight®, which utilizes a simple cheek swab to inform your provider of your unique genetic makeup, guide medication options, and help you feel better faster. While CaloAesthetics offers medication management (prescribing and medication checks), we do not at this time offer therapy. Therapy is critical to healing alongside medication therapy, and options for therapy referral services will be offered at the time of visit.

Our goal at CaloAesthetics is to provide current, effective, confidential, and compassionate care to those who entrust us with their mental health concerns. Thank you for considering us to walk alongside you in aesthetics and wellness, to be the best you inside and out!

**OUR GOAL IS TO  
PROVIDE CURRENT,  
EFFECTIVE,  
CONFIDENTIAL, AND  
COMPASSIONATE  
CARE TO THOSE WHO  
ENTRUST US WITH  
THEIR MENTAL  
HEALTH CONCERNS.**



## SAVE 20% AT THE OPEN HOUSE

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



# CaloThreads



## Introducing the Newest Procedure: CaloThreads

BY OLIVIA HALL, RN, CERTIFIED NURSE INJECTOR

CaloThreads is a non-surgical procedure that instantly lifts and tightens skin, improving facial structure using absorbable sutures. FDA-approved threads are placed into the subcutaneous layer of the skin using a small cannula resulting in a more rejuvenated, fuller, lifted face. The threads dissolve after six to nine months, but full results can last up to two years with the production of collagen that is created. Lifting threads are used for structural areas in the midface: brows, cheeks, and lower face: jowls and jawline providing the most lift and definition. Smooth threads are used for more superficial areas: nasolabial folds, marionette lines, and neck to stimulate the production of collagen to diminish fine lines and wrinkles.

This procedure is non-invasive with minimal discomfort and requires little downtime. Procedure time varies on the number of treatment areas.

Numbing medication will be provided during the treatment. Recovery time is quick with only minor inflammation and possible bruising that may occur in the first few days but will resolve after about a week.

Threads are effective and beneficial for anyone who is looking to prevent the aging process by improving skin laxity, fine lines, wrinkles and for rejuvenating one's overall appearance.

**CALOAESTHETICS AND CALOSPA CONTINUE TO PROVIDE THE MOST ADVANCED TREATMENTS WITH EXCEPTIONAL RESULTS.**

### CALOTHRADING

*CaloSpa Patient*



BEFORE

AFTER

### CALOTHRADING

*CaloSpa Patient*



BEFORE

AFTER

### CALOTHRADING

*CaloSpa Patient*



BEFORE

AFTER

### CALOTHRADING

*CaloSpa Patient*



BEFORE

AFTER



# Accufit It!

**ACCUFIT™ CAN HELP TO REALLY LENGTHEN AND STRETCH THOSE MUSCLES, GIVING A LONG AND LEAN APPEARANCE**

**BY KATY JO GROFT, BODY CONTOURING EXPERT, CLINICAL AESTHETICIAN**

## OPEN HOUSE EXCLUSIVE

**TUMMY TAMER+ BUNDLE: \$4,800\***

*Give me that core strength, thanks! Pair CoolSculpt + Emsculpt + Accufit for a savings of \$1,800!*

### ACCUFIT

*Photos Courtesy of Accufit*

BEFORE



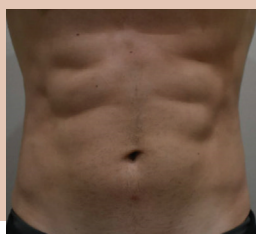
AFTER



BEFORE



AFTER



This year at CaloSpa we are adding to our arsenal of non-invasive body contouring devices with Accufit. What truly sets us apart at CaloSpa is the lack of limitations that we have as providers. Staying at the forefront of the latest technology allows us to evolve so that we can provide our patients with the best in care and results.

So, what is Accufit? By now, most of us have heard of Emsculpt®, which is a device we have utilized to help build new muscle fibers using magnetic energy to create supramaximal muscle contractions. These supramaximal contractions allow us to quickly create new muscles. But what if we could change the way those muscle groups interact with one another? With Accufit we are now able to mimic how our muscles would naturally work together like when we exercise at the gym through EMS, or electronic muscle stimulation. Accufit's IntelliPhase waveforms produce four unique muscle movements — Twist, Hold, Grip, and Tap, which replicate the different muscle-building actions a weight trainer would use. An automated treatment cycle, IntelliCycle, repetitively works the selected muscle groups treating them based on the shape and size, with little to no discomfort for the patient with absolutely no downtime! This makes Accufit a great stand-alone treatment for someone who is looking to improve on their already active lifestyle, or for someone who is just getting started.

What is even greater about this technology is that treatments can be completed in just two weeks, doing two treatments twice per week. A series of four treatments is suggested to see optimal results. Results can be seen for some immediately following their last treatment and will continue to be seen over the next four weeks. Of course, muscle does atrophy over time, so maintaining an active lifestyle and healthy diet is suggested following completion of any body contouring treatment. Maintenance treatments may be done once every three months to maintain results achieved from your initial series.

In addition to Accufit being great as a stand-alone treatment, we are seeing great benefits using this device in conjunction with our already effective Emsculpt device, as Accufit can help to really lengthen and stretch those muscles, giving a long and lean appearance, or added lift when used on the buttocks with Emsculpt.

Having multiple devices at CaloSpa has truly allowed us to provide fully customizable treatment plans for our patients. Modalities like Accufit and Emsculpt are wonderful compliments to any of our treatments like CoolSculpt® and truSculpt®, which permanently eliminate unwanted fat cells, or modalities like Exilis® and Emtone® that can be used to smooth and tighten skin.



\*All CaloSculpting Bundles are priced as is. No additional saving will apply. Bundles are non-refundable and may not be exchanged with another service once treatments have been started. Individual results may vary.



REDUCE BAGS, DARK CIRCLES,  
AND WRINKLES UNDER THE EYES



# Bye, Bye Baggage

BY MEREDITH STEINMETZ, CLINICAL COSMOTOLOGIST



I've been at CaloSpa for almost six years and in that time, we've had many requests for non-surgical treatment options for eye rejuvenation. Patients are wanting to look fresh and well rested. They are often looking for something to help correct under-eye bags, dark circles, and wrinkles. CaloSpa's non-invasive eye rejuvenation procedures will make your eyes look brighter and restore youthfulness.

Many patients complain of under-eye bags. These bags form when the skin under the eye weakens. The relaxed skin creates a pouch in which the fat pads under the eyes slip down and fill the lax space. For this concern we might recommend a microneedling RF (radiofrequency) treatments like INFINI Genius<sup>™</sup>, Morpheus8, or Scalet RF. Each device delivers energy to the precise depth to target and eliminate fat pads and tighten the sagging skin. Each treatment is done with topical numbing, so the patient experience is relatively painless. The downtime expected with this type of treatment is 2-3 days of minor redness and some swelling, varying with each patient. For optimal results, we recommend a

series of three treatments with each scheduled four to six weeks apart.

If skin laxity is minimal, we may recommend and injectable HA filler. Using an HA filler like Restylane to fill the bags and hollows can rejuvenate the under-eye area and restore the eyes to their prior appearance.

If the main concern for the patient is loose skin, fine lines, and wrinkles under or around the eyes we may recommend a skin resurfacing treatment like Contour TRL or a TCA chemical peel. Each treatment can tighten and smooth the skin and reduce creepiness. Contour TRL is the most aggressive treatment, but it also offers the most responsive result. The patient's skin is left looking firm and refreshed.

For crow's feet we often use injectable toxin treatments such as: Jeuveau, Botox, or Dysport. The treatment softens the wrinkles by minimizing muscle movement. Treatment results can last 3-6 months.

The easiest way to rejuvenate your eyes is the use of physician-directed skincare and Latisse. Products like SkinMedica Instant

Bright Cream + Mask or DEJ Eye, by Revision, help the eyes look brighter and more youthful. These skincare products improve eyes' appearance, including dark circles, sagging, puffiness. The use of Latisse helps frame the eyes with fuller, darker and longer lashes, completing the overall look of rejuvenated eyes.

## INFINI GENIUS

*Lutronic Patient\**

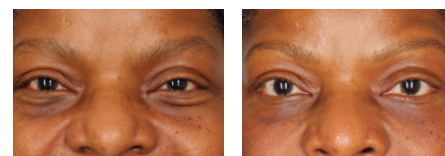


BEFORE

AFTER

## HA INJECTABLE - TEAR TROUGH

*CaloSpa Patient*



BEFORE

AFTER

*\*Courtesy Ségolène Fays-Michel, MD, Nancy (France)*



# Cheers

## TO FLOYDS KNOBS

CaloSpa Floyds Knobs works to understand our patients' goals and develop unique, results-based treatment plans for each patient to help them achieve their aesthetic and wellness goals. Under the guidance of board-certified plastic surgeons Dr. Bradley Calobrace and Dr. Chet Mays, CaloSpa Floyds Knobs offers cutting-edge treatments backed by clinical research and high patient satisfaction. CaloSpa Floyds Knobs is where patients can take care of their wellness and get the treatments they need to relax, rejuvenate and renew.

CaloSpa Rejuvenation Centers specialize in injectables treatments, skin tightening, physician-directed skincare, laser and light therapies, cellulite and fat reduction procedures, muscle-building treatments, medispa facials, and much more.

**CALOSPA'S 20<sup>TH</sup> ANNUAL  
OPEN HOUSE**

**THURSDAY, NOVEMBER 4<sup>TH</sup>**

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

**RSVP: TEXT 502.899.9979 OR CALL 502.899.9982**



## The Magnificent Morpheus8

Say hello to Morpheus8, CaloSpa's latest full-body, non-surgical, anti-aging microneedling RF (radiofrequency) device that can stimulate some serious skin-tightening and sub-dermal adipose remodeling.

Much like our other microneedling RF devices, Infini Genius™ and Scarlet RF, Morpheus8 uses a matrix of micro pins to penetrate and renew deep layers of skin. At the same time, RF energy heats the deep layers of the skin in a controlled manner which revitalizes the collagen. The treatment stimulates collagen production of the underlying layers of the skin, improving skin laxity, complexion, and texture.

That isn't all! Any woman interested in improving her intimate areas' appearance, sensation, or function can benefit from Morpheus8. Using a unique handpiece, Morpheus8, or Morpheus8V as we call it, delivers fractional tissue coagulation with gentle volumetric heating using radiofrequency. The treatment has helped many women overcome common concerns such as vaginal dryness, vaginal atrophy, and urinary stress incontinence. It can also reduce and refine the size and shape of the labia, improve vaginal sensation, and provide ongoing collagen remodeling that supports overall vaginal health.

- › Loose or sagging skin of face, jawline, neck, and body
- › Wrinkles and fine lines on face, neck, and décolletage
- › Under eyes sagging skin and wrinkles
- › Acne scarring
- › Stretch marks
- › Discolorations
- › Crepey skin on arms, knees and abdomen





# The Bottom Line

## There are Successful Treatments for Cellulite

### + Cellulite development can be caused by:

- Hormones
- Genetics
- Age
- Diet
- Lifestyle

### + Did you know?

An estimated 85% to 90% of adult women have cellulite, typically on the abdomen, buttocks, and thighs.<sup>2</sup>

BY LACEY MCCAULEY, MMS, PA-C

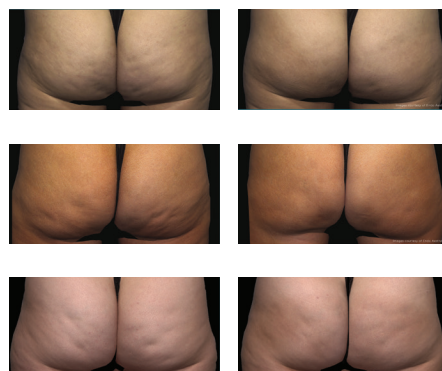
Have you ever noticed those pesky dimples on the buttocks that will just not go away? Have you ever wondered what causes the dimpling and why is it so hard to improve them?

Fibrous bands under the skin thicken and pull on the tissue, leading to dimpling – kind of like a tufted couch. This dimpling is what is referred to as cellulite. Cellulite is a primary concern for many women, as it is seen in about 90% of women. This normal but unfortunate variant for women is often the source of embarrassment. Some patients seek to control it with creams, lotions, diet, and exercise, however, due to the underlying cause of cellulite, few results are seen. Cellulite is the root of frustration when seeking treatment for both patients and providers, until now. CaloSpa has the tools to help women win the fight against cellulite using an arsenal of cellulite blasting treatments like QWO®, Cellfina®, and Emtone®.

New and first of its kind, **QWO** is a non-surgical cellulite treatment option. It is an injectable prescription medication used to treat moderate to severe cellulite in the buttocks area. Treatment for an individual patient is based on the number of cellulite dimples present in the area of concern. Injections are simple and treatment is quick. QWO is injected in subcutaneous fat, over the course of three treatments. It is believed that QWO targets the fibrous bands of cellulite and stimulates new collagen development. Results can be seen in as little as 10 weeks. Post-treatment patients can expect injection site discomfort, bruising, swelling, and firmness.

#### QWO®

*Photos Courtesy of QWO*



BEFORE

AFTER

**Cellfina** is another treatment that directly releases the fibrous bands that cause cellulite's "tufted" look on the back of the thighs and buttocks. During the Cellfina treatment, the area is infused with a numbing solution and a handheld device will then be used to release the bands through a small puncture. Once the bands are released, the skin will appear more taught and smoother. Patients will experience some bruising and swelling to the treatment area and results can last for years to come. In fact, according to the clinical trials, patients reported high rates of satisfaction with 93% of patients still being highly satisfied three years post-treatment.<sup>1</sup>

#### CELLFINA®

*CaloSpa Patients*



BEFORE

AFTER





## Cellulite

- Fibrous bands
- Deep dimples or indentations
- Located on buttocks and posterior thighs



## Fascia

- Protective sheath of fibrous tissue
- Superficial textural irregularities
- Superficial fascia is located beneath the skin
- Stretches to accommodate the deposit of fat

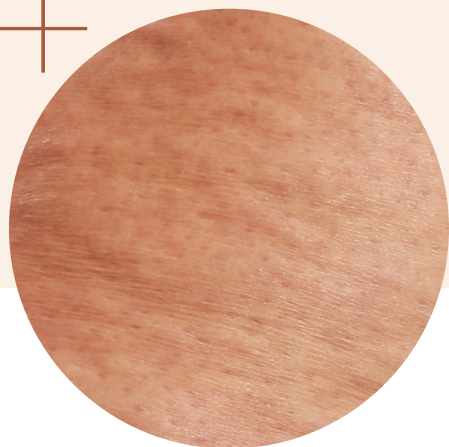
### OPEN HOUSE EXCLUSIVE

#### CELLULITE REDUCER BUNDLE: \$3,400\*

*Bye, bye bottom bumps.  
Pair your QWO + Emtone  
for a savings of \$1,800.*

# GRADES OF CELLULITE

## CELLULITE SEVERITY SCALE<sup>3</sup>



### GRADE 1 OR MILD:

There is an "orange-peel" appearance, with between one and four superficial depressions, and a slightly "draped" or sagging appearance to the skin.

**Try Exilis Ultra™ or Emtone®**



### GRADE 2 OR MODERATE:

There are between five and nine medium-depth depressions, a "cottage cheese" appearance, and the skin appears moderately draped.

**Try Emtone® or truSculpt iD®**



### GRADE 3 OR SEVERE:

There is a "mattress" appearance, with several deep depressions.

**Try QWO® or Cellfina®**

#### Resources:

<sup>1</sup>americanboardcosmeticsurgery.org

<sup>2</sup> "A validated photonumeric cellulite severity scale", researchgate.net

<sup>3</sup>emsculpt.com

*\*All CaloSculpting Bundles are priced as is. No additional saving will apply. Bundles are non-refundable and may not be exchanged with another service once treatments have been started. Individual results may vary.*





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

2341 Lime Kiln Lane | Louisville, KY | 40222

## Spa Info

Main: 502.814.3000  
Clinical: 502.899.9979  
2341 Lime Kiln Lane, Louisville, KY 40222  
[www.CaloSpa.com](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.



# Cheers To 20 Years

## CALOSPA'S 20<sup>TH</sup> ANNUAL OPEN HOUSE

### THURSDAY, NOVEMBER 4<sup>TH</sup>

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