

# BODY LANGUAGE

New and Innovative Techniques to Improve One's Body

Issue #11

*We've Got Your Backside*

FACIAL FITNESS

The Aging Face

THE IDEAL  
IMPLANT

OPEN  
HOUSE

CALOSPA'S 21<sup>ST</sup> ANNUAL

Thursday, November 3<sup>rd</sup> from 1 p.m. to 8 p.m.

*The Injectable  
Roadmap*

Tighten It Up

SURGICAL BODY  
CONTOURING

*The Look Book*

 CALOSPA  
REJUVENATION CENTER

 CALOAESTHETICS  
PLASTIC SURGERY CENTER

CaloRx

CALOSPA...THE PERFECT

PRESCRIPTION FOR ANYONE'S

AESTHETIC NEEDS



A close-up photograph of three women lying down, showcasing their microbladed eyebrows. The woman on the right has dark, curly hair and is looking towards the camera. The woman in the center has long, straight brown hair and is also looking at the camera. The woman on the left has dark hair and is looking slightly away from the camera. They all have natural-looking, dark eyebrows. The background is a soft, out-of-focus light color.

# CaloRx

CALOSPA...THE PERFECT  
PRESCRIPTION FOR ANYONE'S  
AESTHETIC NEEDS

# CALOSPA'S 21<sup>ST</sup> ANNUAL OPEN HOUSE

THURSDAY, NOVEMBER 3<sup>RD</sup>

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

CaloAesthetics Plastic Surgery and CaloSpa Rejuvenation Centers are an aesthetic, synergistic blend of surgical and non-surgical treatments. Our non-surgical offerings incorporate physician-directed skin care, injectable treatments, advanced laser therapies, body contouring, and FDA-approved technologies to address and treat our patients' concerns, moving up the aesthetic ladder to plastic surgery when a more advanced intervention is needed to achieve optimal results. No matter what your concern may be — fine lines and wrinkles, loss of volume or elasticity, hyperpigmentation or skin texture, unwanted fat or cellulite — we offer safe and effective non-surgical treatment options for everyone. And no matter your ethnicity, gender, age, or stature...our treatment plans...your CaloRx, can be tailored to your specific needs. As your needs continue to evolve, so will your treatment plan. Our experts are here to guide you along the way.

Discover your CaloRx and attend our 21<sup>st</sup> Annual Open House celebration, Thursday, November 3, 2022, from 1 p.m. to 8 p.m. at our flagship location in Louisville, KY. Please come prepared to have a great time, learn about all we have to offer, and take a moment with one of CaloSpa's expert providers to develop your 2023 treatment plan. We are committed to you and your aesthetic journey.

## EXCLUSIVE 21<sup>ST</sup> ANNUAL OPEN HOUSE SPECIALS

- › 20% OFF ALL SKINCARE AND BODY PRODUCTS
- › 20% OFF SELECT MEDICAL AND DAY SPA SERVICES
- › JEUVEAU® - \$10 PER UNIT
- › BOTOX® - \$12 PER UNIT
- › DYSPORT® - \$4 PER UNIT

## EXPERIENCE

- › DEVELOP 2023 TREATMENT PLAN
- › DISCOVER NEW TREATMENT OPTIONS
- › EXPERIENCE LIVE DEMONSTRATIONS WITH DOCTORS AND EXPERT PROVIDERS
- › COMPLIMENTARY MINI-CONSULTATIONS
- › EDUCATION ON ALL PRODUCTS AND SERVICES
- › COMPLIMENTARY MINI-MASSAGES
- › GIFTS WITH PURCHASE
- › SELFIE AND SOCIAL STATIONS
- › \$30K+ IN DOOR PRIZES AND GIVEAWAYS

## CaloRx

### OPEN HOUSE CONSULTATIONS

During Open House presales, CaloSpa Rejuvenation Centers will be offering complimentary evaluations for patients to work with CaloSpa's ExpertInjectors, Clinical Aestheticians and Cosmetologists, Body Contouring Specialists, and Massage Therapists to tailor a comprehensive treatment plan that is as unique as each individual themselves. Call 502.814.3000 to schedule your consultation today!\*\*\*

## PRESALES\*

IT'S QUICK, CONVENIENT,  
AND EASY!

- › MAKE YOUR OPEN HOUSE PURCHASES STARTING **OCTOBER 15<sup>TH</sup>** THRU **THURSDAY, NOVEMBER 3<sup>RD</sup>**.
- › THERE ARE 4 QUICK, CONVENIENT, AND EASY OPTIONS TO ORDER.
- › STOP IN TO ANY CALOSPA LOCATION
- › CALL 502.814.3000 TO SPEAK WITH A CALOSPA REPRESENTATIVE
- › ORDER ONLINE AT [CALOSPA.COM/STORE](https://calospa.com/store)
- › MAIL-IN ORDER\*\*

MAIL-IN  
ORDER FORM



ONLINE  
STORE



## CALOPERK MEMBERS

- › **EXCLUSIVE EVENT HOUR FOR PERK MEMBERS ONLY:  
12 P.M. TO 1 P.M.**
- › CALOPERKS DIAMOND MEMBERS WILL RECEIVE AN ADDITIONAL 5% OFF ON ALL OPEN HOUSE PURCHASES.
- › CALL 502.814.3011 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 starting October 31, 2022.

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

\*\*\*Offer valid on non-surgical consultation only.



2022-2023

# CALENDAR of Events

## OCTOBER

1-31 Breast Cancer Awareness Month  
15 Open House Presales Begin

## NOVEMBER

3 21<sup>st</sup> Annual Open House  
25 CaloSpa Black Friday

## DECEMBER

10-23 12 Days of CaloSpa

## JANUARY

1-31 Perks Month

## FEBRUARY

1-14 Valentine's Day Special  
14-18 Love Your Skin Week

## MARCH

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

## APRIL

1-30 Spring Beauty

## MAY

1-14 Celebrating Mom – Mother's Day Specials

## JUNE

1-30 Man Month  
1-18 Father's Day Gift Card Special

## JULY

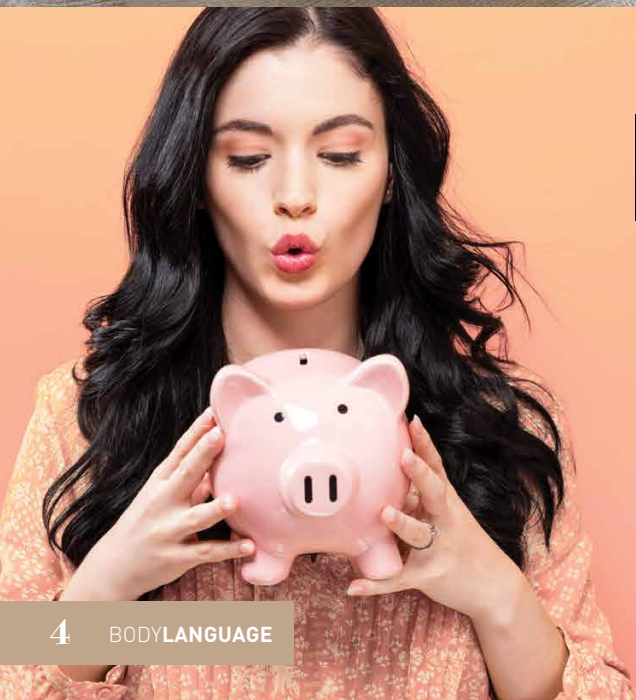
1-31 Too Hot for Summer

## AUGUST

1-31 Back To School, Teach Appreciation

## SEPTEMBER

1-30 Fall in Love with Your 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.

LEARN MORE





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# THE DOCTORS



*Lucas Boehm, MD*

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

## **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.

## **LUCAS BOEHM, MD**

Dr. Boehm joins CaloAesthetics from Wisconsin, where he completed both medical school and a six-year plastic surgery residency at the Medical College of Wisconsin. During his time at the Medical College of Wisconsin he trained extensively in all facets of plastic surgery, ultimately deciding to focus his expertise on aesthetic surgery of the face and body. Dr. Boehm's interests include facial rejuvenation surgery, rhinoplasty, and aesthetic breast surgery. His bespoke approach to aesthetic surgery ensures each patient has a surgical plan tailored to their anatomy, their proportions and ultimately their goals.

## DID YOU KNOW?

**DR.  
CALOBRACE  
IS A  
“TOP  
DOCTOR”**

“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 surgeon Dr. Bradley Calobrace. 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      › BODY CONTOURING  
› AESTHETICIANS      › 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 surgeon Dr. Bradley Calobrace and board-eligible Dr. Lucas Boehm, 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.

## EXPERTINJECTOR™

CaloSpa nurse injectors have over 90 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.

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



**NICOLE BEAMS**  
RN, BSN



**HANNAH BUENO**  
RN, BSN



**KAITLYN HICKS**  
APRN



**TRINA HOLMES**  
RN



**LACEY MCCAULEY**  
MMS, PA-C



**DAWN RECKTENWALD**  
RN



**BETHANY SHIVELY**  
APRN, DNP



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



**ASHLEY HATFIELD**  
Clinical Aesthetician



**KELSEY HUPP**  
Clinical Aesthetician



**LEXI STEELE**  
Clinical Aesthetician



**MEREDITH STEINMETZ**  
Clinical Cosmetologist



**KAREN STICKROD**  
Lead Managing Aesthetician



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



**BRITTANY RONEY**  
Body Contouring Specialist



**EMILY PETTY**  
Licensed Massage Therapist



**LAUREN MEADE**  
PA, Lexington



**LINDSAY SALCE**  
APRN, Lexington



**JACLYN FAVORITE**  
Clinical Aesthetician,  
Lexington



**OLIVIA HALL**  
RN, 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

Dr. Calobrace has been named a Top Beauty Doctor in one of the nation's leading beauty magazines dedicated to cosmetic enhancement and skin care. 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 US.



## 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 CV by visiting [caloaesthetics.com](http://caloaesthetics.com).

# AESTHETIC Fellowship

CaloAesthetic's **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 surgeon, Dr. Bradley Calobrace. Dr. Boehm will offer all aesthetic procedures as Dr. Calobrace's fellow and junior associate. This is an amazing opportunity to have Dr. Boehm and Dr. Calobrace work together for your surgery... with amazing savings and results. We hope many of you get the opportunity to meet our current Fellow, Dr. Boehm, during the Open House or on one of your future visits to CaloSpa/CaloAesthetics Plastic Surgery.

## MEET CALOAESTHETIC'S 2022 FELLOW: DR. BOEHM



Dr. Boehm joins CaloAesthetics from Wisconsin, where he recently completed his six-year plastic surgery residency at the Medical College of Wisconsin. His interests include facial rejuvenation surgery, rhinoplasty, aesthetic breast surgery, body contouring, and weight loss surgery.

When he is away from the operating room, he enjoys playing golf and spending time with his wife, Anita, and their two daughters, Mila (age 4) and Hanna (7 months). Dr. Boehm and his family are looking forward to exploring all that Louisville has to offer!

### Hometown:

Sheboygan, WI

### Medical School:

Medical College of Wisconsin

### Favorite Surgery:

Rhinoplasty

### Favorite Surgical Instrument:

Swivel Knife

### FOLLOW US ON INSTAGRAM:

@CALOAESTHICS.FELLOW

**CALL TO SCHEDULE  
YOUR APPOINTMENT  
AND SURGICAL  
PROCEDURE TODAY  
AND RECEIVE THE  
FELLOW  
DISCOUNT**

# 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 – Face, Breast, Buttocks, Body  
Labiaplasty  
Mommy Makeover  
Platelet-Rich Plasma (PRP)  
Post-Bariatric (Weight Loss) Rejuvenation  
Renuvion® – Skin Tightening  
SafeLipo  
ThermiTight® – Skin Tightening  
Tummy Tuck  
Ultrasonic Liposuction

### FACE

Calolift – Mini Facelift  
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

- Botox®
- Dysport®
- Jeuveau™
- Juvéderm® Family of Injectables
- Kybella®
- Kysse™
- Radiesse®
- Restylane® Family of Injectables
- RHA Collection®
- Sculptra®
- Versa™
- Voluma®

### FACIAL LASER & LIGHT TREATMENTS

- ClearSilk®
- excel V™ – Vascularity Treatment
- Forever Young BBL™
- Forever Young BBLBody+™
- FotoRejuvenation Complexion Treatment
- Facial Tightening
  - INFINI Genius™
  - SkinTyte™
  - Scarlet RF
- HALO™
- Hollywood Laser Peel
- Laser Genesis™ – Skin Glow
- Moxi™
- 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  
Diva® – Vaginal Tightening  
Exilis Ultra™ – Skin Tightening  
IM B12 Shot  
Forever Bare BBL™ – Laser Hair Removal  
Genius™ Body – Loose Skin and Wrinkles  
Laser Hair Removal  
miraDry® Sweat Treatment  
SkinTyte™ Body

### BODY CONTOURING & CELLULITE TREATMENTS

- Avéli® – Cellulite Treatment
- CoolSculpting® Elite
- EmSculpt® Neo – Muscle Building + Fat Reduction
- truSculpt® iD

## COMING SOON

CO2Lift Pro – Carboxytherapy Skin Care  
Daxxify™ – Long Lasting Neurotoxin  
(plated)™ SkinScience – Platelet-derived Exosomes  
Bare HR™ – Laser Hair Removal







# 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!

"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

## 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			

## 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

Are you ready to get *perky*?

CALL 502.814.3000 TO LEARN MORE AND SIGN UP TODAY!



# SAVE 20% AT THE OPEN HOUSE

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

MAIL-IN  
ORDER FORM



ONLINE  
STORE



# *the* AGING FACE

BY DR. BRADLEY CALOBRACE

*Facial aging  
includes three things:*

**1** CHANGES TO OUR SKIN  
+ wrinkles  
+ pores  
+ irregular pigmentation  
+ loss of glow

**2** VOLUME LOSS IN OUR FACE  
+ lips  
+ cheeks  
+ under eyes  
+ global

**3** FACIAL SAGGING AND  
RELAXATION

LEARN MORE





Our approach to helping patients achieve their goals is always to start with the least invasive procedures which often can be quite effective without resorting to surgery. Good physician-directed skin care, HydraFacials, microneedling, chemical peels, laser treatments, toxins, and fillers all work together to accomplish amazing improvements.

However, surgery may be the best option for some patients. Remember, facial aging is not the only reason someone gets facial surgery.

Rhinoplasties (nose-jobs) and otoplasties (ear-pinnings) are great examples of surgeries that improve the appearance from issues that are not age-related.

The brow position and the upper and lower eyelids are often the first facial features to show aging. The upper eyelids become hooded and heavy, bags develop in the lower eyelids, and sometimes the brow begins to drop leading to a heavy appearance above the eyebrows. Browlifts are performed as Endoscopic Browlifts with only tiny incisions in the hair-bearing scalp. Upper blepharoplasties (upper eyelid) and lower blepharoplasties (lower lids) address the heavy upper lids and the bags in the lower lids. Laser resurfacing and fat grafting are sometimes performed with eyelid surgery to optimize outcomes! If not performed earlier in one's life, the brow and lids are treated at the same time as the facelift.

The facelift addresses the sagging aspect of facial aging. Facelifts involve lifting the skin and then tightening the tissue and muscles deep under the skin and repositioning and reshaping those structures to a more youthful appearance. The skin is simply re-draped over the new shape and the extra is cut away. A modern facelift IS NOT pulling the skin back tight to make the face look better. We all know that looks BAD – that stretched, windtunnel-pulled appearance is what we avoid with our techniques at CaloAesthetics.

A facelift can involve tightening only the neck (necklift), the neck and jowls/lower face (lower facelift), the entire face and neck (full facelift), or maybe just a less invasive lift in someone with early aging (mini-facelift) which often has shorter scars and quicker recovery. At CaloAesthetics, we refer to our mini- facelift as the CaloLift. The incisions can be only under the chin, only around the ears, or possibly both to optimize the final results.

Facial surgery patients recover quickly, with all stitches removed in 5-10 days in most patients, back to work in 1 week (mini-facelift, neck lift, or eyelid surgery) or 2 weeks with a lower or full facelift.

When doing a facelift, patients should expect me to be looking at all the ways to make each patient look their best, and look natural. That will include good skin care, and possible non-surgical laser treatments (like the HALO, Moxi® or Genius RF/Microneedling) to make the final result outstanding. Fat grafting is often done to restore the volume as well during the facelift, with fillers performed post-surgery to maintain the results over many years.

Facelift age? 40's for mini-facelift, 50's for lower or full facelift, but many patients in their 60's and 70's undergo facelifts either as their first one or as a secondary re-lift to maintain that refreshed look.

It can be less natural if someone waits and then does everything after significant facial aging. Sometimes the change can be so dramatic it is hard for people not to know something significant happened. For some patients that is perfectly fine. There is no doubt keeping up with the aging process and making small corrections starting earlier allows for a more gradual, natural change that can be a little more “under the radar” and less noticeable to family and friends.

NECK LIFT, SUBMENTAL LIPOSUCTION, THERMITYTE

CaloAesthetics Patient



BEFORE

AFTER

BROWLIFT, UPPER AND LOWER BLEPHAROPLASTY

CaloAesthetics Patient



BEFORE

AFTER

LOWER FACELIFT, LIPOSUCTION, FAT TRANSFER

CaloAesthetics Patient



BEFORE

AFTER

FACELIFT, NECK LIFT, FAT TRANSFER

CaloAesthetics Patient



BEFORE

AFTER

BEFORE

AFTER



# *CaloAesthetics* *Nose Best*

BY DR. LUCAS BOEHM



## Surgical

**Rhinoplasty** or "nose job" is a surgical procedure performed to reshape and improve the appearance of the nose.

*In 2020 rhinoplasty was the number one cosmetic surgery performed in the United States.\**

Common complaints leading patients to seek rhinoplasty surgery include a nose that appears too large, a bump on the bridge of the nose, a crooked nose, a nasal tip that appears too big or bulbous, and trouble breathing through the nose.

More so than most other surgical procedures, aesthetic nasal surgery must be customized to the individual. A detailed analysis of not only the internal and external nose but the entire face must be performed to understand what structures require alteration to achieve a more aesthetically pleasing nose that remains functional and proportional to the existing facial structures. Rhinoplasty surgery involves a small incision across the columella of the nose that extends inside the nostrils.

This incision allows the surgeon access to the underlying cartilaginous framework that gives the nose its external appearance.

Traditional rhinoplasty operations were reductive in nature, focusing on making the nose smaller and more "refined". This often led to a weakening of the supporting structures of the nose and deformity, sometimes years after the operation. Using newer, more modern techniques, we are now able to refine the external appearance of the nose without sacrificing its underlying support. 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 their face is a good candidate because we can reduce the size of the nose to improve facial proportions.

Rhinoplasty is performed under general anesthesia in our outpatient surgery center. Postoperatively, it is important for patients to keep their head elevated, especially while sleeping to minimize swelling. Swelling peaks 2-3 days after surgery but decreases thereafter. A cast is placed on the nose and splints are placed inside the nostrils for 5-7 days after the operation to protect your new nose.

## Non-Surgical

For those patients who may not be ready to commit to rhinoplasty surgery or don't have the downtime necessary for recovery, a less invasive alternative may be an option — **Liquid Rhinoplasty**.

This procedure involves the injection of dermal fillers into the nose to reshape it and is a great option for patients with isolated deformities of the nasal bridge or nasal tip. It may also be an option for patients who have had a rhinoplasty in the past and have minor irregularities postoperatively. Lastly, liquid rhinoplasty can be a great way to "test out" your new nose before committing to a more permanent surgical rhinoplasty.

### RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

### RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

### LIQUID RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

\*According to the American Society of Plastic Surgery.

MODERN

## Breast Surgery

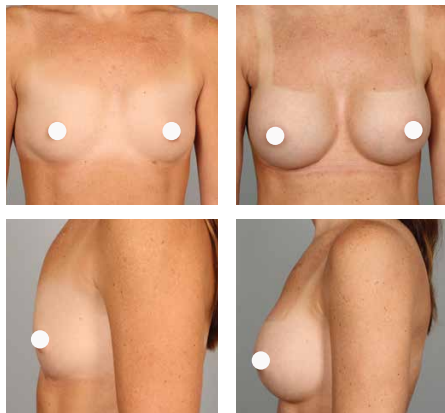
ONE SIZE DOES NOT FIT ALL!

BY DR. BRADLEY CALOBRACE

## SMALL BREASTS

This most often involves the placement of a silicone or saline breast implant. The new Ideal Implant is saline, but baffled and partitioned to provide a more natural feel. Silicone implants are the most common implants placed, usually behind the pectoralis muscle (but sometimes in front of the muscle). We mostly use smooth implants and recovery is quick — back to work in 3 days and full activity in 4 weeks.

## BREAST AUGMENTATION

*CaloAesthetics Patient*

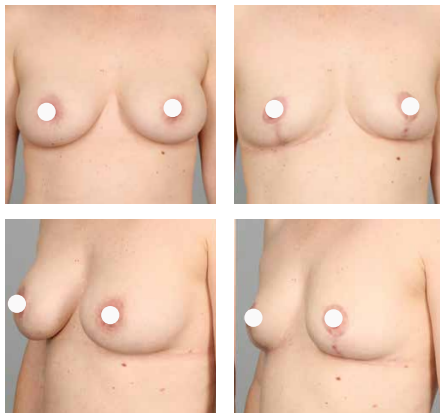
BEFORE

AFTER

## SMALL BREASTS, BUT DOESN'T WANT IMPLANTS

For these patients, fat grafting can sometimes be used without implants to achieve additional volume that is completely natural and permanent. It has limitations, is not right for everyone, and can only increase the bra size one half to one bra size. This is perfect for some patients. We sometimes will use small implants with fat grafting to provide a natural result, but with more projection and volume.

## IMPLANT REMOVAL, BREAST LIFT, FAT TRANSFER

*CaloAesthetics Patient*

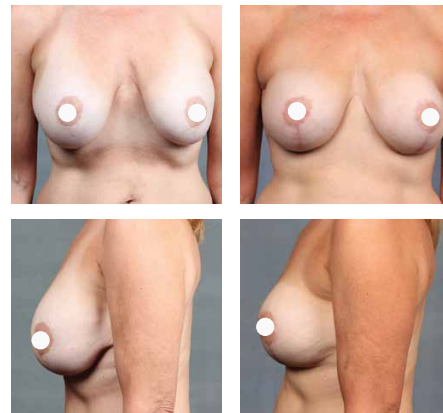
BEFORE

AFTER

## DROOPY BREASTS, BUT PLENTY OF VOLUME

A breast lift alone is performed without an implant. Often these patients undergo an auto-augmentation, a newer technique that uses the patient's tissue to create a small, implant-like portion of the breast that is moved to the top, cleavage portion of the breast. This creates an augmentation look without the use of an actual implant. Fat grafting is occasionally used to provide additional volume and natural shape.

## BREAST LIFT AUGMENTATION

*CaloAesthetics Patient*

BEFORE

AFTER



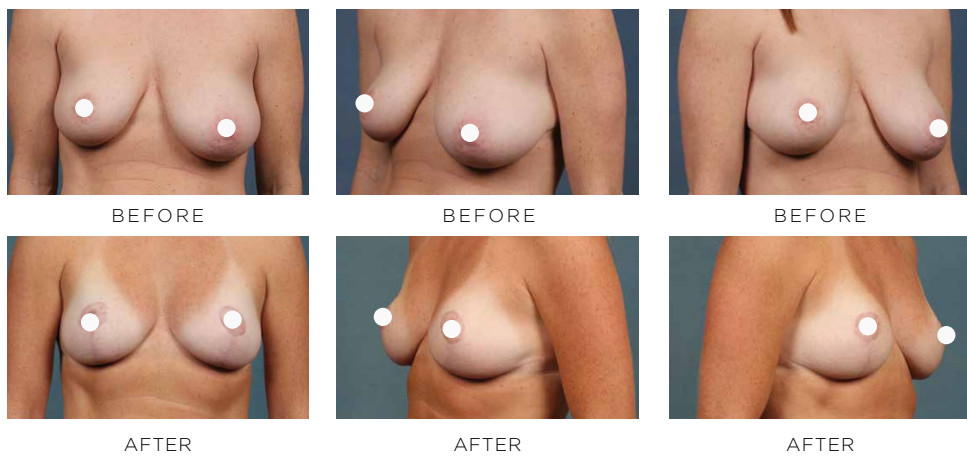
When it comes to breast surgery, there are many misconceptions and misunderstandings. Breast surgery is not all about getting breast implants — **it is 100% about finding a procedure to help our patients feel more whole, more beautiful, or simply more comfortable in their bathing suits and clothes.** Maybe it is worth briefly describing some of the problems we see and how we help solve those issues.

#### DROOPY BREASTS, NO VOLUME (FLAT, DEFLATED)

These patients often receive a breast lift (mastopexy) with the addition of an implant or possibly fat. The mistake often made by surgeons is to offer a breast augmentation to treat droopy breasts without doing a lift. We believe this leads to greater problems. Traditionally, breast lifts and breast augmentations were not done together and surgeons would perform two operations to correct these type of breasts. I wrote a landmark article almost a decade ago in our journal describing my techniques for performing a breast lift simultaneous with a breast augmentation. I published a textbook two years ago reviewing all of the techniques used to optimize outcomes. I also produced a video series that was the most watched video on QMP (Quality Medical Publishing) video series last year. This is a technique we have described, defined, and championed for many years and provides an outstanding improvement in one operation.

#### BREAST LIFT

*CaloAesthetics Patient*

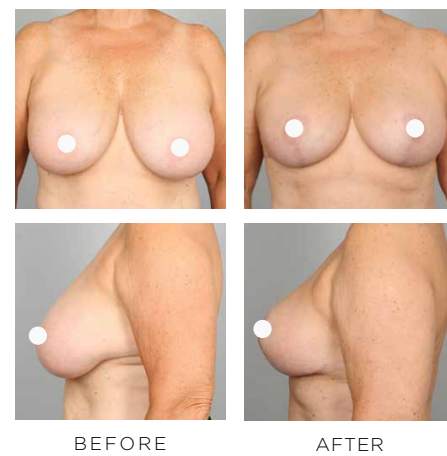


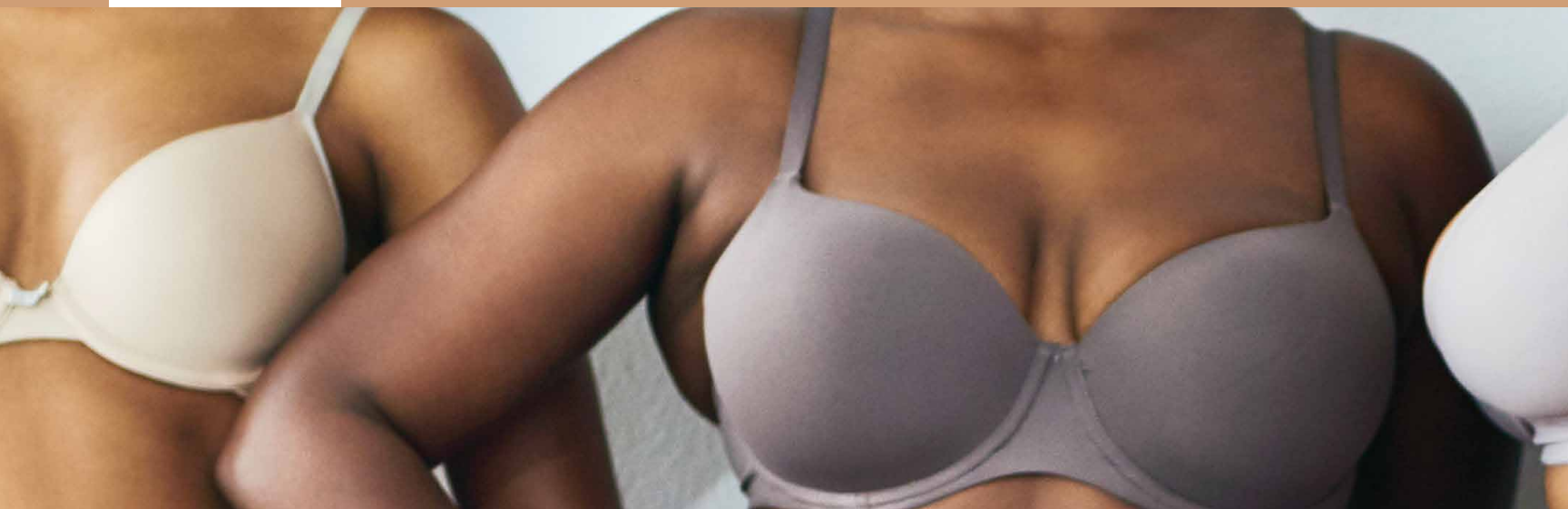
#### BREASTS TOO LARGE

A breast reduction may be appropriate, sometimes with the use of mesh support (internal bra) to create a long-lasting, more beautiful result. The scars usually are anchor-shaped and extend around the areola, down the breast, and along the fold. These scars generally heal beautifully and patients are universally thrilled with the results.

#### BREAST REDUCTION

*CaloAesthetics Patient*





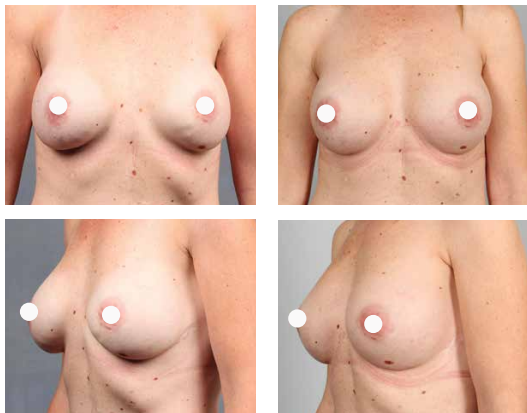
### PROBLEMS WITH BREASTS AFTER PREVIOUS BREAST SURGERY

Implants do not last forever, and breasts continue to change and age over the years. Too many women live with hard implants, deformed and/or saggy breasts for many years before seeking a correction. I am always shocked to hear from my patient that their breasts have been deformed and painful for 20 years or more.

I have personally done live surgery around the world demonstrating our techniques for correcting breast problems after previous surgery. Ruptured implants, hardened breasts (capsular contractures), drooping of the breast tissue off of the implants, unabooob (symmastia), or breasts that are bottomed out and hanging too low can all be completely corrected back to natural, soft, mobile, and attractive breasts. This may include changing the implants, performing a breast lift, fat grafting, new implant pocket creation, and occasionally the use of soft tissue support, such as a temporary mesh or skin graft to correct the problems.

#### IMPLANT EXCHANGE BREAST REVISION

*CaloAesthetics Patient*



BEFORE

AFTER

### MALE BREAST DEVELOPMENT (GYNECOMASTIA)

Male breast development is extremely common during puberty due to increased testosterone production (with increased estrogen from testosterone conversion) that ultimately disappears after puberty for most. When it does not, surgery can successfully treat the residual problem. This may require a small incision around the areola to remove the dense breast tissue or liposuction for any fatty component. If male breasts develop later, this is often excess fat with loose skin that is often resolved with liposuction alone. Medications, anabolic steroids, testosterone, and marijuana can produce male breast tissue that requires surgery and/or estrogen blockers to treat the problem.

#### GYNECOMASTIA

*CaloAesthetics Patient*



BEFORE

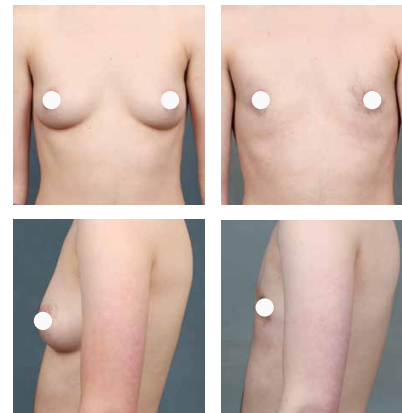
AFTER

### GENDER CONFIRMATION SURGERY

Gender confirmation surgery is performed to provide congruity between one's gender appearance and gender identity. This may involve a breast augmentation in a male-to-female top surgery or a mastectomy (breast removal) for female-to-male surgery. In performing a mastectomy, great care is taken to not simply remove the breast, but shape the chest to be more masculine through scar placement and pectoral enhancement through selective liposuction and fat grafting.

#### GENDER CONFIRMATION - FTM

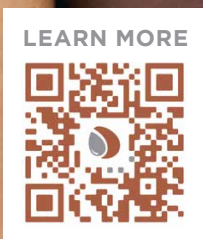
*CaloAesthetics Patient*



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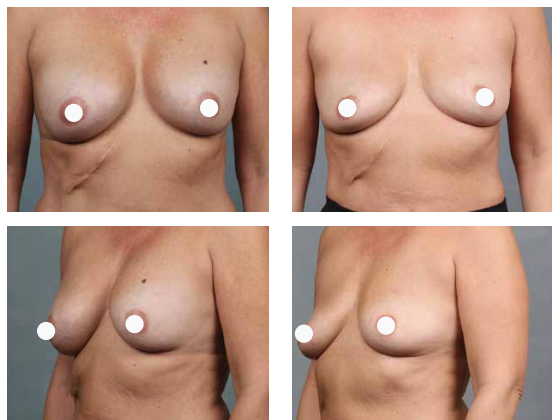


## DESIRES REMOVAL OF IMPLANTS

Some patients come to see us asking for their implants to be removed, with or without removal of the capsule. This may be simply to downsize to a breast size that no longer requires an implant. Additionally, some patients have symptoms and illnesses that have no known cause, and the implants are removed in hopes of improving those symptoms (breast implant illness). While it is uncertain which patients will improve, some will indeed report significant improvement after removal. We continue to research this, but for now, we simply support and stand by our patients, educate them, provide realistic expectations, and work diligently to produce beautiful breasts as much as possible after implant removal. We will never provide false promises, but we also never refuse to help patients and remove unwanted implants and/or capsules. We strongly believe as great as implants are for many patients, they probably are not right for everyone and could even possibly provide problems for some patients. We err on the side of being our patients' advocates always!

## REMOVAL OF IMPLANTS

*CaloAesthetics Patient*



BEFORE

AFTER

IT MAY JUST BE

the *Ideal*  
*Implant*

BY DR. BRADLEY CALOBRACE

*i*  
IDEAL  
IMPLANT®

As many of you know, I have been lecturing and writing about breast surgery my whole career. In the 90s and early 2000s, I almost exclusively used saline implants for breast enhancement. In 2006, the FDA re-approved silicone breast implants and that has become the mainstay implant used in our practice and throughout the U.S. and world. There are different types, sizes, and shapes and I have published extensively on these over the past 15 years, including publishing 2 of the 3 FDA 10-year studies on round cohesive silicone implants. I also published an award-winning paper in the Aesthetic Surgery Journal in 2018 entitled, "The Safety of Smooth and Textured Silicone Breast Implants" in which I reviewed all 5 of the major core studies done for the FDA on the use and safety of silicone implants. One of the challenges is knowing if a silicone implant is leaking... it can be hard to tell. To assist that in our office, I evaluate implants that are 6 years or older with ultrasound during each visit. This helps pick up any early silicone leakage that might be hidden... an added advantage for each patient to come to the office for follow-up every two years.

However, I think most do not know that there is an excellent option for silicone implants now available — the **IDEAL IMPLANT**. The Ideal Implant is a saline implant that also contains internal baffles that prevents saline sloshing and helps it to feel and act a bit more like silicone implants. Like all saline implants, when it leaks, you know it. These implants have excellent safety data, low rates of rupture, and other complications. These implants are an excellent option for those hesitant to use silicone implants or as an option in revisional surgery.

*If you would like to know if an Ideal Implant might just be ideal for you, please call the office and arrange a consultation to learn more.*

# FUN FAT FACTS

BY DR. BRADLEY CALOBRACE

Fat, fat, fat... What is all this crazy talk of adding fat to patients? Well, it is true. The more we use fat grafting to improve our patients' outcomes, the more we use fat.

There is rarely a day that goes by that we do not do fat grafting for one or more of our patients. The reason: because fat is the perfect "filler" that is natural, provides volume, regenerative stem cells, and has long-lasting results.

One of the misconceptions is that fat goes away after you place it. In general, over half of the fat that is placed survives and retains its volume for many, many years. This is one of the differences between a "filler" such as Juvederm® or Restylane® which lasts up to a year, and fat which can survive for many years or possibly a lifetime. It also is the patient's own tissue, and thus is completely natural and shrinks and grows with the patient just like any fat would.

LEARN MORE



## FACIAL

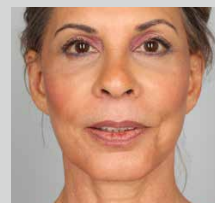
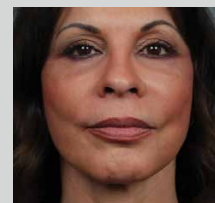
Fat grafting is done with most facelifts and eyelid surgery. The fat adds much-needed volume to the cheeks, lower eyelids, around the mouth, and in the temples. Even before facial surgery, fat is often used instead of fillers if our patient is going to surgery for something else. We would rarely, however, take a patient to surgery just to do facial fat grafting. But if we are already there, it is a perfect time to add some fat.



*So, don't just think of fat as bad...*

FAT TRANSFER WITH UPPER  
BLEPHAROPLASTY, HALO

*CaloAesthetics Patient*



BEFORE

AFTER



## BREAST

Fat grafting to the breast has emerged as an excellent way to improve the results in breast surgery. Almost all breast reconstructions performed after mastectomies undergo fat grafting. Now, we can do modest breast augmentations with fat only, or we use fat to improve the results of breast lifts, breast implants, and especially as a treatment after the removal of breast implants (explantation). About half the fat placed in the breast survives and is permanent. Fat is a great way to add more volume to the top of the breast and provide improved cleavage.

## BUTTOCKS

The so-called BBL, or Brazillian Butt Lift, has really become the “butt-buzz” on social media and is extremely popular. This has been one of the most powerful additions to body contouring in the last few years, providing a cinched waist and perky booty. To provide the greatest precision and safety, we perform BBLs under strict ultrasound guidance (Ultra BBL) to ensure optimal and safest fat placement.

## BODY CONTOURING

Fat grafting can be used in tummy tucks to create a more athletic six-pack look. This is called the RAFT procedure (Rectus Abdominis Fat Transfer). Also, fat is used to fill in the hip dips, shape the male chest, fill in previous liposuction defects, and a variety of other uses. Just as important as fat removal can be to creating shape in body contouring, equally adding fat in needed areas can also create more attractive shapes.

...in 2022, fat is where it is at! I never throw fat away if I can figure out a great way to use it to enhance the shape of our patients.

### FAT TRANSFER WITH UPPER AND LOWER BLEPHAROPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

### BRAZILIAN BUTT LIFT WITH AVELI

*CaloAesthetics Patient*

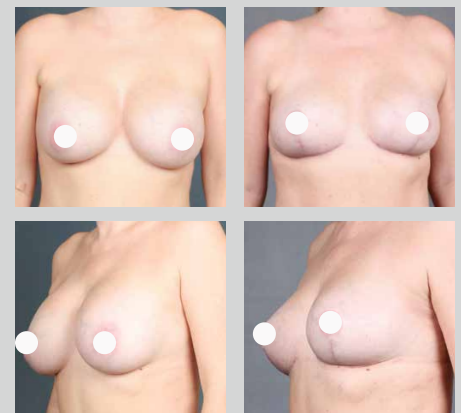


BEFORE

AFTER

### IMPLANT REMOVAL, BREAST LIFT, FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

# Surgical Body Contouring



LEARN MORE





*At CaloSpa,  
we have invested  
millions of dollars in  
providing the most  
advanced non-surgical  
body contouring  
procedures, all which  
have been discussed  
in this magazine.  
They include:*

COOLSCULPT® ELITE

EMSCULPT® NEO

TRUSCULPT®

ACCUFIT™

EXILIS ULTRASOUND™

SKINTYTE™

AVELI®

EMTONE®

#### STANDARD TUMMY TUCK, LIPOSUCTION

*CaloAesthetics Patient*



BEFORE

AFTER

#### EXTENDED TUMMY TUCK, LIPOSUCTION

*CaloAesthetics Patient*



BEFORE

AFTER

#### ANCHOR ABDOMINAL DERMOLIPECTOMY

*CaloAesthetics Patient*



BEFORE

AFTER

**Through these procedures, we can freeze fat, melt fat, tighten skin, build muscle, and smooth cellulite.** However, sometimes surgery is the best option and the best value to achieve the desired result. Liposuction is extremely common in our practice and I perform liposuction at some level in over half my patients. At CaloAesthetics Plastic Surgery, we use power-assisted liposuction and do it through a technique called SAFE Lipo! The only limitation to liposuction is its inability to tighten skin.

Renuvion® is an excellent procedure to perform immediately after the liposuction to tighten the loose skin. I have been personally shocked at how effective Renuvion skin tightening can be.

Additionally, every time we do liposuction we ask if there is anywhere we should put the fat. BBLs (Brazilian Butt Lifts) are very common, but also some patients chose to do a bit of rejuvenating fat grafting to the face or breasts. Fat grafting is a powerful option to consider when undergoing liposuction.

If the skin is too loose and the tissues are sagging, a 'LIFT' may be required. This could be a thigh lift, arm lift (brachioplasty), necklift, buttocks lift or even a complete body lift. This does involve more scars to lift and tighten the tissue, but the results are outstanding. These techniques are often used in patients who have undergone massive weight loss or genetically have very loose skin.

Another problem area is the abdomen due to pregnancy, weight loss or aging. A tummy tuck (abdominoplasty) can include many techniques performed together to achieve the final result — liposuction, mons pubis debulking and elevation, skin excision, new belly button construction and muscle tightening. We inject all our patients with exparel at the end of surgery to allow a numbing effect in the area for 3-4 days. All of these procedures can be performed as an outpatient with close follow-up in our office as you recover. These may be more invasive procedures that may give some of our patients a bit of hesitation in going down the surgical path...and I may not want to ask them if they would do it again in the first week or so after the procedure. But when they go for it...and all is done...the big smiles and hugs a few weeks later remind me that we have changed each of their lives for the better, and it was definitely worth it.

#### LIPOSUCTION WITH THERMITYTE

*CaloAesthetics Patient*

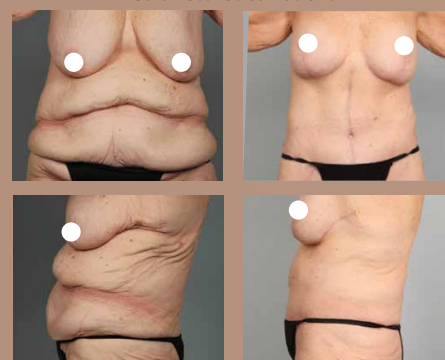


BEFORE

AFTER

#### ANCHOR TUMMY TUCK

*CaloAesthetics Patient*



BEFORE

AFTER

# COMING SOON!



**Daxxify™**

The first and only peptide-powered, FDA-approved frown line treatment with duration of **6 months and up to 9 months** for some patients.\*

Like Botox and Dysport, when Daxxify is injected it delivers a dose of botulinum toxin to block certain nerve signals. This means the muscles are temporarily unable to contract, relaxing wrinkles and fine lines in the process.

\*<https://daxxify.revanceaesthetics.com/>



**(plated)™**

The first and only topical skincare product harnessing the power of platelet-derived exosomes.

### The Science

Our key proprietary ingredient, Renewosomes™, contains trillions of renewing exosomes that provide a natural defense against the signs of aging.

### Powerful Antioxidant Enzymes

Helps protect from the environmental stressors that trigger cellular aging.

### Calming Effect

Diminishes the appearance of redness.

### Reduces the Appearance of Skin Imperfections

Diminishes the appearance of wrinkles, brown spots, redness, and dullness.

### Collagen and Skin Cell Support

Minimizes pore size and improves skin tone, texture, and youthfulness.



**Co2LIFT**

The only proven, medical-grade and topical carboxytherapy treatment that doctors recommend!

CO2LIFT is a state-of-the-art, anti-aging treatment that is clinically proven to lift, hydrate, brighten and improve the overall health and appearance of your skin. You can now immediately revive natural radiance in under an hour with absolutely no downtime.

CO2LIFT's carboxy therapy treatment improves the skin's elasticity without any invasive procedure.

CO2LIFT is gentle and safe for both men and women of all ages. It's as effective as some laser and radiofrequency procedures without the outpatient visit.

- Reverse your Skin's Aging Process
- Double Your Skin's Hydration
- Proven to Increase the Skin's Hydration by More than 117%
- Improves the Skin's Brightness and Overall Health
- Tightens and Lifts the Skin



**Klarna®**

We are excited to announce that CaloSpa's online store now offers Klarna®.

Klarna offers you the option to pay in full at checkout, or to split your purchase into 4 regular payments with Klarna Installments, making your online Open House purchases quick and easy. *So buy NOW and pay LATER!*

**BUY NOW  
PAY LATER**



# RESHAPING

# WHAT'S

# POSSIBLE®

BY DR. BRADLEY CALOBRACE

**renuvion®**  
COSMETIC TECHNOLOGY

ONE OF OUR FAVORITE NEW

PROCEDURES IS THE RENUVION

SKIN TIGHTENING DONE ALONG

WITH LIPOSUCTION.

The Renuvion is a unique device that combines helium gas and RF (radiofrequency) energy to tighten the skin.

When performing liposuction, removal of the unwanted fat leaves the skin attached to the underlying muscle through small, fibrous bands. These are the same bands that can create cellulite dimples in women. When the fat is gone, the skin can be looser.

After the liposuction, the Renuvion energy is applied internally to cause those fibrous bands to shrink and tighten up, thus tightening up the overlying skin. You may have seen one of our @calospa Instagram videos of this effect.

Renuvion can tighten the bra line, hips, post-pregnancy belly, upper arms, and thighs. It is also used to tighten the neck after submental liposuction. This procedure is only performed during surgery but adds no additional scars or downtime. Now, of course, Renuvion can't replace a tummy tuck or an arm lift when they are needed, but it can significantly tighten skin and provide an outstanding outcome in many situations and eliminate the need for larger scars to cut out loose skin.

This is my favorite new device of 2022. When coming in for body contouring, ask about Renuvion and see if it is right for you.

## TUMMY TUCK, LIPOSUCTION WITH RENUVION

*CaloAesthetics Patient*



BEFORE

AFTER





# Feminine Energy

## VAGINAL REJUVENATION

BY DR. LUCAS BOEHM

*There are a number of reasons a woman may develop functional or aesthetic issues with the external vagina including normal aging, genetics, and child bearing.*

Labiaplasty is cosmetic procedure designed to improve the appearance and function of the vagina by reshaping excess labia minora tissue. The most common complaints we hear in our patients seeking labiaplasty surgery include discomfort during sex or other physical activity, irritation with tight fitting apparel, or dissatisfaction with the aesthetics of the vaginal area.

Labiaplasty can be performed under general anesthesia or sedation depending on patient preference. There are two main techniques in labiaplasty surgery — the trim and the wedge technique. Our surgeons are trained in both techniques and utilize the technique best suited for a particular patient's anatomy and goals. Postoperatively, patients should expect up to a week of downtime.

**Greater than 90% of patients report long-term improvement in the discomfort they reported prior to surgery.**





NON-SURGICAL

## VAGINAL REJUVENATION

By Bethany Shively, DNP, FNP-BC, PMHNP-C

Non-surgical vaginal rejuvenation has become a more popular treatment not only in the aesthetics industry, but in gynecological offices and even in primary care, as this is an area that can negatively impact women's health. We are happy to have offered diVa laser as a non-surgical option for over a year at our practice with outstanding results.

diVa is a laser designed for the vaginal tissue that targets a variety of functional concerns. With improvements in stress incontinence (leaking during coughing/sneezing/laughing), internal laxity/looseness, external laxity/looseness, sensation dysfunction, and vaginal dryness/painful intercourse, it has become a popular treatment amongst our population. Many women note significant changes during and after menopause or even sooner after delivering children. diVa is a simple, in-office procedure that addresses many of these concerns with minimal downtime.

Recommendations can vary based on the patient and situation, but most women are seen for a series of 3 treatments, one month apart, and with minimal downtime. While results will last months/years, some women may require additional treatments or a "maintenance" treatment 1-2 years after their series. Schedule a consultation to see if diVa laser may be the right option for your women's health needs.



## BTS | NEW YORK

ONE OF THE MOST EXCITING  
NEW ENDEAVORS IS STARTING  
A NEW EDUCATIONAL MEETING  
IN THE UNITED STATES.

Dr. Per Heden from Stockholm, Sweden, and I are hosting our inaugural plastic surgery meeting, **Beauty Through Science-NEW YORK** December 1-3, 2022 in Times Square.



Dr. Heden began BTS Stockholm two decades ago, and three years ago we joined forces to continue the Stockholm meeting annually and now have expanded it to the United States.

This Meeting is unique as it includes leading Dermatologists and Plastic Surgeons from around the world, coming together to bring education on the most advanced treatments and technologies in our industry.

I am very excited to bring together the very best educators to advance Aesthetic Education to the highest level in the U.S. and around the world.

— Dr. Bradley Calobrace

# HAIR

BY DR. BRADLEY  
CALOBRACE

TRANSPLANTATION  
TRANSPLANTATION  
TRANSPLANTATION



LEARN MORE





*I have been performing hair transplantations for over 25 years here in Louisville. Although our techniques have advanced, the concepts are the same.*

In the past, I removed the hair in strips from the back of the head. Then my team cut them into small hair transplant grafts (micrografts and minigrafts). The tiny grafts were placed into small tiny incisions made in the bald or thinning hair areas. Today, we do **Neografting**, a technique that simply harvests each graft separately from the back of the head without the long incisions, and then the small micrografts are placed into tiny holes in the bald or thinning area. This provides more uniform, even grafting, and avoids the long scar.

The hair transplantations are performed with local anesthesia, with minimal discomfort post-procedure, and creates very natural results. As with all hair transplants, more than one procedure is often needed to achieve optimal fullness. It is always important to remember that no matter how great the hair transplantation is, and they are great, in my opinion, the hair density is always a bit less than natural hair.

Of course, there are many non-surgical options that can be highly effective in increasing hair fullness for those with only thinning hair.

**Nutrafol**® is a natural supplement that has produced outstanding improvement in hair fullness in men and women.

Many of our patients take **Propecia** (men only) or use topical Rogaine® (men or women). **PRP** (platelet-rich plasma) injections are effective in increasing hair fullness and can be used alone through a series of injections or as an enhancement treatment during the hair transplantation. Watch out for **Exosomes**, the newest treatment that may just battle PRP for the top spot in hair growth enhancement.

HAIR RESTORATION

CaloAesthetics Patient



BEFORE

AFTER

HAIR RESTORATION

CaloAesthetics Patient



BEFORE

AFTER

HAIR RESTORATION

CaloAesthetics Patient



BEFORE

AFTER

HAIR RESTORATION

CaloAesthetics Patient



BEFORE

AFTER

To learn more, contact our office and ask to schedule a consultation with Dr. Calobrace or Dr. Boehm.

BEFORE  
& AFTERTHE  
LOOK  
BOOK

Dr. Bradley is 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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## 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 -  
FULL FACE AND TOXIN

CaloSpa Patient



BEFORE

AFTER

HA INJECTABLE -  
NASOLABIAL FOLDS

CaloSpa Patient



BEFORE

AFTER



SCULPTRA

*CaloSpa Patient*



BEFORE

AFTER

SCULPTRA

*CaloSpa Patient*



BEFORE

AFTER

HA INJECTABLE - LIQUID RHINO

*CaloSpa Patient*



BEFORE

AFTER

BBL SCAR REDUCTION

*CaloSpa Patient*



BEFORE

AFTER

SCULPTRA BUTTOCKS

*CaloSpa Patient*



BEFORE

AFTER

KYBELLA

*CaloSpa Patient*

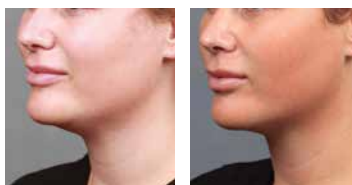


BEFORE

AFTER

HA INJECTABLE - JAW LINE

*CaloSpa Patient*

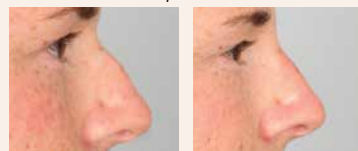


BEFORE

AFTER

HA INJECTABLE - LIQUID RHINO

*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 -  
CHIN, JAW LINE

*CaloSpa Patient*



BEFORE

AFTER

CALOTHRADING

*CaloSpa Patient*



BEFORE

AFTER

HA INJECTABLE -  
TEAR TROUGH

*CaloSpa Patient*



BEFORE

HA INJECTABLE -  
TEAR TROUGH

*CaloSpa Patient*



BEFORE

HA INJECTABLE -  
MARIONETTE LINES

*CaloSpa Patient*



BEFORE

HA INJECTABLE -  
HAND REJUVENATION

*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 AND FOREVER YOUNG BBL

*CaloSpa Patient*



BEFORE

AFTER

## FOREVER YOUNG BBL

*CaloSpa Patient*



BEFORE

AFTER

## FOREVER YOUNG BBL

*CaloSpa Patient*



BEFORE

AFTER

## FOREVER YOUNG BBL AND MICRONEEDLING WITH PRP

*CaloSpa Patient*

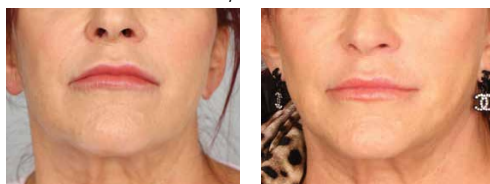


BEFORE

AFTER

## INFINI GENIUS

*CaloSpa Patient*



BEFORE

AFTER

## INFINI GENIUS

*CaloAesthetics Patient*



BEFORE

AFTER

## SCARLET - EYES

*CaloSpa Patient*



BEFORE

AFTER

## INFINI GENIUS

*CaloSpa Patient*



BEFORE

AFTER

BEFORE

AFTER

## HALO

*CaloSpa Patient*



BEFORE

AFTER

BEFORE

AFTER



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

### MICRONEEDLING

*CaloSpa Patient*



BEFORE

AFTER

### MICRONEEDLING FACIAL SCAR

*CaloSpa Patient*



BEFORE

AFTER

### MICRONEEDLING WITH PRP FACIAL SCAR

*CaloSpa Patient*



BEFORE

AFTER

### FOREVER CLEAR BBL

*CaloSpa Patient*



BEFORE

AFTER

### FOREVER CLEAR BBL

*CaloSpa Patient*



BEFORE

AFTER

## Non-Surgical CELLULITE AND SKIN IRREGULARITIES

### CELLULITE REDUCTION

*CaloSpa Patient*



BEFORE



AFTER

### INFINI

*CaloSpa Patient*



BEFORE



AFTER

### CELLULITE REDUCTION

*CaloSpa Patient*



BEFORE



AFTER

### AVELI

*CaloSpa Patient*



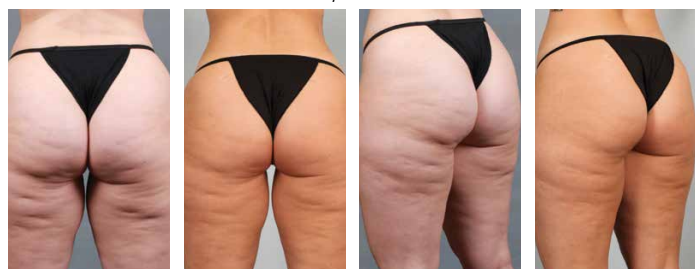
BEFORE



AFTER

### EMTONE

*CaloSpa Patient*



BEFORE

AFTER

BEFORE

AFTER

### EMTONE

*CaloSpa Patient*



BEFORE

AFTER

BEFORE

AFTER

## Non-Surgical CALOSCUPTING

### EMTONE

*CaloSpa Patient*



BEFORE

AFTER

### EMTONE

*CaloSpa Patient*



BEFORE



AFTER



BEFORE



AFTER

### EMTONE

*CaloSpa Patient*



BEFORE



AFTER

Non-Surgical  
CALOSCULPTING

## EMTONE

*CaloSpa Patient*

BEFORE

AFTER

## EMSCULPT AND EMTONE

*CaloSpa Patient*

BEFORE

AFTER

## EMSCULPT

*CaloSpa Patient*

BEFORE

AFTER

## EMSCULPT

*CaloSpa Patient*

BEFORE

AFTER

## EMSCULPT

*CaloSpa Patient*

BEFORE

AFTER

## EMSCULPT

*CaloSpa Patient*

BEFORE

AFTER

## EMSCULPT

*CaloSpa Patient*

BEFORE

AFTER

## EMSCULPT

*CaloSpa Patient*

BEFORE

AFTER

## EMSCULPT

*CaloSpa Patient*

BEFORE

AFTER

## COOLSCULPTING

*CaloSpa Patient*

BEFORE

AFTER

## COOLSCULPTING AND EXILIS

*CaloSpa Patient*

BEFORE

AFTER

## COOLSCULPTING AND EXILIS

*CaloSpa Patient*

BEFORE

AFTER

## TRUSCULPT

*CaloSpa Patient*

BEFORE

AFTER

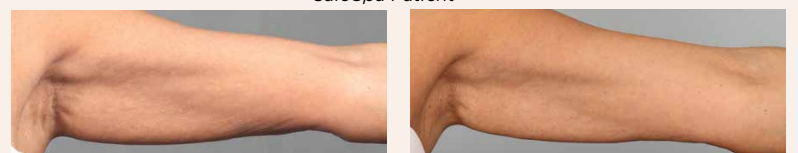
## EXILIS

*CaloSpa Patient*

BEFORE

AFTER

## SKINTYTE

*CaloSpa Patient*

BEFORE

AFTER



LOWER FACELIFT AND  
UPPER BLEPHAROPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

LOWER FACELIFT, NECK LIFT,  
LIP LIFT, AND FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

LOWER FACELIFT, LOWER  
BLEPHAROPLASTY, LIPOSUCTION,  
AND FAT TRANSFER

*CaloAesthetics Patient*



BEFORE

AFTER

LOWER FACELIFT, NECK LIFT,  
LIPOSUCTION, AND  
CONTOUR TRL

*CaloAesthetics Patient*



BEFORE

AFTER

UPPER BLEPHAROPLASTY,  
BROWLIFT, AND CONTOUR TRL

*CaloAesthetics Patient*



BEFORE

AFTER

UPPER BLEPHAROPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

CHIN IMPLANT AND  
SUBMENTAL LIPOSUCTION

*CaloAesthetics Patient*



BEFORE

AFTER

SUBMENTAL LIPOSUCTION  
WITH THERMITYTE

*CaloAesthetics Patient*



BEFORE

AFTER

RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

RHINOPLASTY AND  
CHIN IMPLANT

*CaloAesthetics Patient*



BEFORE

AFTER

Surgical  
FACE PROCEDURESBROW LIFT, UPPER AND  
LOWER BLEPHAROPLASTY*CaloAesthetics Patient*

BEFORE

AFTER

## LIP LIFT

*CaloAesthetics Patient*

BEFORE

AFTER

## TUMMY TUCK

*CaloAesthetics Patient*

BEFORE

AFTER

Surgical  
BODY PROCEDURES

## ARM LIFT

*CaloAesthetics Patient*

BEFORE

AFTER

## GYNECOMASTIA

*CaloAesthetics Patient*

BEFORE

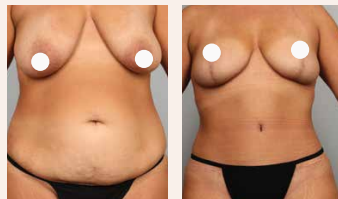
AFTER

## GYNECOMASTIA

*CaloAesthetics Patient*

BEFORE

AFTER

MOMMY MAKEOVER WITH  
MASTOPEXY AUGMENTATION,  
TUMMY TUCK, AND LIPOSUCTION*CaloAesthetics Patient*

BEFORE

AFTER

## TUMMY TUCK

*CaloAesthetics Patient*

BEFORE

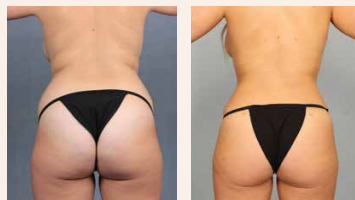
AFTER

## TUMMY TUCK

*CaloAesthetics Patient*

BEFORE

AFTER

LIPOSUCTION HIPS  
AND BACK, AND  
BRAZILIAN BUTT LIFT*CaloAesthetics Patient*

BEFORE

AFTER

LIPOSUCTION FLANKS,  
BRAZILIAN BUTT LIFT,  
AND SCULPTRA*CaloAesthetics Patient*

BEFORE

AFTER

## LIPOSUCTION FLANKS

*CaloAesthetics Patient*

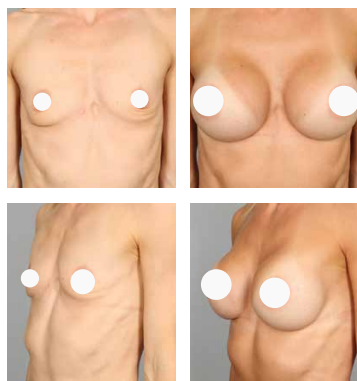
BEFORE

AFTER



**BREAST AUGMENTATION**

*CaloAesthetics Patient*

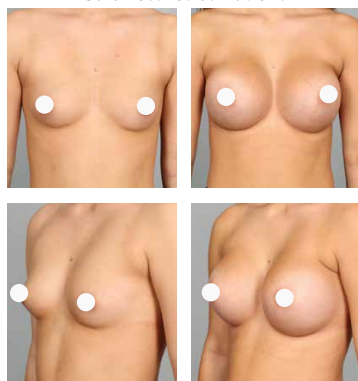


BEFORE

AFTER

**BREAST AUGMENTATION**

*CaloAesthetics Patient*

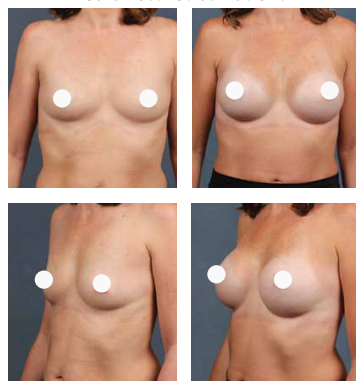


BEFORE

AFTER

**BREAST AUGMENTATION**

*CaloAesthetics Patient*

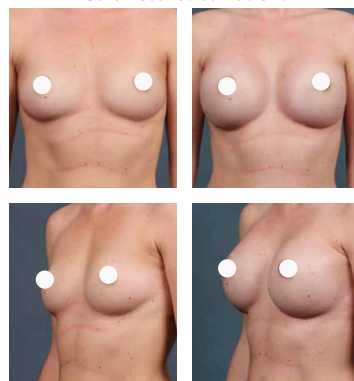


BEFORE

AFTER

**BREAST AUGMENTATION**

*CaloAesthetics Patient*

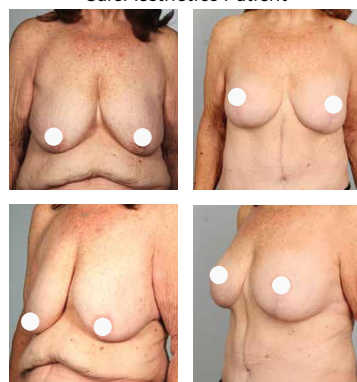


BEFORE

AFTER

**BREAST LIFT**

*CaloAesthetics Patient*

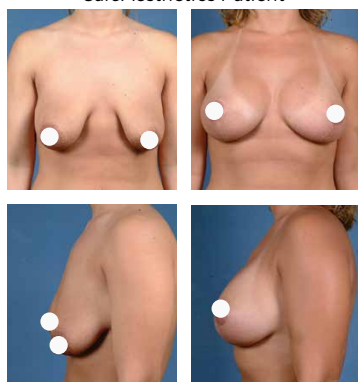


BEFORE

AFTER

**BREAST LIFT,  
BREAST AUGMENTATION**

*CaloAesthetics Patient*



BEFORE

AFTER

**BREAST LIFT,  
BREAST AUGMENTATION**

*CaloAesthetics Patient*

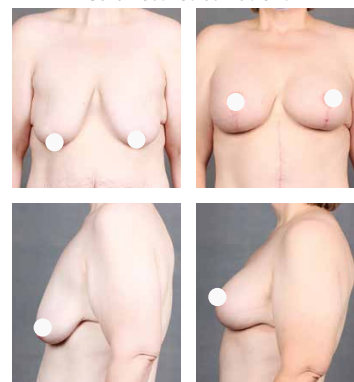


BEFORE

AFTER

**BREAST LIFT,  
BREAST AUGMENTATION**

*CaloAesthetics Patient*

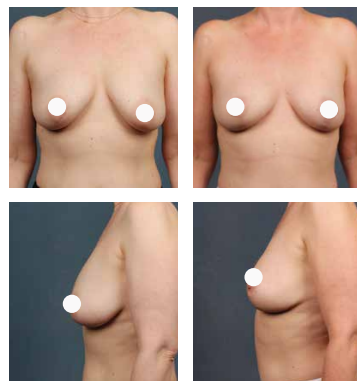


BEFORE

AFTER

**BREAST LIFT,  
AUTOAUGMENTATION**

*CaloAesthetics Patient*

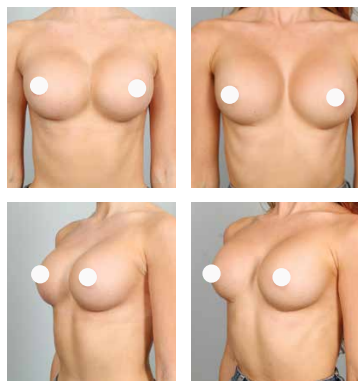


BEFORE

AFTER

**BREAST REVISION**

*CaloAesthetics Patient*

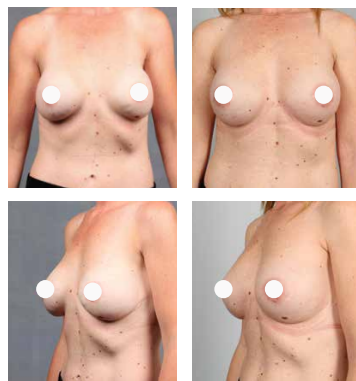


BEFORE

AFTER

**IMPLANT EXCHANGE,  
BREAST REVISION**

*CaloAesthetics Patient*

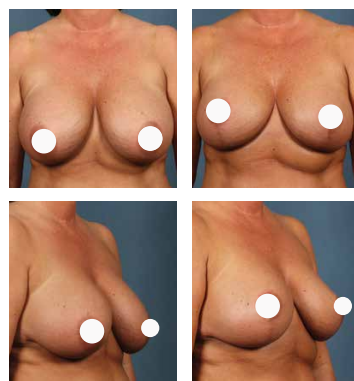


BEFORE

AFTER

**IMPLANT EXCHANGE,  
BREAST LIFT**

*CaloAesthetics Patient*

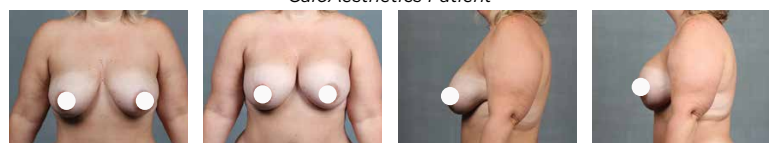


BEFORE

AFTER

**IMPLANT EXCHANGE, FAT TRANSFER**

*CaloAesthetics Patient*



BEFORE

AFTER

BEFORE

AFTER

**TOP SURGERY - FTM**

*CaloAesthetics Patient*



BEFORE

AFTER

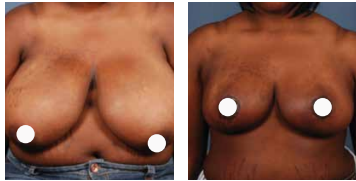
BEFORE

AFTER

## Surgical BREAST PROCEDURES

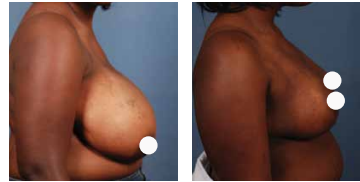
### BREAST REDUCTION

*CaloAesthetics Patient*



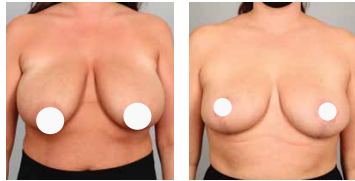
BEFORE

AFTER



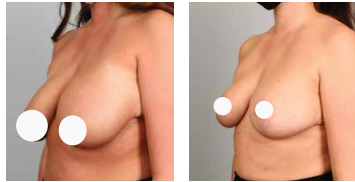
### BREAST REDUCTION

*CaloAesthetics Patient*



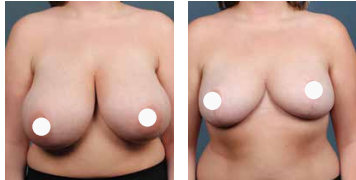
BEFORE

AFTER



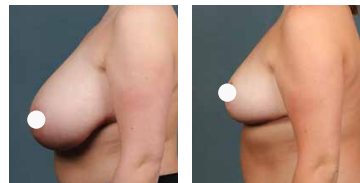
### BREAST REDUCTION

*CaloAesthetics Patient*



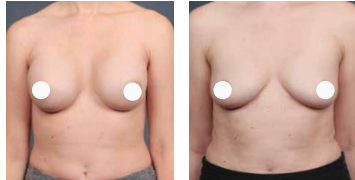
BEFORE

AFTER



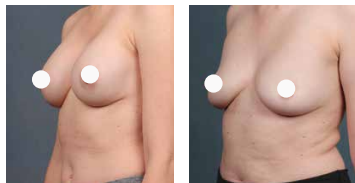
### IMPLANT REMOVAL

*CaloAesthetics Patient*



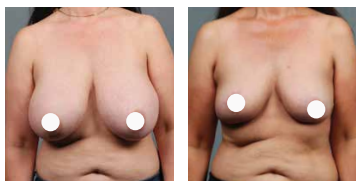
BEFORE

AFTER



### IMPLANT REMOVAL, BREAST LIFT, AUTOAUGMENTATION

*CaloAesthetics Patient*



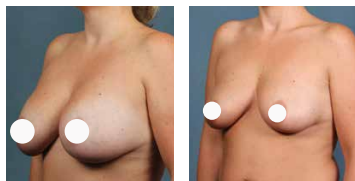
BEFORE

AFTER



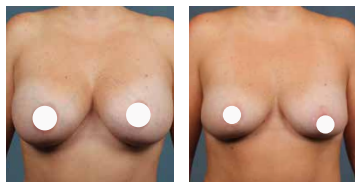
### IMPLANT REMOVAL, BREAST LIFT, AUTOAUGMENTATION

*CaloAesthetics Patient*



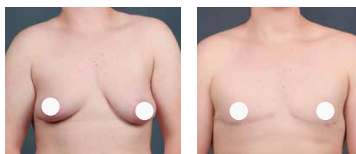
BEFORE

AFTER



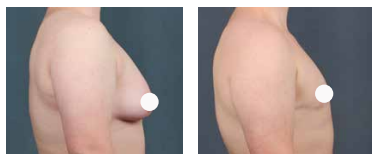
### TOP SURGERY - FTM

*CaloAesthetics Patient*



BEFORE

AFTER



BEFORE

AFTER

## Surgical HAIR RESTORATION

### HAIR TRANSPLANT

*CaloAesthetics Patient*



BEFORE



AFTER



BEFORE



AFTER

### HAIR TRANSPLANT

*CaloAesthetics Patient*



BEFORE



AFTER



BEFORE



AFTER

### HAIR TRANSPLANT

*CaloAesthetics Patient*



BEFORE



AFTER



BEFORE



AFTER

### HAIR TRANSPLANT

*CaloAesthetics Patient*



BEFORE



AFTER



BEFORE



AFTER



## Non-Surgical FOR MEN

### 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*

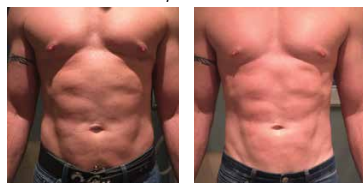


BEFORE

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 MEN

### UPPER AND LOWER BLEPHAROPLASTY WITH FAT GRAFTING

*CaloAesthetics Patient*



BEFORE

### UPPER AND LOWER BLEPHAROPLASTY

*CaloAesthetics Patient*



BEFORE



AFTER



AFTER

### LOWER FACELIFT, CHIN AUGMENTATION

*CaloAesthetics Patient*

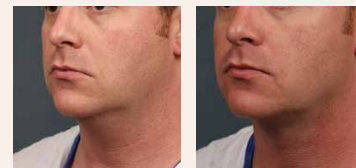


BEFORE

AFTER

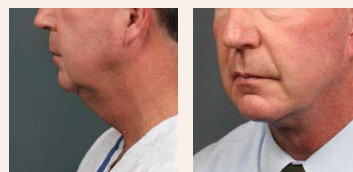
### NECKLIFT, SUBMENTAL LIPOSUCTION

*CaloAesthetics Patient*



BEFORE

AFTER

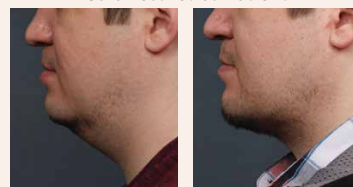


BEFORE

AFTER

### NECKLIFT, SUBMENTAL LIPO

*CaloAesthetics Patient*



BEFORE

AFTER

### RHINOPLASTY

*CaloAesthetics Patient*



BEFORE

AFTER

### GYNECOMASTIA

*CaloAesthetics Patient*

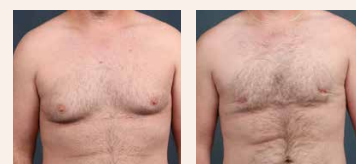


BEFORE

AFTER

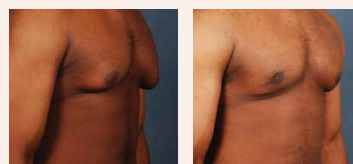
### GYNECOMASTIA

*CaloAesthetics Patient*



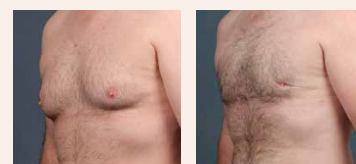
BEFORE

AFTER



BEFORE

AFTER



BEFORE

AFTER

# #SKINSCHOOL

## What Chemical Peel is Best for You

Chemical peels are an ideal treatment if you're looking for something affordable with many options, that require little to no downtime.

It's a restorative cosmetic treatment where chemical solutions are applied to the skin, creating a controlled mild injury to a specific depth, and as it heals there is improvement in the skin's texture and appearance. It removes damaged skin cells while stimulating a turnover for healthy cell renewal, moisture retention, and collagen structure. It treats concerns like sun damage, hyperpigmentation, fine lines and wrinkles, acne, scarring, texture, and large pores. Peels are a great introductory treatment for someone new to the aesthetic and cosmetics world, or even as an addition to your current treatments and skin care routines.

Each peel type and strength can have different results, and the consultation process with your provider is important to decide what is best for your specific concerns. Peels can range in depths from superficial, medium, and deep. The depth of the peel can determine the injury to the skin and the downtime involved with treatment. A superficial peel exfoliates the topmost layer of skin, for more mild concerns and minimal downtime (1-7 days). Medium and deep peels are a step up in strength for more moderate to severe cases, penetrating

deeper into the skin and requiring more recovery time (1-2 weeks). Most chemical peel treatments will be recommended in a series to get optimal results.

At CaloSpa, we want to make sure we have an option for every skin type by offering a variety of peels: Glycolic, Salicylic, Pyruvic, SkinMedica®'s TNS Peels (Illuminize®, Vitalize®, Rejuvenize®), and ZO®'s 3-Step Peel. We have different strengths that we can customize for each patient to achieve your desired results.

A **Glycolic peel** is a great option to help you treat signs of aging, pigment, scarring, texture, and overall complexion — while stimulating collagen and adding a healthy glow back to your skin. **Salicylic peels** are used to treat acne, blackheads and reduce hyperpigmentation post-breakouts. And if you're wanting to target those premature signs of aging and acne prone skin together in a gentle way, we could treat them with a **Pyruvic peel**. **TNS Illuminize peels** are perfect before any wedding or special occasion to restore that youthful, radiant appearance. **TNS Vitalize peel** is a unique blend of acids with retinol, targeting mild to moderate concerns. **TNS Rejuvenize peel** is a similar blend as Vitalize, for more moderate to severe concerns. **ZO's 3-Step peel** takes care of our patients with concerns of acne, large pores, and hyperpigmentation, especially melasma.

Schedule a consultation with one of our clinical aestheticians to learn more about a treatment plan that will best suit your skin's needs.

### GLYCOLIC PEEL

Photographs courtesy of Glytone



BEFORE

AFTER

### TCA PEEL

Photographs courtesy of Glytone



BEFORE

AFTER



# EYE ON THE PRIZE

The eyes are an area that can age faster than the rest of the face due to thin skin, loss of collagen and changes in bone structure that support the eye.

**Here are 6 things that you can do to keep your eyes on the prize:**

## UPNEEQ

*CaloSpa Patient*



BEFORE

AFTER

## 1 TOXINS

The musculature that surrounds the eyes contributes to the fine lines we notice when smiling or squinting. When the orbicularis oculi contracts, it pulls the eyes shut, causing bunching of the skin, which ultimately leads to static lines we notice in the mirror. With preventative and consistent treatment at least once a quarter, neurotoxins like Botox®, Jeuveau® and Dysport® can dramatically soften the lines and promote healthier-looking skin around the eyes. Dosing will be determined by your expert injector during your visit.

## 2 MICRONEEDLING

Microneedling is an excellent procedure to add to your anti-aging arsenal. Our SkinPen device is designed to remodel the skin by creating temporary microscopic channels which activate your body's own ability to stimulate collagen and elastin formation. SkinPen is most commonly used on the face, neck, and chest areas, but can be used in other areas of the body, as well. Your skin will appear healthier, more radiant, and you will see a noticeable difference in texture and acne scarring. Microneedling is a great maintenance tool for firmer, younger-looking skin, especially when paired with PRP.

## 3 ADDING PRP

Platelet Rich Plasma (PRP) is derived from a small blood sample we take and spin down in our centrifuge to extract your own liquid gold! This liquid gold can be used for under eye rejuvenation, hair restoration, and paired topically with microneedling or post-laser treatments to enhance results and healing. PRP is a natural way that you can stimulate collagen and encourage new cell growth, which is especially important for the thinning skin under the eyes (Lower Lid PRP). A series of 3 treatments is recommended for optimal results for microneedling with PRP injections.

## 4 THREADING

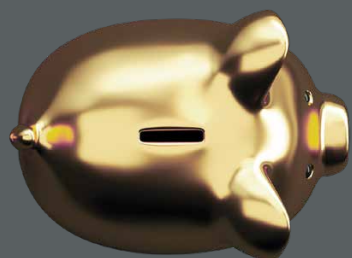
PDO threads are a non-surgical option to recontour and lift tissue to create a more youthful appearance to the face. PDO threads have 2 categories: smooth threads and barb lifting threads. Each plays a role in tighter, healthier-looking skin. Smooth threads are designed to help areas of crepey skin, recruit new collagen formation and tighten the skin over time with neocollagenesis. Smooth threads can be placed under the eye to improve skin texture and the position of tissue resulting in a more youthful appearance. You will see immediate results with your thread lift procedure and you'll continue to see results for 6 to 9 months.

## 5 UPNEEQ®

Ever wish you could just add a pop of brightness to your eyes for a special event? Upneeq does just that! Upneeq is the only FDA-approved prescription eye drop for acquired ptosis (low-lying lids) that lifts your upper eyelids to open your eyes. If you have tired-looking eyes or cosmetic concerns, Upneeq can offer a unique addition to your routine, brightening and opening the eyes as soon as 5 minutes after use. Apply one drop to each eye and within 2 hours, you will notice brighter, more awake eyes. The results last 8 to 10 hours!

## 6 LATISSE®

Long, luscious lashes without getting extensions? Latisse is an FDA-approved prescription treatment to help grow longer, fuller, darker lashes. Latisse is applied nightly to promote eyelash growth and you can start to see results as soon as 4 weeks. Full results from using Latisse are more noticeable at week 16 with longer, thicker lashes.



# SAVE 20% AT THE OPEN HOUSE

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

# Tighten it UP

BY KATY JO GROFT, CLINICAL AESTHETICIAN

Of all concerns I treat in our practice, skin tightening is by far one that I am highly passionate about, as many of our patients struggle with laxity and loss of volume as we age. These patients range in age from 20's and beyond. While some patients may be looking for preventative treatments, others are looking for corrective procedures for more severe laxity concerns. We offer a variety of treatment options for patients who are seeking non-surgical skin tightening from head to toe.

## So, what causes laxity in the skin?

Collagen production starts to decline around the age of 25, decreasing around 1-2% per year afterward. Collagen is the main structural protein found in the skin and other connective tissues throughout the body. Think of collagen as the foundation of our skin, like you would the foundation of a house. As the foundation ages, it begins to settle and weaken over time. Just like collagen, the elastin in our skin will decrease as we age. Elastin is a protein that your body naturally produces, stretching like a rubber band. Elastin coils and recoils like a spring within the elastic fibers of connective tissue. Additionally, many other lifestyle factors may contribute to the loss of collagen and elastin in the skin; free radicals, toxins, pollutants, and UV exposure are all among these contributing factors.

Our first line of defense starts with good, physician-directed skin care, no matter what our age is. Daily topical antioxidants like SkinCeuticals® CE Ferulic can help to neutralize free radicals that break down collagen and elastin in our skin and should always be paired with a daily broad-spectrum SPF like Revision Skincare® Intellishade®. Regular use of retinol can also be a beneficial tool, as they increase cell turnover, promoting collagen and elastin production. In addition, hyaluronic acid, a jelly-like substance found naturally within our skin that provides bounce and suppleness that work support to collagen and elastin proteins found within the skin and may also be applied topically to help restore hydration. Try SkinCeuticals HA Intensifier to restore hyaluronic acid in the skin.

### INFINI GENIUS

CaloSpa Patient



BEFORE

AFTER

### SCARLET AND FOREVER YOUNG BBL

CaloSpa Patient



BEFORE

AFTER

LEARN MORE





## With laxity, there are varying degrees of severity:

### ○ MILD LAXITY

For mild cases of laxity, typically patients in their 20's and 30's, we may begin non-invasive treatments such as **Softwave™**. Softwave uses proprietary Synchronous Ultrasound Parallel beam technology, which utilizes ultrasound energy that precisely passes through the skin's surface, heating the mid-dermal tissue at just the precise depth and temperature to rejuvenate collagen fibers and improve the overall appearance of the skin. Softwave is typically done as a single 30–45 minute treatment and is FDA cleared to treat facial lines and wrinkles and lift the eyebrows, lower face, submental (under the chin), and neck areas. You can expect little to no downtime following Softwave treatments, so it's perfect for patients who have an active and busy lifestyle.

### ○ ○ MODERATE LAXITY

For moderate cases of laxity, **Exilis Ultra** is a great choice for patients in their 30's to early 40's. Exilis Ultra utilizes a combination of radiofrequency energy and ultrasound energy. The ultrasound component of Exilis is used to help assist in the delivery of the radiofrequency energy, for controlled and precise heating of the dermis where collagen is produced, which produces firmer, tighter skin. Treatments are comfortable and tolerated well by patients, as it feels like gradual heating to the skin. Treatments are typically done in a series of 4-8 treatments spaced 2-4 weeks apart. Even better, there isn't any downtime, and Exilis isn't just indicated for the treatment of laxity on the face - it can also be used to tighten skin from head to toe.

### ○ ○ ○ SEVERE LAXITY

For more severe cases of laxity, my hands down favorite **treatment is microneedling + radiofrequency (Infini Genius or Scarlet)**. Of all treatments that we provide to address laxity in our office, this is what I feel provides the most consistent and jaw-dropping results. What is unique about microneedling + radiofrequency is that it combines two different modalities into a single treatment. Any time we can combine multiple modalities into one treatment, enhanced results can be seen. This combination therapy is more effective at stimulating collagen production, as well as contracting existing collagen for better skin tightening and a reduction of a variety of skin concerns, like acne scars. Different from Softwave and Exilis, which both have a controlled depth of penetration, our microneedling + radiofrequency devices, Infini Genius and Scarlet, can be tailored to treat at different depths within the skin. This means that your provider will adjust their depth settings for each unique patient. Patients are typically treated at three different precise depths which allows us to treat the entire collagen layer. These microneedles are different from traditional microneedles; they're insulated, which is how they're able to deliver radiofrequency energy at these precise depths. These needles penetrate the skin, creating a controlled wound, causing collagen to mass produce. This creates lifted, smoother, and tighter skin. Microneedling + radiofrequency treatments are typically done in a series of 3 treatments, spaced 4-6 weeks apart. Unlike Softwave and Exilis, treatments do require a small amount of social downtime. Generally, you can expect about 3-5 days of social downtime with mild redness and swelling post-procedure. Microneedling + radiofrequency has traditionally been used to treat the face, neck, and chest; however, we are now finding that this can be a great option for treating skin laxity and texture on the body as well. Pair microneedling + radiofrequency with other treatments like Halo for the ultimate result in skin tightening plus skin resurfacing that results in the most beautiful, glowing skin!

#### SOFWAVE

Photo Courtesy of Softwave



BEFORE

AFTER

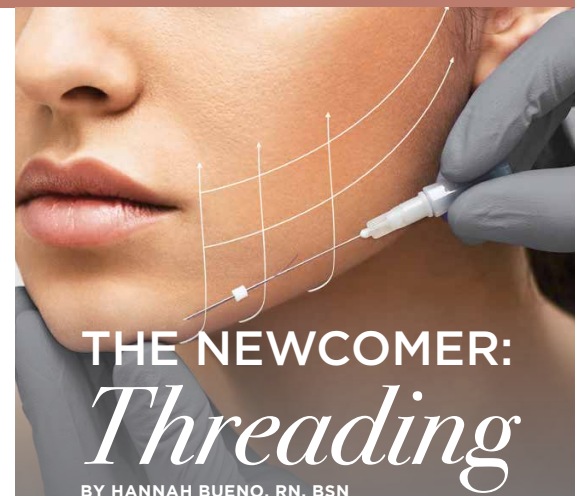
#### EXILIS ULTRA

CaloSpa Patient



BEFORE

AFTER



## THE NEWCOMER: *Threading*

BY HANNAH BUENO, RN, BSN

PDO threads are a non-surgical option to recontour and lift tissue to create a more youthful appearance to the face.

### PDO threads have 2 categories:

- 1 SMOOTH THREADS
- 2 BARB LIFTING THREADS

Each plays a role in tighter, healthier-looking skin. **Smooth threads** are designed to help areas of crepey skin, recruit new collagen formation and tighten the skin over time with neocollagenesis, an occurrence in the human body as a natural component of wound repair. Smooth threads can be placed under the eye to improve skin texture, in the lip border to add definition, in those pesky smile lines and in various other parts of the face and body. **Barb lifting threads** help to sculpt areas of the face with laxity to improve the position of tissue resulting in a more youthful appearance. You will see immediate results with your CaloThreadlift and continue to see results for 6 to 9 months.

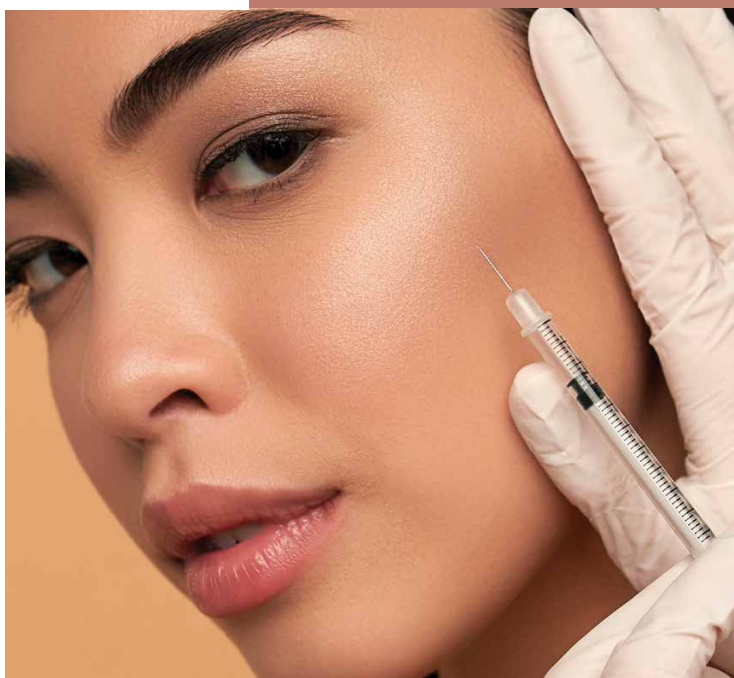
#### THREADING

CaloSpa Patients



BEFORE

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# *The* *Injectable* **ROAD** **MAP**

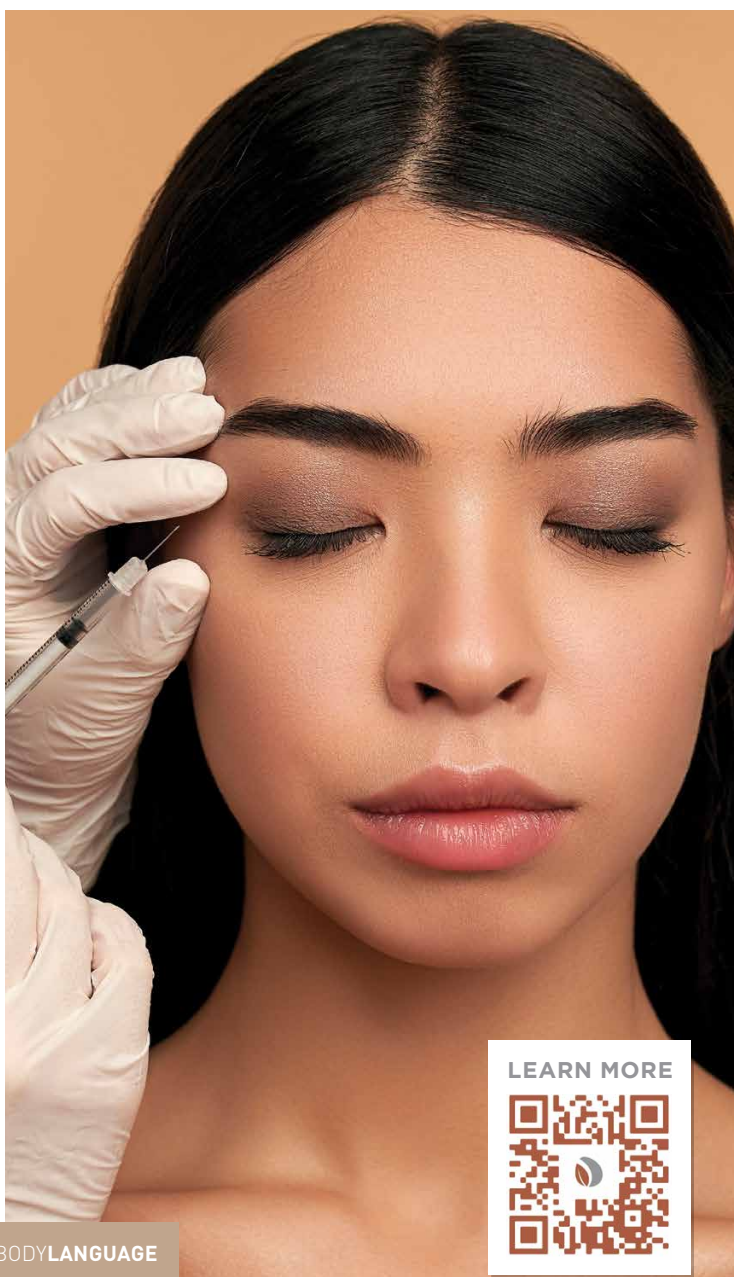
BY LINDSAY SALCE, APRN  
AND LAUREN MEADE, PA

## NEUROMODULATORS

*Neuromodulators are one of the most commonly performed aesthetic treatments worldwide.*

They are incredibly popular because of their fantastic efficacy, fast action, and zero downtime. Treatments are performed during a 15-30 minute appointment and the patient can resume normal daily activities immediately afterward. Calospa offers three neuromodulator treatment options: Botox®, Dysport® and Jeuveau®. Many people begin their aesthetic journey by receiving a neuromodulator treatment to soften wrinkles and fine lines on the **UPPER FACE**. Popular areas to treat include the frontalis (forehead), the glabellar complex (angry 11's), and the lateral canthal lines (crow's feet). Neuromodulators cause a temporary relaxation of the facial muscles that cause these wrinkles. Results generally last 3-4 months.

The **LOWER FACE** was not considered for treatment with neurotoxin for many years, but providers began noticing that the lower face "deteriorated" in relation to the upper face in patients who received only upper face toxin. Now, the lower face is commonly treated to give the best global result. Areas of treatment of the lower face include the LLS (to correct a gummy smile), perioral lip lines (smokers lines), enlarged masseters (due to clenching/grinding), mentalis (or chin muscle), DAO (the muscle that pulls down the corners of the mouth), and platysmal bands on the neck. In addition, neurotoxins can be used to treat excessive sweating (on the face, armpits, hands, and feet), and can be mixed at a higher dilution and injected superficially to decrease pore size and give an overall smoothness to the skin. Our expert injectors can also use neuromodulators to help balance facial asymmetries, and mildly elevate the eyebrows. Your provider will help to decide which product is best for you based on your anatomy and treatment goals.



LEARN MORE





## EXCITING NEWS!

CaloSpa will be one of the first in the country, as a preview account, to offer **Daxxify**, a new toxin that can last twice as long as currently offered toxins on the market.

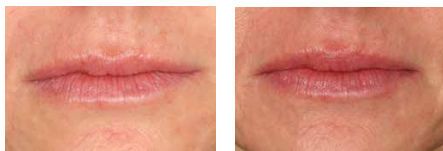
### FILLERS

*Dermal fillers are a very popular way to enhance areas of facial volume loss and provide greater overall facial harmony and balance.*

Most dermal filler products are composed of a compound called hyaluronic acid (HA) which is a complex sugar molecule that is naturally occurring in the body. HA is one of the primary components of connective tissue and forms a gel-like matrix that surrounds cells. It is uniquely well-suited to volumize because it is hydrophilic (meaning water-loving) so it binds to water to plump and hydrate thin tissue. Because it is a substance that is native to the human body, it is a very safe and well-tolerated product to use for facial volumization.

#### HA INJECTABLE LIPS

CaloSpa Patient



BEFORE

AFTER

#### HA INJECTABLE LIPS

CaloSpa Patient



BEFORE

AFTER

#### HA INJECTABLE LIPS

CaloSpa Patient



BEFORE

AFTER

#### HA INJECTABLE LIPS, CHEEKS, TEAR THROUGH

CaloSpa Patient



BEFORE

AFTER

At CaloSpa, we focus on pan facial rejuvenation. This means instead of focusing on one area, we prefer to look at the whole face. We replace volume in a variety of areas to achieve a well-balanced and natural result. As we age, we begin to lose fat and muscle in areas such as the temple, preauricular area (in front of the ear), cheeks, and infraorbital hollows (around the eyes). Many of our patients present with concerns of laxity in their lower face, which causes the appearance of jowling. The majority of these patients are lacking volume in the midface due to normal aging changes. Adding volume back to the frame of the face will indirectly improve the "saggy" in the lower face that can be bothersome to patients. It allows us to use less product on the lower face, creating a soft, natural appearance. There are a variety of products that can be used to restore volume in the **UPPER FACE**. Restylane® Lyft, Restylane Contour, Juvéderm Voluma®, and RHA® 4 all perform well in the midface, helping to **RESTORE VOLUME LOSS IN THE CHEEKS**. Restylane-L and Juvéderm Volbella® are commonly used to improve **HOLLOWNESS AROUND THE EYES AND IN THE TEAR TROUGHS**. Hollowness in the temples can be gently revolumized using Restylane Contour, Vollure™, or RHA 3.

The **LOWER FACE** is fast becoming one of the most popular areas to treat with dermal fillers. Marionette lines, **CHIN**, and **JAWLINE** are some of the most popular treatment sites and enhancement of these areas can increase the overall harmony of the facial features by creating better proportion and balance. Products that perform well here are typically those with a high G prime and good durability. Radiesse®, Restylane Lyft, Voluma, and Restylane Defyne are all wonderful choices in areas of the low face where you want to achieve the look of bony support. The jawline has become very popular, and enhancing it can be achieved using a firm, longer-duration product such as Restylane Lyft, Voluma, or Radiesse (the newest filler to come to market). In areas of greater mobility, such as the smile lines and perioral region, flexible products should be used because they look natural with facial expressions. In the **NASOLABIAL FOLDS AND MARIONETTES**, Defyne, or RHA 3 provide a good blend of strength and flexibility. For fine perioral lip lines and smile lines, a very light and flexible filler is preferable, such as Restylane Refyne, RHA 2, or Volbella. These products can be placed very superficially in the dermis and effectively erase tiny etched lines. For any particular concern you may have, the expert injectors at CaloSpa will choose the product that is best suited to achieve your aesthetic goals.

Every patient desires to look natural and not "done". That is our primary goal when we seek aesthetic improvement for our patients. Much more important than the product used is the experience and expertise of the provider administering the treatment. As a group, our aesthetic injectors have a combined total of over 90 years of injecting experience, making us the most experienced group of injectors in the state of Kentucky.

# Non-HA's

BY LACEY MCCAULEY, MMS, PA-C

Sculptra® differs from HA (Hyaluronic Acid) fillers in that it is a global volume corrector and collagen stimulator. Its purpose is to stimulate the skin's fibroblast cells to start producing collagen again. Around the age of 30, the body starts to decline in efficiently producing collagen. Therefore, everyone over the age of 28 is a Sculptra candidate, but it is exceptionally helpful for very thin patients, athletes and women who have had volume loss in the frame of their face. Any patient that feels like hyaluronic acid correction no longer is lasting for them would be an excellent candidate for a collagen builder as well. The collagen-building profile with Sculptra is impressive. At almost 70 percent, it is a truly amazing option for patients. Sculptra is a slow and steady product. Results are not immediate, but rather over several weeks. Injection patterns do not focus on one zone but on the entire face. It can also be used to address volume loss, and skin quality and provide some firmness in areas on the body as well. It can be utilized on the chest, arms, knees, and buttocks. Sculptra produces a very subtle and natural-looking global improvement. It is done over a series of sessions, which are spaced 4-6 weeks apart. Three months after the final treatment of the series, results will be in full effect. These results are long-lasting for most, with a duration of 2-5 years, with longevity in overall skin condition.

Another option in the collagen-building profile is hyper-diluted Radiesse®. Radiesse is a collagen-stimulating injectable that is used to plump and restore volume loss to the skin. It is a long-lasting volumizing filler that when injected provides structure to the face. However, when Radiesse is mixed with saline and lidocaine in a hyper-diluted concentration it can be injected into areas of volume loss in the body. These areas include the neck, décolletage, arms, knees, abdomen, and buttocks. As with other biostimulators, this product stimulates the body to produce collagen to restore firmness, texture, and quality. Hyper-diluted Radiesse treats wrinkles, laxity, and crepiness by increasing a natural dermal thickening. Hyper-diluted Radiesse treatments are done in a series of 2 to 3 spaced 4 to 6 weeks apart.

As with any treatment or procedure, doing a private consultation with one of our team members is the best way to determine the ideal treatment plan for you and your aesthetic desires.

## SCULPTRA

*CaloSpa Patient*



BEFORE

AFTER

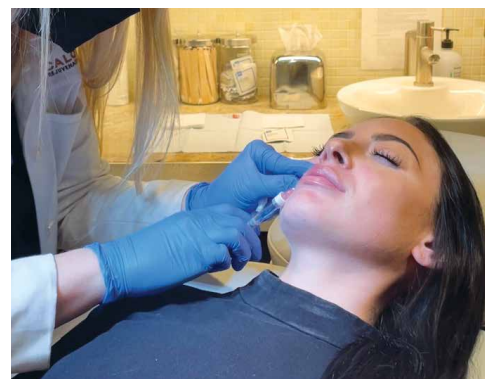
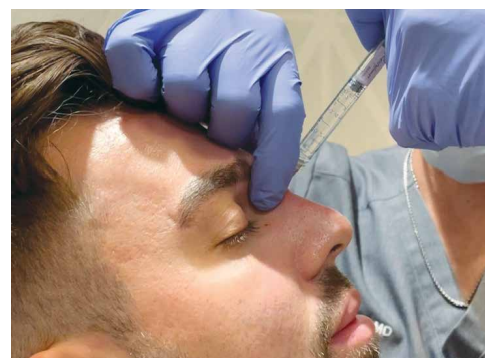
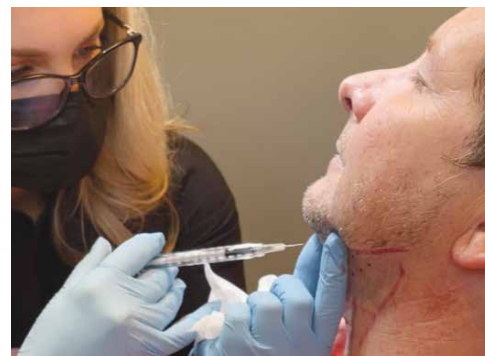
## DILUTE RADIESSE

*CaloSpa Patient*



BEFORE

AFTER



# The Injectable FAT REDUCER

BY OLIVA HALL, RN

Kybella is an injectable synthetic deoxycholic acid that destroys fat cells. Once destroyed, these cells can no longer store or accumulate fat resulting in a noticeable reduction. Treatment focuses on the submental area, the area under the chin. A patient's treatment plan is based on individual assessment. Results work gradually during a series of 2-4 treatments until the desired aesthetic goal is achieved.



# SEEING RED

Broken capillaries, little red veins, telangiectasias, spider veins, no matter what you call them, are they becoming more prevalent and harder to cover with concealer or makeup? Many of these unwanted vessels will not go away on their own.

## CLEAR V

ClearV® by Sciton is the go-to treatment for these stubborn vascularity issues. ClearV is a safe and effective way to gently treat these vessels and many other vascular issues. Rosacea, port wine stain, and cherry angiomas can also be treated with the ClearV laser. While laser treatments in the past were lacking precision to the specific area, ClearV can precisely target fine veins while not damaging the skin around them.

ClearV is also a great choice for spider veins on the legs, ankles, and feet. While most leg vein laser treatments in the past have required compression stockings, with ClearV you can maintain the best results by wearing your favorite leggings for 5-7 days post-treatment. Treatment times may vary with larger areas on the legs but most treatments on the face take less than 20 minutes to treat. Recommended treatments for areas on the face, including cheeks, nose, and chin areas are every 4-6 weeks and the number of treatments varies depending on area size, the color of vessels, and the body's ability to heal. ClearV also works on all skin types, which makes it very safe and effective with many patients having little to no downtime. You may feel a brief warming sensation or a little pin prick as the laser pulses are absorbed by the unwanted vessels. Clearance of these pesky veins can eliminate the need for concealer or makeup. They can also make you feel more confident in wearing skirts, shorts, and dresses when it comes to leg veins.

## CLEAR SILK

Just ate a protein bar or your favorite shake and are not sure what to do with the rest of your 30-45 minute lunch break? What if I told you that you can address fine lines, wrinkles, redness, rosacea, scarring, and overall skin rejuvenation in 30-45 with no downtime?

If you're looking for a laser to help with these unwanted skin concerns without the downtime of heavy ablative lasers, then ClearSilk is the right treatment for you. ClearSilk is a laser designed to treat all skin types, all year long without downtime. The heating from the laser stimulates collagen and is like a warm facial massage while ensuring beautiful results time and time again.

ClearSilk is available to treat any area over the body. Want to treat dullness in the arms before wearing a sleeveless dress to a wedding? Great, ClearSilk is the perfect option with no downtime. ClearSilk is recommended for a series of 6 treatments and/or also pairs great with other treatments you may already be doing in the practice. Pair ClearSilk with BBL®, BBL Hero™, ClearV, Moxi®, and HALO®. ClearSilk is also an amazing treatment to maintain results from Forever Clear® BBL (mostly recommended in the fall and winter seasons) and can be used in the summer months without risk.

LEARN MORE



### CLEAR V

*CaloSpa Patient*



BEFORE

AFTER

### CLEAR V

*CaloSpa Patient*



BEFORE



AFTER

### CLEAR V

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BEFORE



AFTER

### CLEAR V

*CaloSpa Patient*

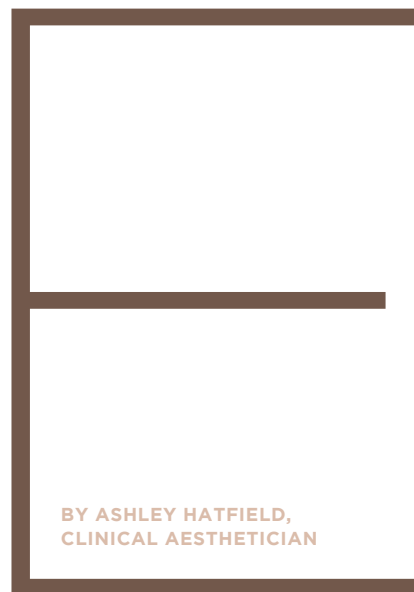


BEFORE



AFTER

# ask me about



Do you struggle with acne-prone skin? I want to go over how nowadays we have advanced technology, treatments, and skin care to help patients who struggle with acne. I struggled with acne. It was an emotional roller coaster for me and it was a big deal for me when growing up. My struggle is the reason I became an aesthetician. So, let's get to it, **ask me about acne...**



## Q: *what causes acne?*

Many factors can cause acne, including genetics, menstrual cycle, anxiety and stress, hot and humid climates, using oil-based makeup, and squeezing and picking at your pimples. Acne, known as acne vulgaris, happens when your pores become clogged with excess oil, dirt, dead skin cells, or bacteria. In some cases, these clogged pores can cause inflammation. Acne is more common in teenagers and young adults. However, some older men and women can develop acne.

## Q: *how do you prevent acne?*

I recommend setting up a consultation with a Clinical Aesthetician or Cosmetologist. The first line of defense will be to start off using good physician-grade skin care. Skin care can make a big difference, using products that are right for your skin can help regulate your PH levels, limiting the overproduction of oil that can sit on the skin clogging your pores. Products can also assist in exfoliation, so oil is not getting trapped in the pore. Choosing the right makeup for ourselves and keeping our makeup brushes nice and clean also help prevent acne.

## Q: *what about scarring?*

Unfortunately, acne can lead to scarring, don't worry we can help you with that. My go to treatment is microneedling. Microneedling for acne scars works by penetrating the top layer of the skin, with tiny needles which induce an increase in collagen production where the micro-wounds are created. This is going to leave the skin smoother; you will see the improvement in the texture and pores size with this treatment. For my patients that have deeper scarring, we have options such as the Halo® laser which uses a combination of both ablative and non-ablative lasers to simultaneously exfoliate the top layer but also create tiny micro-wounds within the dermal tissue. Then there is an option called Genius, one of the most powerful devices for building collagen and elastin. This treatment is going to combine microneedling and radiofrequency to trigger a massive remodel of the dermis.

## TREATMENT

Once we are on a good skin care regimen, then treatments will help make this a faster journey to clear skin. First option is chemical peels. For the best results, your aesthetician will perform several peels over several weeks. After the full treatment, **chemical peels (Glytone peels and TNS peels)** remove damaged skin and clears up your acne. There are some hidden extras in your chemical peel, too. For instance, your peel will improve the absorption of future topical treatments you'll use to keep your acne at bay. Chemical peels also reduce pore size and may decrease sebum production, the oil that causes acne. Another treatment I love to talk about is **Forever Clear® BBL**, this has been a game changer for acne, how I wish we had this when I was in high school. Forever Clear is a non-invasive acne treatment. This laser is treating the root cause of acne in order to clear breakouts. This effective treatment is pain-free and has minimal downtime. To breakdown what this treatment is doing, the first pass uses blue light to eliminate acne-causing bacteria located deep within the skin's pores. Following along using the yellow light for the second pass to help reduce inflammation and acne-associated redness to give you healthy, luminous skin while preventing new breakouts. Last but not least, we add on a 3rd pass using infra-red light rapidly, with gentle pulses to initiate the body's natural healing process to reduce the appearance of scars and enhance the first two steps.

What I love about working here at Calospa and CaloAesthetics is that there are so many options you can take. Everyone's skin benefits differently and that is why I recommend having a consultation with one of our amazing Esti's and they will get you on the right track. **Everyone deserves clear skin.**

LEARN MORE



### FOREVER CLEAR

CaloSpa Patient



BEFORE

AFTER

### FOREVER CLEAR, MICRONEEDLING

CaloSpa Patient



BEFORE

AFTER

### FOREVER CLEAR

CaloSpa Patient



BEFORE

AFTER

Hyperpigmentation is caused by an overproduction of melanocytes, which are triggered by sun exposure, post inflammatory hyperpigmentation (PIH or trauma to the skin) and hormonal imbalances (estrogen/progesterone) in the body. This article will focus on two specific reasons for hyperpigmentation and how the Sciton Halo and MOXI treatments can help to address these concerns.

**MOXI** is a fractionated 1927 laser filtered to protect the epidermis and your skin's beautiful color while causing small micro-channels in the skin. Your brain sees this as damage sending a signal to stimulate collagen. This collagen production is important for many reasons. First, did you know that collagen is the most abundant protein in your body and the largest connective tissue in your body? This connective tissue keeps your skin better hydrated and lowers inflammation. Without this important hydration, your body cannot control cortisol levels effectively, which in some patients causes a higher risk of melasma from hormonal imbalances. There is a ripple effect when we improve collagen production, we improve our connective tissue, increasing hydration in the skin, improving hyaluronic acid levels, causing a decrease in fine lines, and improving the skin's texture and tone. Most patients will need 3-5 treatments to see optimal improvements. This treatment will need to be paired with appropriate skin care to see optimal results. The MOXI Laser treatment can be combined with BBL® Hero™ for ultimate improvement with hyperpigmentation/melasma concerns, for most skin types.

**SCITON HALO** laser is a special type of fractional hybrid laser that combines ablative (2940nm fractional Erbium laser) and non-ablative resurfacing (1470 diode laser), in one treatment. Allowing improvement in more significant signs of sun damage, aging, and redness. In return, this treatment does require, in most cases, more downtime and more time between treatments. Patients generally need 2-3 treatments, spaced 8 weeks apart. The Halo treatment does require 3-5 days of downtime, with the skin feeling more normal in about a week.

Just like the MOXI treatment, micro-channels are made in the skin sending a signal to stimulate collagen helping to improve the skin's function, texture, tone, and fine lines while stripping away the outermost layer of skin, removing dull damaged skin, helping to stimulate collagen even greater, and causing your skin to restructure and rebuild itself from the inside out. Patients can also combine BBL Hero with their Halo treatment for a more significant change in skin texture and tone.

Before beginning any of these amazing treatments, you will need to schedule a consultation with a laser specialist. Your specialist will guide you in choosing the best treatments to address your concerns while being sure your current at-home skin care regimen is setting you up for success. This consultation will include planning for success and maintenance. At Calospa we want you to feel confident that you are always putting your best face forward.

# SEEING is BELIEVING

HOW BEST TO IMPROVE YOUR UNIQUE PHOTODAMAGE CONCERNS UTILIZING SCITON MOXI®/HALO® TREATMENTS

BY KAREN STICKROD, LEAD MANAGING AESTHETICIAN

## MOXI

Calospa Patient



BEFORE

AFTER

## HALO

Calospa Patient



BEFORE

AFTER

## HALO

Calospa Patient



BEFORE

AFTER

## HALO

Calospa Patient



BEFORE

AFTER



# BBL<sup>is</sup> forever

BY SAYRE GRIMES, CLINICAL AESTHETICIAN

*BroadBand Light (BBL) is an innovative treatment that delivers light therapy to target and correct concerns of aging skin and sun damage, providing the patient with an all-over more rejuvenated appearance. BBL's advanced technology can target aging skin cells and alter the genetic expression of the cell, making the treatment very effective for restoring and maintaining a youthful appearance in the skin.*

BBL was traditionally used on the face to correct hyperpigmentation, rosacea, broken capillaries, fine lines, and wrinkles in a treatment called Forever Young BBL™. BroadBand Light can also be used to treat active acne (Forever Clear® BBL) and is an option for permanent hair reduction (Forever Bare BBL™). The effectiveness of BBL treatments on the face has created a demand for the same amazing results on the body — cue BBL HERO!

BBL HERO™ (High Energy Rapid Output) offers the same ground-breaking technology as traditional BBL but in half the treatment time! This makes HERO ideal for larger areas of the body. BBL HERO is 4 times faster and 3 times more powerful as it utilizes a “gliding” motion when treating rather than the traditional “stamping” method. This provides the patient with a quicker, more comfortable treatment experience and amazing results! BBL HERO can be used on many areas of the body — **including the neck, décolleté, back, arms, legs and more!**

BBL is safe and effective for most skin types and does not require a numbing agent before treatment. We recommend completing your series of BBL in the fall and winter months as sun exposure is a contraindication to treatment. Initially, between 3-5 treatments spaced one month apart are recommended for optimal results. Once the desired result is achieved, quarterly maintenance treatments are recommended to maintain youthful and rejuvenated skin!

*BBL will keep your skin forever young!*

LEARN MORE



## FOREVER YOUNG BBL

CaloSpa Patient



BEFORE

AFTER

## FOREVER YOUNG BBL

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AFTER

## FOREVER YOUNG BBL

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BEFORE

AFTER

## BBL HERO

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BEFORE

AFTER

## Gift Ideas

Come in to CaloSpa and purchase a Gift Certificate or Gift Card for that special someone. No better way to say thank you, I love you, or just because!

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

Order your Gift Certificates online at [www.calospa.com](http://www.calospa.com) or call 502.814.3000.

\*Restrictions may apply



# \$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.\*



Many patients do not realize that healthy skin does require a commitment of both time and money. Like having a gym membership to maintain a healthy body, one must also have a skin care routine to maintain healthy skin. Now there are many treatments we offer that patients can do to help improve skin health. I personally believe that all skin care regimens should incorporate a routine deep clean and exfoliation. My healthy skin regimens start with two of my favorite advanced medspa facials, the **HydraFacial®** and the **DiamondGlow™**.

## HYDRAFACIAL

Do you want to glow like you never have before? Then schedule a Hydrafacial now! HydraFacial uses a vacuum vortex technology to cleanse and peel, extract and hydrate, infuse and protect. This facial will leave you with no downtime and glowing within as little as 30 minutes. It uses a blend of both physical and chemical exfoliants to gently exfoliate and make removing impurities easier. The HydraFacial device uses hydro peel tips to first cleanse the skin and exfoliate off any top layers of dead skin, then a blend of acids is applied to the skin to start loosening up dirt, oil and blackheads. The vacuum technology will then be applied in the T-zone area and extractions will begin. Lastly, the infusion process begins, and your provider will either use a customizer booster suited for your skin type or they will go into the infusion of hyaluronic acid and antioxidants to hydrate and plump the skin back up. Your treatment is finished with LightStim LED therapy to help stimulate collagen and kill bad bacteria off the surface of the skin. HydraFacial can be performed on the face, neck, chest, back, arms, legs and even the scalp. It is suitable for all skin types so schedule your appointment to get glowing skin!

### HYDRAFACIAL

*CaloSpa Patient*



BEFORE



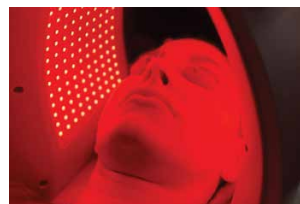
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## DIAMONDGLOW

DiamondGlow uses a non-invasive dermabrasion tip to gently exfoliate dead skin cells to reveal a smoother, brighter appearance. The diamond tip uses a 3-in-1 technology that simultaneously exfoliates, extracts, and infuses serums for specific skin concerns. This technology helps improve overall skin health and appearance. During your DiamondGlow treatment, your provider will decide the level of physical exfoliation and specific serum tailored just to your skin's needs. The treatment itself can take about 30-45 minutes to complete and includes the face, neck, eyes and lips. DiamondGlow offers a variety of serums tailored specifically to help with pores, hydration, brightening and collagen stimulation. This treatment is not only limited to the face and neck, you can also treat the décolletage, back, arms and legs. A DiamondGlow treatment will leave your skin feeling rejuvenated, revitalized and hydrated.

### DIAMONDGLOW - DURING TREATMENT

*CaloSpa Patient*





# Smooth as glass

BY LACEY MCCAULEY, MMS, PA-C

**In** addition to Microneedling with PRP we are excited to introduce the **Glass Facial**, which is a customized option for microneedling. The Glass Facial is paired with a neurotoxin, creating a combination that will enhance any microneedling procedure. The addition of a neurotoxin targets texture and will help skin look smoother, enhancing the post microneedling glow. The Glass Facial improves redness, reduces appearance of pore size, and reduces sebum production. The Glass Facial can be added to microneedling or can be added to microneedling with PRP. Providers typically recommend 3-5 treatments for patients, and the Glass Facial can be done year-round. Our highly trained Aestheticians will make microneedling recommendation that is best for you.

## GLASS FACIAL

*CaloSpa Patient*



BEFORE

AFTER



# WE'VE GOT YOUR BACKSIDE

BY LACEY M. MCCAULEY, MMS, PA-C AND BRITTANY RONEY, BODY CONTOURING SPECIALIST

According to Merriam-Webster, cellulite is defined as “deposits of subcutaneous fat within fibrous connective tissue (as in thighs, hips, and buttocks) that give a puckered and dimpled appearance to the skin surface.” While we may not all know the exact definition of cellulite, we have all seen it and/or have it. According to statistics, **80% to 90% of women report having cellulite.** In 2006 a Harris Poll revealed that these numbers stretch across women of various ages and ethnicities. And of these women polled, 60% felt cellulite was their fault, and 57% felt they were judged for having cellulite. For many, the predominance of cellulite isn't just physical, it affects them mentally as well. For many, it greatly affects their quality of life.



Cellulite appears due to the way the connective tissue stretches under the skin and pulls the skin inward; this causes the fat to be trapped which results in a dimple. It is the degree of both the dimple and the number of dimples that are used to measure cellulite into grades. In 2009, a cellulite severity scale was published in the Journal of the European Academy of Dermatology and Venereology. This scale used 3 categories to rank cellulite: grade 1 or mild in which the skin has an “orange peel” appearance and depressions range from 1-4, grade 2 or moderate in which 5 to 9 depressions are present and has a “cottage cheese” appearance, and grade 3 or severe in which there is “mattress” presence to the skin and 10 or more depressions are noted.

Industries are more educated on the nature and comorbidities of cellulite, and that helps providers to choose the best patient treatment. We now know we must focus on multiple modalities to treat both the dimpling and the laxity of the skin. We have learned that cellulite is complicated to treat because of the nature of the bands but also the skin integrity or laxity which plays an important role in outcomes and patient satisfaction. Because these two conditions go hand in hand, it is important to treat both.

## Lucky for us, we now have the technology to improve the appearance of cellulite and laxity with little downtime. These procedures work synergistically to provide correction and enhancement for the appearance of smoother skin.

A new and exciting procedure that we are happy to share with our patients is called **AVELI**®. This procedure is a precise device that is used to diminish the appearance of cellulite in the buttocks and thighs. Aveli is a sterile hand-held instrument that is utilized by your physician or provider to release the fibrous band that creates the dimple appearance of cellulite. During this minimally invasive in-office procedure, cellulite dimples and depressions are marked and photographed, allowing your provider a map of the treatment area. The buttock and/or thigh area is numbed to reduce discomfort during the procedure, then each of the marked depressions of the cellulite is then manually cut and released. The handheld device allows for the provider to check and verify the individual band before subsiding or cutting the band, allowing for precise treatment. This exciting new “cutting-edge” procedure will surely be a favorite among providers and patients.

A less intrusive approach with zero downtime, which is a great adjunct to the treatment of the band itself, is **EMTONE**. It is the best non-invasive choice for cellulite reduction on the market to date. Emtone not only reduces the appearance of cellulite but works as a preventive option for treating the causes of cellulite. Using two types of energy via radiofrequency and mechanical targeted pressure, providers can stretch the connective tissues which push out the trapped fat. This technique also increases lymphatic drainage and blood flow all while simultaneously heating the skin to promote collagen production. A series of 4-8 treatments results in tighter, smoother-looking skin. This treatment can be done on the buttock, thighs as well as the back, arms, and abdomen to serve as a comprehensive approach to cellulite and laxity.

A thorough plan to address cellulite includes working outside in and inside out. In addition to the treatment of the actual bands, and the distribution of the fat cell, we must consider the integrity of the skin. **SKINADE'S TARGETED SOLUTIONS**® for cellulite is the perfect add-on to any of the above procedures. This is an internal skin care drink and capsule that aids in the reduction of collagen fibrosis and helps to reinforce and repair the dermal matrix of the skin. It also targets oxidative damage, water retention, and poor detoxification. Patients benefit from completing a 90-day course for optimal results.

### DID YOU KNOW?

**DILUTE RADIESSE** can also smooth cellulite-induced skin irregularities on the buttocks and thighs, improving body contours. By stimulating the body's own collagen response, patients notice long-term improvement in **skin texture, firmness, and laxity**.

#### AVELI

*CaloSpa Patient*

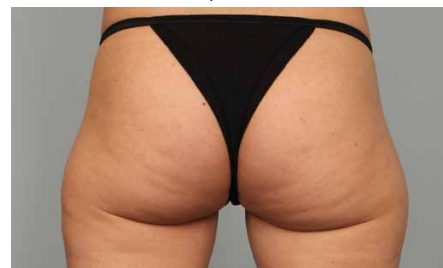


BEFORE

AFTER

#### AVELI

*CaloSpa Patient*



BEFORE



AFTER

# CaloFit

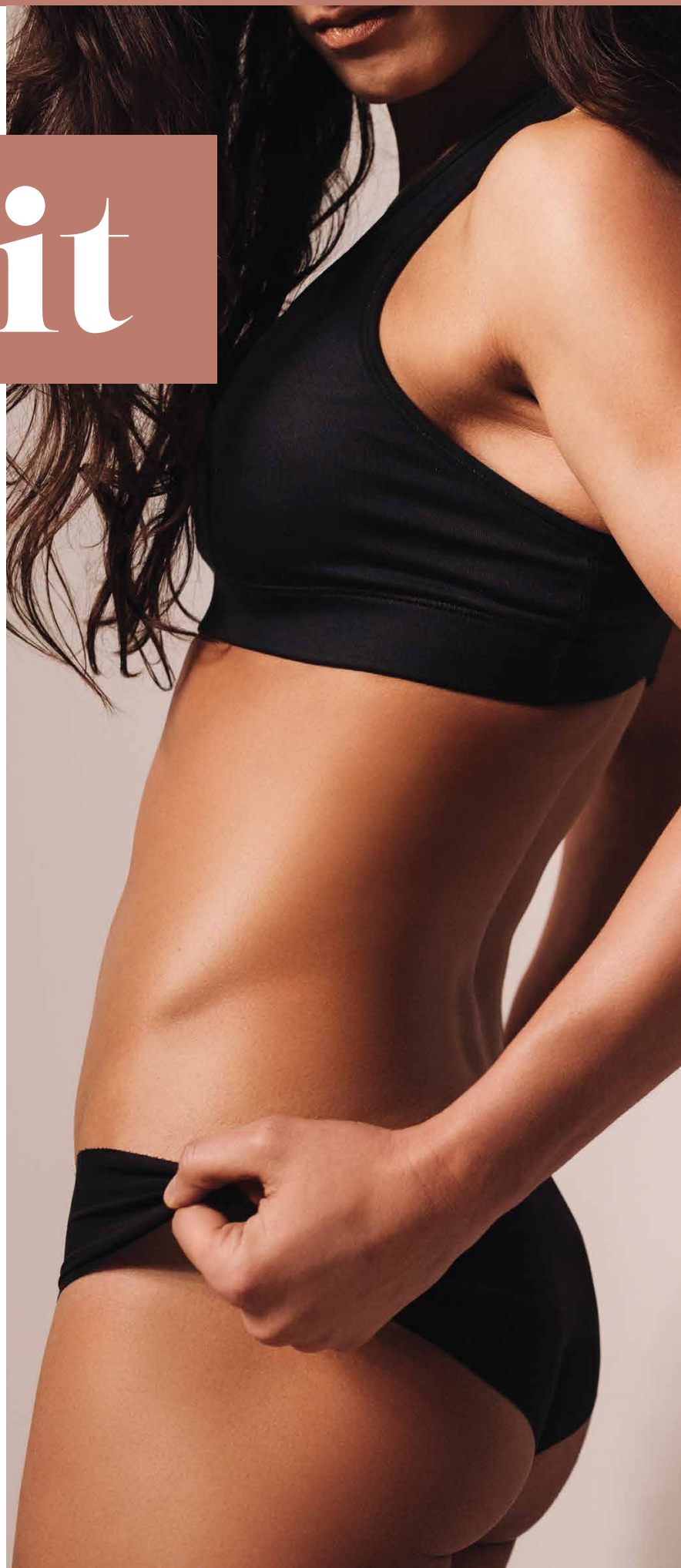
## Burning Fat & Building Muscle Without the Sweat

BY MICHELLE LASLEY, BODY CONTOURING EXPERT,  
LICENSED MASSAGE THERAPIST

**W**e are seeing more and more clients turn to non-surgical body contouring to tweak their figure that lifestyle changes cannot seem to touch. At 30, yes 30, our bodies turn on us. In an effort of self-preservation, we all begin a metabolic slowdown. Our bodies naturally transition to increase fat and decrease muscle mass, simply put, fat is easier for us to maintain. What? Not if we can help it!

The body contouring specialists at CaloSpa have multiple devices with the latest technology to customize treatment plans for each individual. Stubborn persistent fat pockets are no match for the **COOLSCULPTING® ELITE**. Lose 25% of fat in the treated area in just one treatment using cryolipolysis or fat freezing. Coolsculpting can be used on nine different areas of the body, including under the chin, upper arms, abdomen, inner thigh, outer thigh, top of knees, flanks, bra line, and banana roll. The newest technology in the Elite enables us to treat two areas at once with more tissue drawn into each treatment. Some folks are seeing results in just 3 weeks.

How about just a tiny pinch of fat and those abs have taken an extended vacation? Well, Emsculpt® has gotten an upgrade. The **EMSCULPT NEO®** has upped the game by adding new pulse patterns, more intense cycles, and all coinciding with the addition of radiofrequency heat to kill more fat cells and





help tighten skin. We can increase your strength, and tighten and lift your abdomen, glutes, calves, and both biceps and triceps. The brand new **EMSCULPT NEO EDGE™** is coming to CaloSpa as soon as it is released at the end of this year. This will enable us to specifically target those love handles, cinching in that waist while strengthening rotation muscles, so your tennis or golf swing packs a punch.

Do you want more, say maybe muscle definition? **ACCUFIT™** provides direct muscle activation with electrical stimulation. Intellicycle takes you through four series of movements giving your abdominals a twist, hold, grip, and tap for an intense workout. This lengthening and strength building of the muscles gets noticeable fine-tuning. Accufit is wonderful on its own or an excellent maintenance program to keep up the efforts you've already achieved.

These devices get results on their own. However, when we combine modalities, we have seen incredible outcomes.

**So, come get your workout on without the sweat!**

#### EMSCULPT NEO

*CaloSpa Patient*



BEFORE

AFTER

#### EMTONE

*CaloSpa Patient*



BEFORE

AFTER

#### EMSCULPT NEO

*CaloSpa Patient*



BEFORE

AFTER

#### EMSCULPT NEO

*CaloSpa Patient*



BEFORE

AFTER

#### COOLSCULPTING

*CaloSpa Patient*



BEFORE

AFTER

LEARN MORE



# BOOTIES, BOOTIES, BOOTIES

## ROCKIN' EVERYWHERE





When it comes to enhancing our derrières, most people have heard of the surgical Brazilian Butt Lifts. **However, did you know that there are now relatively easy and effective ways to enhance your buttocks without undergoing surgery?** A combination of **Sculptra®**, **Dilute Radiesse**, and/or **EmSculpt®** can help you achieve your booty goals with minimal to no downtime.

Just like in our faces, we start to lose collagen and volume in our buttocks as we age. And sometimes, you might just desire more volume than you currently have, more roundness or projection, or improvement in hip dips. Sculptra and EmSculpt are two treatment modalities that, when used alone or in combination, can help you add more volume to your buttocks.

SCULPTRA

Sculptra, or poly-L-lactic acid, is an injectable product that stimulates collagen production to enhance volume where placed. Sculptra for the buttocks is typically done in a series of one to three treatments, depending on the amount of build the patient desires. It typically only takes around 30 minutes for the procedure, after numbing. Downtime typically is 1-2 weeks and consists of swelling, redness, and/or bruising at the injection site. You can expect to see the results of Sculptra for approximately 2 years plus, depending on the amount injected, lifestyle, and maintenance procedures. With Sculptra, an expert injector can customize the results by placing the product in certain areas to give the results the patient is after.

DILUTE RADIESSE

Dilute Radiesse injections can tighten saggy, crepey skin in areas where exercise and other treatments are unable to correct such as the neck, décolletage, buttocks, thighs, arms, abdomen, knees and elbows. By stimulating the body's own collagen response, patients notice long-term improvement in skin texture, firmness, and laxity.

EMSCULPT

EmSculpt is a completely noninvasive way to increase muscle by 25% in your buttocks. This device uses a combination of HIFEM and radiofrequency energies to cause supramaximal muscle contractions, in addition to skin tightening and collagen stimulation. With EmSculpt, a series of four treatments is typically performed five to ten days apart. Each 30-minute session is equivalent to doing 20,000 squats! There is no downtime with EmSculpt, and you can resume any activities immediately after.

While Sculptra and Dilute Radiesse have a little more downtime than EmSculpt, both are relatively easy and effective ways to build the booty. Depending on your goals, you may be a better candidate for one of these treatments or a combination of both. For the best build, doing both in combination will yield the best results because you can focus on collagen and muscle.

The best way to determine the ideal treatment plan for you is to set up a consult with one of our providers so we can **customize a plan that will help you grow that booty and rock it with confidence!**

SCULPTRA

CaloSpa Patient



BEFORE

AFTER

LIPOSCUTION, FAT TRANSFER, AND SCULPTRA

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BEFORE

AFTER

EMSCULPT

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BEFORE

AFTER

# What do you need to address your skincare concerns?

BY KAREN STICKROD, LEAD MANAGING AESTHETICIAN

LEARN MORE





## IN THIS FAST PACED WORLD, WE ALL WANT PERFECTION AND WE EXPECT IT NOW.

This even follows us into the world of beauty. I find myself having this conversation several times during my day. My patients have read it or seen it done in a magazine. Don't get me wrong, I am a witness to amazing technology everyday. However, we have to remember it takes more than a series of procedures or laser treatments to attain our anti-aging skin goals. We have to take some responsibility to fully achieve and maintain our best results. We can help you achieve amazing results, with safe treatments, but you have to commit to follow-through at home. Believe it or not, skin care is very important and in most cases your best results will be seen if you are willing to hold up your end of the commitment.

I'm not expecting all of my patients to be happy using 10 products in the morning and 8 at night (that would be ridiculous). However, I am encouraging you to remove dead surface cells (stimulating collagen production), protect your skin from free radical damage, give your skin the hydration it deserves, and shield your skin from damaging UVA/UVB rays. This is basic for most clients and can be achieved with just a few products. For my clients with special skin care needs, usually we just add an additional treatment product to the basics. Yes, this is necessary, as how can I help my patients struggling with acne, dry skin, oily skin, hyper-pigmentation or melasma if they take no responsibility at home? I understand how frustrating these skin care concerns are, because truly there is no magic wand. However, with the right tools we can help you put your best face forward.

You've probably been told "use this product and everything will be better in a few days" hundreds of times, or more, throughout your adult life. This statement simply is not the case for 99.9% of patients and the 20 products they



### NORMAL TO OILY ACNE PRONE

ZO® Gentle Cleanser  
**ZO® Oil Control Pads**  
SkinCeuticals® Blemish+Age Defense  
SkinCeuticals® Phyto A+  
SkinCeuticals® Physical Fusion Matte SPF50



### ANTI-AGING

SkinCeuticals® Glycolic Cleanser  
**SkinCeuticals® CE Ferulic**  
SkinCeuticals® Triple Lipid Restore  
SkinCeuticals® Physical Fusion SPF 50



### MELASMA

ZO® Gentle Cleanser  
**ZO® Pigment Control + Brightening**  
ZO® Daily Power Defense  
Revision Intellishade® TruPhysical

**Skin care bundles**

**will be available for**

**purchase at the**

**Open House!**



### NORMAL TO DRY ACNE PRONE

Revision Foaming Gentle Cleanser  
**Revision Soothing Facial Rinse**  
SkinCeuticals® Blemish+Age Defense  
SkinCeuticals® Triple Lipid Restore  
SkinMedica Essential Defense Mineral SPF 35



### ROSECEA

Revision Foaming Gentle Cleanser  
Revision Soothing Facial Rinse  
**ZO Rozatrol®**  
Revision Intellishade® TruPhysical



## HYPERPIGMENTATION

SkinCeuticals® Glycolic Cleanser  
**SkinCeuticals Phloretin CF**  
 ZO® Pigment Control and Blending Cream  
 SkinCeuticals® Daily Brightening SPF 30



## MEN

SkinMedica Facial Cleanser  
 SkinCeuticals® Silymarin CF  
**Revision Intellishade® Clear**



## OILY SKIN

SkinCeuticals® Glycolic Cleanser  
 ZO® Oil Control Pads  
**SkinCeuticals® Silymarin**  
 SkinCeuticals® Physical Matte SPF 50



## DRY SKIN

ZO Hydrating Cleanser  
 SkinCeuticals® CE Ferulic  
**Neocutis® Journee Firm**  
 SkinCeuticals® Triple Lipid Restore



## PRE-JUVENATION

SkinCeuticals® Simply Clean Cleanser  
 SkinCeuticals® CE Ferulic  
**SkinCeuticals® Phyto A+**  
 Revision Intellishade® TruPhysical

have, half used, under their cabinets at home, leaving them with very little faith or trust. Let me make a promise to you right now. At CaloSpa we want you to be with us 10 years from now, not just the time it takes to sell you a product. We see you as an individual with individual needs. It's not about "The Sale", it's about the commitment we make to you and following through to reach your goals. Honestly, the best part of my job is seeing how happy my patients/clients are when they regain self-confidence. When we aren't happy with what we

see in the mirror it affects our lives and unfortunately those around us. We want to help you achieve your goals. Our skin care specialists have put our combined knowledge to work by taking the guesswork out of choosing your basic needs.

Purchase your kit and schedule a consultation to go over your goals and choose what treatments would best coincide with putting a few physician directed skin care products together, designed to help you start your journey

to skin you can be proud of. Let's talk about your individual needs and make a plan. Your skin care specialist will make the commitment and expect you to do the same. Together we can help you put your best face forward.

I think one of the biggest questions is where do I start with skin care for my specific concerns. Here at CaloSpa we want to help make your choices easier so we created skin care fitness kits designed for your specific concerns.



# LASER HAIR REMOVAL

BY JACLYN FAVORITE,  
CLINICAL AESTHETICIAN

## Introducing Laser Hair Removal With Forever Bare and Bare HR™

Here at CaloSpa Rejuvenation Center we offer next level laser hair removal that is effective and fast. Laser hair recognizes the color of the pigment in your hair while destroying the hair follicles. Since the hair grows in 4 different stages (anagen, catagen, exogen, and telogen), we would like for the hair growth cycle to be in the anagen phase. Anagen phase is known as the active growth phase. Laser hair removal treatment time will depend on the area we are treating. Most treatments will range from 5-30 minutes. In addition, we will require a series of up to eight treatments 4-6 weeks apart. Upon your arrival for your laser treatment, you will want to make sure the area is fully shaved and no tweezing, plucking, and or bleaching the to-be treated area.

The most common areas we treat (with minimal to no discomfort) at CaloSpa are:

LEGS

ARMS

UNDERARMS

FACE

BIKINI

CHEST

AND MORE!

Let us say goodbye to razor burn and ingrown hairs and get ready to bare it all revealing beautifully soft skin.

✓ All Skin Types

✓ Super Fast and Effective

✓ Treatments are 30 minutes or Less

88%

No longer bothered by odor at 12 months\*

82%

Sweat reduction at 12 months\*

## BREAK THE SWEAT ROUTINE

BY BETHANY SHIVELY DNP, FNP-BC, PMHNP-C

**MIRADRY®** has been gaining more popularity over the last few years, as more and more patients are becoming outspoken about their axillary hyperhidrosis (excessive underarm sweat) and are excited to finally have a permanent option to treat this bothersome sweating at both our Louisville and Lexington locations. Miradry requires 1-2 treatments, has permanent results, and targets the wetness of sweat in the armpits as well as the odor associated with underarm

sweating. With some mild bruising and swelling after the treatment, results are immediate and the patient should see a reduction in sweat right away. Whether suffering from mild, bothersome sweating or patients who are unable to wear certain clothes due to excessive sweating, Miradry is a permanent and effective treatment to improve quality of life and help our patients feel more confident.

Miradry.com

BODYLANGUAGE 63



PRSRT 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.



CaloRx

CALOSPA...THE PERFECT  
PRESCRIPTION FOR ANYONE'S  
AESTHETIC NEEDS

## CALOSPA'S 21<sup>ST</sup> ANNUAL OPEN HOUSE THURSDAY, NOVEMBER 3<sup>RD</sup>

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



LEXINGTON



FLOYDS KNOBS



LOUISVILLE