New and Innovative Techniques to Improve One’s Body

12TH ANNUAL OPEN HOUSE
NOVEMBER 7TH
12-8 PM

#CALOVIEW
see back cover for details...
IT’S NOT JUST FOR THE Ladies
Sculpt your body without diet, exercise or surgery.

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Facial Laser Lights Treatments
Dyplasia Laser Skin Treatment
Endo Facial Tightening
Facial Enzymatic Treatment
Fraxel Restore
Micro RF Wrinkle Treatment
NTLS Photo Therapy
Pico Laser Tattoo Removal
Refine Facial Tightening
Trifecta Total Facial Renewal

Advanced Facial Treatments
Chemical Peels
Dermaplaning (Blading)
Glycolic/Salicylic Peel
Hydrodermabrasion
Microdermabrasion
Microblend
Obagi Blue Peel
Permanent Makeup
SkinSoothe and Vitamin Peels
TNS Resurface Peel

Body Treatments
Botox Injections
CoolSculpting
Endermologie for Cellulite
Emax Leg Vein Treatment
Exilis Fat Reduction
Ideal Protein
Laser Hair Removal

M’lis Cellulite Treatments
Spa Manicure
Spa Pedicure
Spa Mani/Pedi Combo
Advanced Hand Treatment
ShearDoc Gel
Deep Foot Soak

Makeup
Makeup Instruction
Special Occasion Makeup
Physician Directed Skincare Lines Available

The Doctors

M. Bradley Calobrace
MD, FACS

Doctor Calobrace is board certified in plastic surgery (American Board of Plastic Surgery) and general surgery (American Board of Surgery). He is a member of the Kentucky Society of Plastic Surgeons and a member of the American Society of Plastic Surgery. Dr. Calobrace holds a gratis clinical faculty position with the University of Louisville Division of Plastic Surgery.

Nana N. Mizuguchi
MD, FACS

Doctor Mizuguchi has board certifications in plastic surgery (American Board of Plastic Surgery) and general surgery (American Board of Surgery). He is a member of the Kentucky Society of Plastic Surgeons and a member of the American Society of Plastic Surgeons. He maintains a gratis clinical faculty position with the University of Louisville Division of Plastic Surgery.

Did you know that in the US there are over 1,000,000 doctors allowed to perform injections and fillers? Did you also know that less than 7% of those are qualified ExpertInjectors™ — the only organization of its kind to be endorsed by the prestigious American Society for Aesthetic Plastic Surgery?

Drs. Calobrace and Mizuguchi are among that 7%!

www.expertinjector.org

Choose Wisely!

Hard to believe another year has passed by so quickly. It seems like just yesterday we were planning our 11th Open House.

We at Calobrace & Mizuguchi Plastic Surgery Center and CaloSpa want to thank you for your continued friendship and patronage and invite you to attend our 12th Annual Open House. It’s a great time to stock up on your skincare products and get your favorite services at a great discount (or try some new things).

And don’t forget your gift cards. Time flies, the holidays will be here before you know it! Plan to visit us on November 7th.

FROM THE DESK OF
Lynn Wade | Director of Operations

www.expertinjector.org

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It’s that time of year again! CaloSpa Rejuvenation Center would like to invite all of our clients and friends, both old and new, to celebrate our 12th Annual Open House.

We take this opportunity each year to show our appreciation with a celebratory event where our guests can enjoy wine, champagne, hors d’oeuvres, and music. Guests can pamper themselves with complimentary mini-massages; learn about the latest and greatest in cosmeceuticals, and take advantage of the biggest savings of the year on all products and procedures. *

So, please join Drs. Calobrace and Mizuguchi and the entire staff for an evening of indulgence and let us thank you for your continuous support and patronage.

RSVP by November 1st by calling 502.899.9982.

Open House Pre-Sale starts Monday, November 4th. You may call or stop in and pre-purchase select items and procedures for the special Open House 20% off sale price.

Bring a friend and be entered to win an Anti-Stress Retreat for you and a friend.

Botox & Dysport buy 2 areas and get one FREE!

*restrictions do apply.

**OPEN HOUSE**

**THE MAKE-UP ROOM**
Make-up artist Shane Denney will be going over makeup tips you can’t live without.

**COOLSCULPTING DEMO**
Come and see how CaloSpa can get rid of those unsightly bulges the COOL way. Observe a CoolSculpting live demonstration 20% OFF.

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

**OUR SURGICAL CENTER**
Come visit our nurses and see where the doctors transform lives. During Open House guests get an exclusive peak into our state-of-the-art surgical center. Guests are welcome to look at our library of surgical before and after photo books, ask our nurses about procedures of interest, and explore all the possibilities of surgical rejuvenation.

**BREAST IMPLANTS**
Discover the world of breast implants. There are many choices available to patients when it comes to choosing a breast implant. Thankfully our surgeons have the experience, knowledge, and artistic vision to help guide you in making the perfect choice. We invite you to learn more about breast implants. We will have representatives from each of our implant pharmaceutical companies here to answer your questions and allow you to touch and feel the difference among saline, silicone and gummy bear implants.

**INJECTABLE HALL OF FAME**
The Injectable Hall of Fame is where guests can meet the pharmaceutical companies we work so closely with to bring our patients top aesthetic products like Juvederm, Restylane, Radiesse, and Sculptra. Whether you want to plump up your lips or to globally add volume to your face; ask, learn and discover which product meets your facial rejuvenation goals!

**CURIOUS ABOUT GROWTH FACTORS?**
Visit SkinMedica and learn how these incredible science based products are changing the world of skincare.

**BENEFITING CHARITY**
A small donation of $20 will enter you into a drawing to win a one week stay in beautiful Miami, Florida at Dr. Calobrace’s personal condo! All proceeds to benefit Gilda’s Club.

**OPEN HOUSE specials**

20% OFF ALL SKINCARE AND BODY PRODUCTS

**RSVP BY NOVEMBER 1ST 502.899.9982**

**20% OFF OPEN HOUSE**

20% OFF ALL DAY SPA AND MEDI SPA TREATMENTS

**BOTOX & DYSPORT EXCLUDED**
Skin Resurfacing with Fraxel Repair  
**Device:** Fractional Co2 Laser  
Treat areas such as: face, neck, chest and eyes. Drastically improves hyperpigmentation, redness, fine lines and skin laxity.  
- A single treatment is done in the OR  
- Must pre-treat with Hydroquinone or Lytera  
- You will have redness and swelling for 3-5 days post-treatment

Total Facial Renewal the Trifecta  
Devices: Emax & Aurora  
Uses the Renew Fotofacial, MatrixIR, and Radio Frequency treatments to improve complexion, redness, wrinkles and skin laxity.

Skin Rejuvenation with Fraxel Restore  
**Device:** Erbium Laser  
Treat areas such as: face, neck, chest, mouth, eyes and hands. Improves skin’s texture, reduces brown/age spots and softens fine lines and wrinkles.  
- Usually done in a series of 4 treatments, one month apart  
- Must pre-treat with Hydroquinone or Lytera  
- You will have redness and swelling for 3-5 days post-treatment

Tighten Your Skin with Exilis Elite  
**Device:** Exilis Elite (newly upgraded)  
Uses radio frequency and highly controlled, volumetric heating to tighten the skin.  
- Recommended series of 5 treatments to be completed  
- No down-time

Treat Facial Veins  
**Device:** Diolite  
Diminish facial spider veins and lighten dark pigmented lesions.  
- Procedure time is anywhere from 5-15 minutes depending on severity  
- No down-time

Treat Your Complexion with Renew™ Fotofacial  
**Device:** Aurora  
Treat areas such as: face, neck, back, arms and hands. Uses radio frequency and intense pulse light to improve complexion, reduce redness, lighten brown spots and reduce pore size.  
- Must pre-treat with Hydroquinone or Lytera  
- Recommended series of 5 treatments to be completed  
- No down-time

Treat Wrinkles with MatrixIR™  
**Device:** Emax  
Uses laser light and radio frequency to soften fine lines around eyes and mouth.  
- Recommended series of 4 treatments to be completed  
- No down-time

Treat Laxity with ReFirme™  
**Device:** Emax  
Treat areas such as: face and neck. Uses laser light and radio frequency to firm excess skin laxity.  
- Great post-facelift maintenance  
- Recommended series of 5 treatments to be completed  
- No down-time

**DID YOU KNOW?** After a laser treatment it is suggested that you have minimal sun exposure. That is why the fall and winter months are an optimal time for laser treatments.

Lasers that treat Hyperpigmentation issues, you must go on a 4-6 week pre-treatment regime of hydroquinone or Lytera.  
All laser treatments may cause swelling and redness but fades within a short period of time.

**OPEN HOUSE SPECIAL**  
20% OFF ALL DAY SPA AND MEDI SPA TREATMENTS  
**BOTOX® & DYSPORT® EXCLUDED**

**LASER FACTS**  
To perform most laser treatments you must not have a tan.
DO YOU KNOW THE SIGNS OF FREE RADICAL DAMAGE?

- Inflammation
- Filling
- Skin Fighter
- Peptides: Extracellular building
- Contains TNS Recovery Complex, plus:
  - 93.6% TNS®
  - TNS® Contains:
    - 110 growth factors and cytokines
    - Antioxidants
    - Matrix proteins
    - High Protein Concentration: 50 mg/mL
    - Stabilized Cytokines and Growth Factors
    - Surfactant free formula protects Growth Factors
    - Proven stability after room temperature storage
    - Matrix proteins
    - Antioxidants
    - 110 growth factors and cytokines

WHAT IS TNS®?
TNS® is a key ingredient found in SkinMedica skin care products. Technologically advanced, it combines crucial elements naturally found in the human skin. It is a scientifically selected combination of proteins, amino acids, and antioxidants.

The Greatest FACTOR!

As an aesthetician, I see patients concerned with visible signs of aging every day. I often recommend SkinMedica products to improve skin health. There is nothing that compares to SkinMedica’s Tissue Nutrient Solution, or TNS®. TNS® is rich in human growth factors which are proteins that regulate the health of our cells. They are critical for all wound healing and work by reconstructing skin. Our body’s growth factor supply depletes as we age, causing collagen breakdown. Luckily TNS® Recovery Complex and TNS® Essential Serum replenish our skin with over 110 topical human growth factors that are derived from natural skin cells. Using these products will reduce the signs of aging and plump up those dreaded fine lines and wrinkles and improve skin texture and resiliency. TNS® helps our skin think like it did at a younger age, giving us a younger look.

Not only does TNS® help our skin to be more youthful, but antioxidants, retinoids, essential fatty acids, peptides and hyaluronic acid found in SkinMedica products also contribute to younger looking skin. They provide all of the elements necessary for skin rejuvenation. They have a wide variety of products suitable for all skin types that aid in age defense. One of my favorite products from this line is Lytera. Besides feeling and smelling luxurious, this skin brightening lotion improves the appearance of unwanted dark spots and brightens skin for a more even tone. Just four weeks after using Lytera I noticed more evenness and a new radiance that my skin was lacking, and since it is hydroquinone free, it is safe to use forever.

At Calospa we strive to provide our clients with products of the highest quality and that deliver optimal results. SkinMedica products fulfill that desire. Their clinically proven ingredients satisfy all of the components needed for skin rejuvenation. To find out which SkinMedica products will revitalize your skin, set up a consultation with one of our qualified aestheticians.

The Low Down on TNS® Growth Factor

- Immediate
- Reduces
- Skin
- Free
- Stimulates
- Skin Repair
- Radical Fighter
- Lightener
- Reduces Inflammation
- Immediate Filling of Fine Lines

90 DAY
BOOTCAMP
Challenge

Achieving age-defying beautiful skin requires a comprehensive skin treatment plan. We challenge you to a 90 day commitment to follow such a treatment plan so that you can see the transformation to a younger looking, more radiant you. If you stay committed through the entire 90 day challenge period you could be eligible to win a FREE Essential Serum ($1210 value).

Open House Special

DR. CALOBRACE’S PICK!
EVERYONE SHOULD TAKE ADVANTAGE OF THIS.

- TNS® Essential Serum
- Environmental Defense SPF 50
- TNS® Ceramide Treatment Cream
- SkinMedica Retinol
- TNS® Vitalize Peels
- TNS® Iluminize Peel

An Open House Exclusive!
The Eyes

Eyelid surgery (blepharoplasty) has become one of my favorite cosmetic procedures! I think my excitement comes from the amazing change and transformation seen in each patient after such a short recovery. I have always told patients my goal is to make them look refreshed, less tired and definitely not overdone.

There is no doubt if I want my patient to look more rested... nothing is more effective than performing eyelid surgery. I also share with my clients that I had my upper eyelids done when I was 49 and it was just amazing to me personally how different I felt when my eyes looked more awake and alert. They say the eyes are the window to the soul, and if that is true, it is probably helpful to raise the shades a bit so others can see in!!

The appearance of the eyes is affected by the position of the brow, upper eyelids, lower eyelids and crow's feet. The position of the brow is extremely important because the position of the brow alters the position of the upper eyelids, lower eyelids and crow’s feet. Brow elevation or browlifts are necessary if the hooding of the brow over the upper eyelids is excessive. The brow tends to droop more on the outer part of the eye giving a sad or tired look. The brow position in men is lower and correction of an extremely low brow is generally done through the eyelid incision while performing the upper lid surgery (transcuticular browlift). Women may need greater brow elevation and this can be performed endoscopically through small hidden scars in the scalp (endoscopic browlift) without the need for a large incision across the scalp. I have performed almost all browlifts endoscopically over the last 26 years.

The upper lids (upper blepharoplasty) are rejuvenated by removal of skin and fat through an incision hidden in the crease of the lid. Lower lids (lower blepharoplasty) are generally corrected through removal of mostly fat and some skin through an incision located along the very edge of the lid along the eyelash line (where eyeliner would be placed in women).

It is important to remember eyelid and brow improvement can be accomplished through nonsurgical means in good candidates with earlier aging. Botox can produce a browlift, my treatment of the browlines, upper crowfeet and forehead. Filler products (Restylane, Perlane, Juvederm) can also be injected under the brow to create an elevated brow. Filler is commonly used in the lower lids and cheek to improve the lower lids, disguising fat pockets and filling in volume lost along the lid and lower cheek with aging. (Before & After tear trough filler).

There are many great options and speaking from personal experience, surgery of the eyelids is almost completely painless. Most of our patients never take a pain pill, neither did I. Recovery is quick and I actually returned to work and saw patients 3 days after surgery. Stitches are removed at 5 days, and the results really can last for years and years, and often a lifetime.

Article by | Dr. Calobrace

IDEAL WEIGHT LOSS

Do you want to lose weight, have amazing energy, keep an elevated metabolism, maintain muscle and eat great tasting food, all while getting adequate macro and micronutrients? Then IDEAL Protein is the program for you. With over 23 years of proven effectiveness and safety we are happy to offer this program for our patients.

As a health coach, it has been an amazing experience to watch our dieters achieve success. Patients that have tried fat diets over the years with little to no success have been able to restore their self-confidence, achieve their weight loss goals and return to a healthier version of themselves. Not only does it feel good knowing they have achieved their goal but through this process they have learned how food affects their body and just what their challenges are. In other words, most patients at the end of this journey understand how they got there in the first place. This is crucial information when it comes time to return to life after weight loss. Remember there are two contracts in weight loss, to lose weight and to maintain it.

To stay motivated, get inspiration or to find great recipe ideas follow us on:

Calospa Ideal Weight Loss: www.facebook.com/idealLouisville
Calospa Ideal WL: www.twitter.com/idealLouisville
Calospa Ideal Weight Loss: www.youtube.com/idealLouisville

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Calospa Ideal WL: www.twitter.com/idealLouisville
Calospa Ideal Weight Loss: www.youtube.com/idealLouisville

BYE, BYE BUMPS!

Cellulite can be one of the most challenging cosmetic problems to eradicate, and maybe it never really will be gone for good, but there is some hope.

Cellulite is caused by a combination of factors: swollen fat pockets under the skin, lymphatic stasis, shortened fibrous bands pulling the skin down like a tufted sofa, and overlying thin skin. So, repair of cellulite begins with measures to strengthen and hydrate your body’s cells and the connective tissue and remove toxins.

A good detox diet of leafy vegetables and fruits and avoidance of the “white” carbs which are empty calories and promote swelling. Also, avoiding toxins (cigarettes and alcohol) and junk foods, den sodas, processed foods and saturated fats can prove beneficial. So, in essence it is really just promoting a healthy weight, a healthy lifestyle and plenty of hydration (8 to 10 glasses of water a day) to flush those toxins.

Article by | Dr. Calobrace

Calospa Anticellulite Program

At Calospa, we are happy to introduce an amazing Cellulite Program to round our cellulite treatment protocols, M’lis amazing Spa Contour body wraps. Our Calospa AntiCellulite Program incorporates these wraps with many other advanced treatments including Exilis fat melting/ skin tightening treatments, Endermologie lymphatic massage treatments, and an anti-cellulite home treatment regimen.

• Cellulite Home Care Kit + 4 M’lis wraps
• Cellulite Home Care Kit + Endermologie (15 treatments) + 4 M’lis lymphatic wraps
• Cellulite Home Care Kit + Exilis RF (15) + Endermologie (15) + 4 M’lis lymphatic wraps (£500 Savings)

Possible savings on the cellulite program

$136*

*Tax not included

Savings)

$136*
CalVia offers the LUMENIS® LightSheer to remove unwanted hair and give you long-lasting results.

**PROS**
- Initial mild discomfort
- Smell like burnt hair
- During your treatment it will subsides quickly
- Uncomfortable, but discomfort Treatment is mildly
- Your treatments are scheduled from 4-6 weeks apart
- Hair completely
- From 4-6 weeks apart
- It can take a minimum
- What to Expect
- It can take a minimum of 6-8 treatments to remove hair completely
- Your treatments are scheduled from 4-6 weeks apart
- Treatment is mildly uncomfortable, but discomfort subsides quickly
- During your treatment it will smell like burnt hair

**CONS**

**NEW! Symphony RF**

Symphony RF is a new, minimally invasive heat controlled device to treat frown lines. [ThermiRase], melt fat, and tighten skin. Symphony RF emits a radiofrequency which causes the surrounding area to heat up. Similar radio frequency devices exist but Symphony RF monitors internal as well as external temperature to provide a safer and more effective treatment. In the past, heat has been used to help melt fat and tighten skin but now, Symphony RF can control the muscle activity that causes facial lines without the use of toxins.

**LASER HAIR REMOVAL IS THE MOST PRECISE METHOD OF ELIMINATING UNWANTED HAIR.**

**CONCENTRATED LIGHT INTO THE HAIR FOLLICLES.**

**OF ELIMINATING UNWANTED HAIR.**

**LHR BEAMS HIGHLY**

**DID YOU KNOW?**

Skin exposure may cause your LHR treatments to be less effective.

That is why the fall and winter months are an optimal time for your LHR treatments. You will want to avoid sun exposure 4-6 weeks prior to and after your LHR treatments.

**FAQ**

**Are at home LHR devices just as effective?**

**Answer:** Simply put, no. At-home devices typically do not generate the same results. The energy that at-home devices use is not as strong as the LHR machines you will find in a medical office.

**PROS**

- You will have permanent hair reduction
- Multiple areas can be treated
- There is no downtime

**CONS**

- You will need to avoid the sun during treatment
- You may need a yearly touch-up
- Initial mild discomfort

**Body Language**

With the newest LHR technologies available on the market, men and women with ethnic skin can now also be treated with LHR devices. Four to six weeks prior to LHR treatments, clients with ethnic skin must follow a pre-treatment skincare regime of either Hydroquinone or Lytera.

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**Symphony RF**

**IS THE LATEST ADDED TO**

**Calobrace & Mizuguchi Plastic Surgery Center. ThermiRase is a viable alternative to injectable neurotoxin for the treatment of frown lines. The procedure is safe, effective, and long lasting. Symphony RF can also be applied to almost any area of the body and can help tighten saggy skin and help shape and sculpt different areas with minimal downtime or side effects.

**Article by | Dr. Mizuguchi**

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Facial wrinkles are caused by contractions of the underlying facial muscles with facial movement. Overtime, these facial lines can give a person an angry, tired or sad appearance. Neurotoxins (Botox, Dysport) have been the main treatment for facial lines for the last decade. Many patients loved the results but frequently desired a longer lasting effect. Now, Symphony RF’s ThermiRase procedure produces long term muscle relaxation of frown lines without the use of neurotoxins. We are currently using ThermiRase for the treatment of glabellar frown lines (11s between your brows).

ThermiRase is an in-office procedure done with local anesthetics. First the nerves that cause frown lines are located with an external stimulator. Then a probe is inserted just under the skin to locate the target nerve that causes the muscle to contract. Once the correct nerve is identified, controlled radiofrequency energy is administered to the nerve to disrupt its ability to contract the muscle related to the wrinkle. The results are immediate and will last over two years. The downtime is minimal to none.

Symphony RF is also effective for improving facial and body contour. Controlled temperature applied beneath the skin not only causes dermal skin tightening but causes contraction of the fibrous septal network in the subcutaneous tissue which further enhances the result. With Symphony RF, precise internal and external temperature assessment safely allows for aggressive treatment without potential side effects.

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CaloSpa brings education to its patients through its calendar of events, Evening Gatherings and Annual Open House. With so many options available, choosing the right procedure or service can be a bit daunting. So, CaloSpa would like to invite you to learn more about the wonderful world of aesthetics.

Call 502.814.3000 to reserve your spot!
Lunch & Learns 12pm-1pm
Evening Event 4pm-7pm

2013-2014 CALENDAR OF EVENTS

OCTOBER
1-31 Breast Cancer Awareness Month-When you Wear It. Plant It, or Pick It you can receive 10% off Day Spa services and selected skincare products
9 Ideal Weightloss Seminar 5:30-6:30

NOVEMBER
10-12 Annual Open House-During the week of Open House (Thu-Thur) receive 20% off on select products and services
19 Ideal Weightloss Seminar 5:30-6:30
29 CaloSpa Black Friday Deal

DECEMBER
6-23 12 Days of CaloSpa
1-4 Valentine’s Day Gift Card Special
20 A Cool Spring Evening with CoolSculpting

FEBRUARY
1-4 Valentines’ Day Gift Card Special
20 A Cool Spring Evening with CoolSculpting

MARCH
4, 8, 12 BumpItts! Make the smooth move to CaloSpa
27 Get Derby Ready CaloSpa Ineterrable Evening with Drs. Calobrace and Mizuguchi

APRIL
7-18 Trilectic Derby Botox, Dysport and Injectable Filler Special
14 Dial up for the Derby-All Day CaloSpa Event

30 LUXURY HAS GONE MOROCCAN
This gift set is pampers in a bottle. The set includes Moroccan Oil Gift in body care including Body Buff, Body Soufflé, cleansing bar, hand cream and Intense Hydrating Treatment. The Moroccan Oil line is infused with the finest ingredients to help restore moisture and refine those areas we tend to forget about like the knees, heels and elbows. Not to mention those areas we do not forget about!

GIFT CARDS
These make the best gift! Available for any amount that best suits you or your loved one’s need. Gift cards are great because they can be used for anything we offer from day spa services, medical spa services and even surgery.

SPRING CLEANING
You’re invited to learn more about the wonderful world of aesthetics.

SPA GIFT SET
Have you experienced one of our luxurious spa services? If so then you have experienced our robes, wraps and slippers. Our cozy robes and wraps are a great gift to help you warm and dry. They are made from a soft and durable terrycloth fabric that is breathable and absorbent. Slippers pair with our soft and flexible spa slippers and an aromatic CaloSpa cotton candle for an at home CaloSpa experience.

TOP 5 GIFT IDEAS

Christmas 2013

- EYE AM BEAUTY PACKAGE
- LUXURY HAS GONE MOROCCAN
- GIFT CARDS
- SPA GIFT SET
- SAFELipo

SAFELipo
SAFELipo has just taken liposuction to the next level. Not just a way to remove fat, a way to reshape and contour the body through a novel, innovative approach.

Plastic surgeons and patients from around the world are discovering the unique advantages of this pioneering new approach to body contouring. SAFELipo involves Separation, Aspiration and Fat Equalization to create a natural and yet dramatic result. This unique process first loosens the fat, gently removes it, then equalizes the remaining fat without generating heat and keeping valuable blood vessels, skin and important structures from being destroyed. This is quite the paradigm shift in liposuction and body contouring surgery. The technique helps to eliminate unwanted scarring leading to smoother results.

Drs. Calobrace and Mizuguchi are offering SAFELipo to their patients; they are two of a small select group of board certified surgeons with specialized training in SAFELipo techniques.
To learn more about SAFELipo and whether it is right for you, we invite you to schedule your consultation.

CaloSpa Stays on Pointe with the Louisville Ballet
Enriching the lives of Commonwealth Kentuckians, the Louisville Ballet brings us art through dance and culture through the stories the dancers tell with each pointe and grand jeté.
Supporting our community and the arts through events like Raise the Barre and the Balle Art Ball, has always been a passion of the patron and staff of CaloSpa Rejuvenation Center. This year we are honored to be announced as The Official Spa of the Louisville Ballet School. CaloSpa is excited to show their support in the effort to sustain the quality of the dancers of the Louisville Ballet.

ZO* MEDICAL AND SKIN HEALTH

As an aesthetician, a person’s skin is the first thing that catches my eye. It speaks a lot about that person.
For myself, I always felt I had “good skin” until I used the ZO® line. I began using the ZO® Normacne, ZO® Oclipse SPF 50 and ZO® Radical Night Repair; I have worked my way up to using ZO® Brightness in the morning along with the SPF 50 and ZO® Retinax in the evening.
I have seen a drastic reduction in wrinkles, my brown spots have faded and I see an improvement in overall skin texture. Most importantly, I see a “glowing” healthy complexion. I rarely feel the need to wear foundation.
ZO® products work from the inside out, the dermis to the epidermis. Many other skin care products only treat the damaged outer layers of the skin.
I can’t say there is a product in the line I am not in love with! The ZO® line is cost effective and results oriented by far the best skin care line I have used. I recommend it to all my clients. There is a ZO® product for every skin type and every skin condition.

Article by | Laura Wilkins

CaloSpa Stay's on Pointe with the Louisville Ballet School

LOUISVILLE BALLET SCHOOL

www.calospa.com
DUALSCULPT
Your Dream Body

If I could describe my CoolSculpting experience in one word, it would have to be: WOW! The staff at Calospa made me feel comfortable and informed about the CoolSculpting procedure, and the results were more than I ever expected! That little bit of stubborn belly fat that had been following me around for years, is now gone once and for all. Couldn’t ask for more!”

JORDAN COX

PicoSure TATTOO REMOVAL

PicoSure laser is the fastest and most advanced laser in the world for tattoo removal, clearing tattoo ink in about half the number of treatments required by any other laser available in the United States.

Committed to only providing the newest and absolute best technology available, we at Calospa are proud to be the first and only PicoSure laser tattoo removal provider in Kentucky. PicoSure is truly changing the tattoo removal experience with fewer sessions needed, less time between treatments (quicker results), less pain, and better clearance. This translates into less cost for treatment of unwanted tattoos. PicoSure is 100 times faster than any other laser on the market. The PicoSure laser is so fast, in the infinitenth of a second, it can deliver high energy blasts that break the tattoo ink particles very quickly and effectively.

We invite you to contact our office for pricing and to schedule your consultation. This amazing new laser will be offered at the 20% savings during the week of our open house, so we encourage you not to miss this amazing opportunity!!

FINANCING AT CALOSPA

We accept Visa, Mastercard, American Express, and Discover. Financing options are also available through Care Credit and BB&T. Call us at 502.899.9879 for more information or pre-approval.

WEEKEND HOURS

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

HOURS OF OPERATION

Monday • 9 a.m. – 5 p.m.
Tuesday • Thursday • 9 a.m. – 7 p.m.
Friday • 9 a.m. – 6 p.m.
Saturday • 9 a.m. – 4 p.m.

Top 5 Best Spas in Louisville

Each year Louisville consumers join together to vote for their favorite local businesses on the Louisville A-List and CaloSpa Rejuvenation Center was honored to be announced as one of Louisville’s Top 5 Spas in 2013.

Calebrace named one of Louisville Magazine’s ‘Top Docs’

M. Bradley Calobrace, M.D., has been chosen by his peers and named a “Top Doc” for 2013 by Louisville Magazine. The prestigious listing in the magazine’s August issue represents disciplines in 39 categories — from primary-care doctors to allergists to vascular surgeons. Dr. Calobrace was among only eight local physicians recognized in the Plastic Surgery category.

N E W S

L.E.A.D

M. Bradley Calobrace, M.D., is honored to serve on the Advisory Board for Mentor Worldwide’s L.E.A.D Council again this year. The L.E.A.D Council 2013 Advisory Board, which stands for Leadership, Experience and Development in Breast Augmentation, is made up of an exclusive group of the nation’s most elite plastic surgeons, the purpose of which is to provide a forum for them to explore new projects, programs and innovations surrounding the specialty of breast augmentation. Because membership is exclusive to only the top plastic surgeons, the L.E.A.D Council offers a trustworthy resource for patients seeking a quality plastic surgeon across the United States.

The ExpertInjector™ Program

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

Ranked Top 1% in the Nation by Allergan

Calospa (C.EMPS) is ranked in the top 1% in the nation with Allergan Pharmaceutical’s Allergan, creator of the most recognizable neurotoxins on the market, Botox and the creator of Juvederm, a hyaluronic filler, has been a leader in aesthetics pharmaceuticals for over a decade. Being ranked 28th in the nation is an indication that our experience is invaluable in assuring our clients that we are highly experienced and dedicated to achieving the absolute best result with safety as a priority.

SPA INFO

Main | 502.814.3000
Clinical | 502.899.9879
2341 Lime Kiln Lane
Louisville, KY 40222
www.calospa.com
info@calospa.com

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Dr. Calobrace and Dr. Mizuguchi are united in their commitment to advancing the field of Plastic Surgery through education and leadership.

It has been an amazingly busy year for the doctors. As a recognized leader in breast surgery in the United States and abroad, Dr. Calobrace has spent much of the last year traveling around the country lecturing and educating on breast surgery.

Dr. Calobrace was invited faculty to lecture in Indianapolis, Louisville, St. Louis, Miami, Atlanta, Dallas, and Los Angeles. He is one of the original faculty members for the MemoryShape breast implant, a newly FDA approved teardrop shaped implant and has taken a lead role in the United States launch of this new implant. He also was recently published in the prestigious Plastic Surgery Journal on the subject of augmentation mastopexy (breast augmentation combined with breast lifting) Dr. Mizuguchi also was published in the Aesthetic Surgery Journal. In the coming year, Dr. Calobrace has once again been selected as faculty for the highly regarded Atlanta Breast Symposium and has been asked to perform live surgery for the symposium. As some of you may recall, Dr. Calobrace performed live surgery a few years ago at the same meeting.

Drs. Calobrace and Mizuguchi are very honored to continue their role as gratis clinical faculty for the University of Louisville and enjoy contributing to the education of medical students and plastic surgery residents throughout the year.

Leadership and Surgery to are Dr. Mizuguchi and Dr. Calobrace have also reported only minimal discomfort and virtually no physical down time.

NeoGraft has been an exciting addition to our practice. Over the last year, we have had an overwhelmingly positive response with the NeoGraft hair restoration system. Patients are excited about their results and lack of unsightly scars. They have also reported only minimal discomfort and virtually no physical down time.

NeoGraft has revolutionized hair restoration by offering scarless hair transplantation for hair loss patients. Hair is removed from the donor site (back of head) in an automated process that is less traumatic than traditional harvesting techniques. No scalpel is required so no surgical scar will be seen. Hair that is harvested is then transplanted as follicular units for a truly natural look. Only local anesthesia is required and recovery is minimal with no downtime. The donor site heals in a few weeks and new hair growth will be seen as early as few months.

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Our 12th Annual Open House is Bigger and more Fabulous than ever! With over $16,000 in prizes, each guest who attends Open House will have a chance to sign-up to win one of these incredible giveaways!

**NeoGraft**

**SCARLESS Hair Restoration**

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**12TH ANNUAL OPEN HOUSE**

**ONE DAY ONLY! • THURSDAY, NOVEMBER 7TH • 12 P.M. TO 8 P.M.**

**VENDOR DOOR PRIZE VALUE**

<table>
<thead>
<tr>
<th>Prize</th>
<th>Value</th>
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<tr>
<td>Allergan 2 Syr. Juvederm</td>
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<tr>
<td>5 Latisse</td>
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<tr>
<td>20 units of Rotox x5</td>
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<td>Glytone Product</td>
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<td>Zelitq 3 Separate Drawings</td>
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<tr>
<td>Pink Owl Photoshoot</td>
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<td>CaloClub 1 Service a Month for a Year</td>
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<tr>
<td>Anti-Stress Retreat for You and a Friend</td>
<td>$440</td>
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</tbody>
</table>

**CHARITY DRAWING**

**Benefiting Gilda’s Club of Louisville**

Since 2007 Gilda’s Club of Louisville has been creating a community of support for the men, women and children of Louisville living with cancer. Gilda’s Club is our honored charitable beneficiary for the second consecutive year.

With just a small donation of $20 you will be entered into our charitable drawing for a chance to win a ONE WEEK stay in beautiful South Beach, Florida at Dr. Calobrace’s personal condo.
At CaloSpa, we are excited to introduce our Skin Genius Bar, a new concept in providing the guidance and professional care our clients deserve when it comes to skincare.

The challenge in today’s skincare world is not the lack of products; it is the challenge in understanding the different products and discovering the perfect regimen for your skin. I am always surprised how many of my clients struggle to know what to use and end up at a department store or drugstore trying to read the bottles and find the one that promises the most. The challenge is that you cannot read a bottle and understand whether it works. Producers of these products can load a lotion with Vitamin C or glycolic acid or anti-oxidants and that vast majority deliver absolutely no clinical benefit other than some simple moisture to the skin.

The key is creating vehicles within the product to deliver the active ingredients deep into the skin to produce a biological and clinical effect. I personally review each and every product line considered for CaloSpa with my skincare expert aestheticians to insure they have been thoroughly evaluated with my skincare expert aestheticians to ensure they have been thoroughly evaluated and studied for effectiveness and safety. We have created protocols to help guide the care of our clients with a wide variety of different skin problems.

We now introduce our Skin Genius Bar, a skincare genius bar of sorts that will give the personalized attention each of our clients deserves. We encourage each of you to either call and schedule a consultation at our Skin Genius Bar or just stop by and pull up a chair. We will happily assist you in finding the perfect regimen for your skin.

To enter to win the CaloSpa Complete Makeover please fill out registration form entirely. Forms will only be accepted at the time of Open House, 11.7.2013 from 12pm-8pm. All products and services have NO cash value and are NON-transferable/exchangeable. Services must be completed by January 31st 2014. Winner must have before and after photographs taken at CaloSpa and CaloSpa may use photographs for print, web and media.

Enter to WIN!

For those of you looking for a more permanent way to enhance your lips, the Perma Lip implant is now available.

We have waited a long time for this implant! This silicone implant provides a natural-looking, long-lasting fullness in the upper and lower lip. The procedure is performed under local anesthesia and is extremely well tolerated. Recovery is quick and results lasting. Fillers such as Juvederm or Restylane may be used with the implants for those desiring additional volume or greater correction of fine lines around the mouth. We encourage you to schedule a consultation to learn more about the Perma Lip implant and see if it is right for you.

Fat grafting can be performed under local or general anesthesia. Liposuction is performed first to improve and contour your hips and thighs, enhancing the appearance of your buttocks. Lipo-contouring is also performed on your buttocks to create a defined buttock shape. The fat that is removed from liposuction is then used to augment your butt. Common areas for fat grafting are the top part of your butt and any hollow areas like around your thigh joint. The goal is to create a smooth, youthful and attractive buttock. Fat can also be harvested from other sites such as back and medial thighs.

Why not enjoy the benefits of liposuction and buttock enhancement. We have an artistic understanding of the universal ideals of proportions and contours of your buttocks that create the impression of beauty and youth. Let us at CaloSpa and Mizuguchi Plastic Surgery Center help you achieve the butt of your dreams.

Article by | Dr. Mizuguchi

AESTHETIC BUTTOCKS CONTOURING

Are you tired of your saggy butt? Has pregnancy or aging changed the shape of your buttocks? Or have you dreamed of having shapely buttocks? Fat grafting (Brazilian Butt Lift) may be your answer. Fat removed from liposuction can be used to improve the contour of your buttocks. We have found fat transfer to be an extremely valuable and effective way to improve the shape of your butt. The benefit of fat grafting is that it can be customized for your needs and desires and with fat, your buttocks will look and feel natural.

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SkinGenius
BAR

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WATCH FOR GIFT CARD SPECIALS

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

Watch for Gift Card Specials for Open House, Holidays and Valentines Day. When you purchase a $100 Gift Card you will receive a $20 CaloCard. *

*restrictions may apply