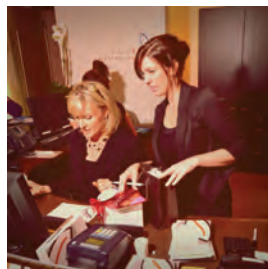
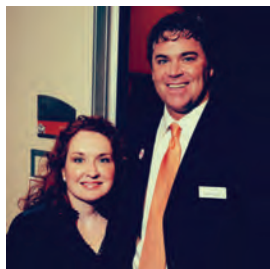
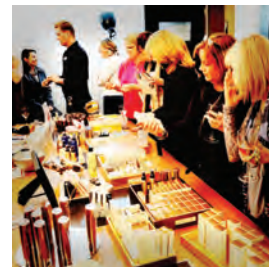
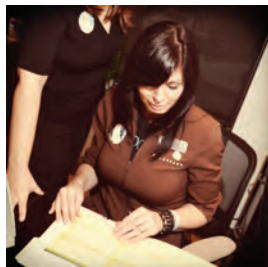


BODY LANGUAGE

New and Innovative Techniques to Improve One's Body



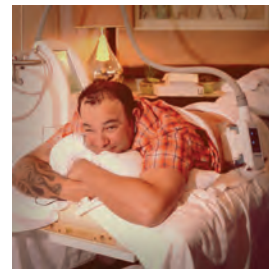
12TH ANNUAL
OPEN HOUSE
NOVEMBER 7TH
12-8 PM



CALOBACE & MIZUGUCHI
plastic surgery center



CALOSPA
rejuvenation center



#CALOVIEW

see back cover for details...



IT'S NOT JUST FOR THE Ladies

Sculpt your body without diet, exercise or surgery.



ACTUAL PATIENTS

IN EVERY ISSUE

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- 17 Spa Information

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- 21 Aesthetic Buttocks Contouring Perma Lip Implants



THE DOCTORS



M. Bradley
CALOBACE
MD, FACS

Doctor Calobrace is board certified in plastic surgery (American Board of Plastic Surgery), is 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. 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.



FROM THE DESK OF
Lynn Wade | Director of Operations

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.



**CHOOSE
WISELY!**

Did you know that in the US there are over 1,000,000 doctors allowed to perform injectables 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

Menu OF SERVICES

MEDI SPA

Medi Spa Facial Injectables
Belotero
Botox
Dysport
Juvederm
Perlane
Prevelle Silk
Radiesse
Restylane
Sculptra

Facial Laser & Light Treatments
Diolite Spider Vein Treatment
Exilis Facial Tightening
Fotofacial Complexion Treatment
Fraxel Restore
Matrix IR Wrinkle Treatment
NTLS Photo Therapy
Pico Laser Tattoo Removal: **NEW!**
Refirme Facial Tightening
Trifecta Total Facial Renewal

Advanced Facial Treatments & Peels
Dermaplaning (Blading)
Echo2 Oxygen Facial
Glycolic/Salicylic Peel
Hydrafacial
Microdermabrasion
Micropeel
Obagi Blue Peel
Permanent Makeup
TNS Illuminize™ and Vitalize Peel™
TNS Rejuvenize Peel™

Body Treatments
B12 Injections
CoolSculpting
Endermologie for Cellulite
Emax Leg Vein Treatment
Exilis Fat Reduction
Ideal Protein
Laser Hair Removal

DAY SPA

(Packages also available)

M'lis Cellulite Treatments: **NEW!**
Signature Facial
Body Polish
Cellulite Body Wrap
Custom Facial
Deep Tissue/Sports Massage
Gentleman's Facial
Lymphatic Massage
Mother to Be Massage
Massage for Two
Custom Body Wrap
Pure Results Facial
Reflexology
Signature Massage
The Perfect Back
Warm Stone Massage
Bamboo Massage: **NEW!**
Raindrop Therapy: **NEW!**

Hand & Foot Treatments
Spa Manicure
Spa Pedicure
Spa Mani/Pedi Combo
Advanced Hand Treatment: **NEW!**
Shellac/Opi Gel
Detox Foot Soak: **NEW!**

Makeup
Makeup Instruction
Special Occasion Makeup
Physician Directed Skincare Lines Available



SURGERY CENTER

Breast
Revisional Breast Surgery
Breast Enlargement
Breast Lift
Breast Reduction
Breast Reconstruction
Gyneecomastia

Body
SAFE Lipo: **NEW!**
Ultrasonic Liposuction
Lipo Lite Laser Liposuction
Tummy Tuck
Body/Thigh Lifts
Post Bariatric (weight loss) Rejuvenation
Postpartum Rejuvenation
Arm Lift
Labiaplasty
ThermiGen: **NEW!**

Face
Fraxel Repair Laser Resurfacing
Chin/Cheek Augmentation
Rhinoplasty
Eyelid Surgery
Endoscopic Browlift
Calolift
Mini-Facelift
Facelift
NeoGraft Hair Restoration

12TH ANNUAL OPEN HOUSE

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.



CaloSpa is the Official Spa of the Louisville Ballet.



THE MAKE-UP ROOM

Make-up artist Shane Denney will be giving mini makeovers, discussing what's hot for the holidays and sharing make-up 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.



CURIOUS ABOUT GROWTH FACTORS?

Visit SkinMedica and learn how these incredible science based products are changing the world of skincare.



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.



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!



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.



← PLASTIC SURGERY CENTER SIDE ENTRANCE

OPEN HOUSE specials
20% OFF
ALL DAY SPA AND MEDI SPA TREATMENTS
BOTOX® & DYSPOREX® EXCLUDED

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.



FRONT DESK

← CALOSPA PLASTIC SURGERY CENTER →

ENTRANCE

WAITING ROOM

RSVP
BY NOVEMBER 1ST
502.899.9982

BRINGING LIGHT to FACIAL LASERS



ACTUAL PATIENT

8 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

7

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

6

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.



ACTUAL PATIENT

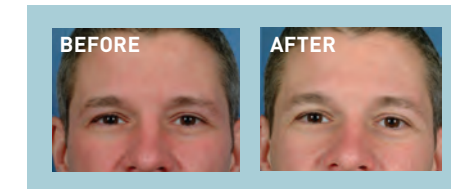
5 Tighten Your Skin with Exilis Elite
 Device: **Exilis Elite (newly upgraded)**
 Uses radio frequency and highly controlled, volumetric heating to tighten the skin.
 - Recommended series of 5 treatments to be completed
 - No down-time

1

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

2

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



ACTUAL PATIENT

3

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

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.

4

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

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.

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.

The Low Down on TNS® Growth Factor

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.

DO YOU KNOW THE SIGNS OF FREE RADICAL DAMAGE?

Inflammation | Wrinkles | Dryness | Tanning | Age Spots | Skin Cancer | Aging



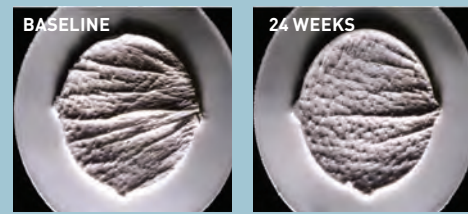
TNS® Ceramide Treatment

- TNS and Ceramide Blend
- Helps support cell recovery of post-procedure skin
- Restores skin barrier
- Replenishes moisture



TNS Recovery Complex®

- 93.6% TNS®
- TNS® Contains:
 - 110 growth factors and cytokines
 - Antioxidants
 - Matrix proteins
- High Protein Concentration: 50 mg/mL
 - Ensure stability of Growth Factors
- Stabilized Cytokines and Growth Factors
 - Surfactant free formula protects Growth Factors
 - Proven stability after room temperature storage



FEMALE PATIENT PERI-ORBITAL SILICONE IMPRESSION | AGE 52



TNS® Essential Serum®

- Contains TNS Recovery Complex, plus:
- Peptides: Extracellular building
 - 7 Different Antioxidants: Free-radical scavengers



FEMALE PATIENT FRONTAL VIEW



TNS® Eye Repair

- TNS GF Blend
- Improves Fine Lines
- Reduces Dark Circles
- Hydrates
- Increases Firmness



FEMALE PATIENT | 6 MONTHS USAGE

WHY IT'S SO REMARKABLE

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

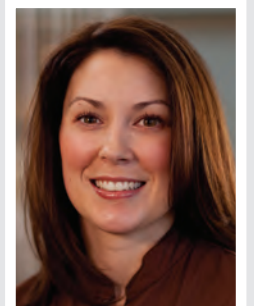
The Greatest FACTOR!

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.



Article by | Rachel Wood

★
\$895
\$1210 VALUE

90 DAY BOOTCAMP Challenge

AN OPEN HOUSE EXCLUSIVE!

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 (\$260 value).

OPEN HOUSE special
DR. CALOBRACE'S PICK!
EVERYONE SHOULD TAKE ADVANTAGE OF THIS.

SEE DRAMATIC RESULTS WHEN YOU TAKE THE CHALLENGE!

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

The Eyes HAVE IT!

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. Brow elevation or browlifts are necessary if the hooding of the brow over the upper eyelids is excessive. The brow tends to hood 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 (transeyelid 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 20 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).

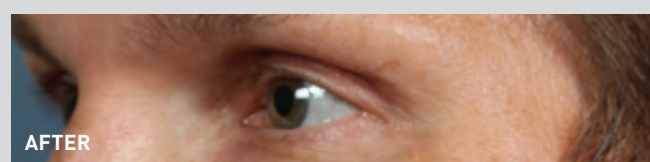
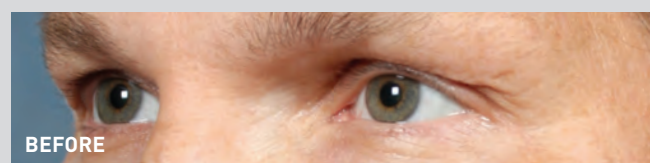
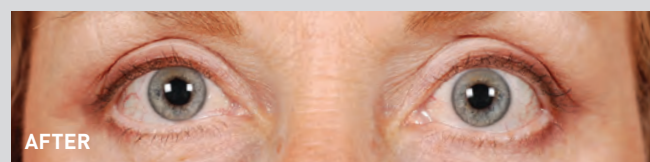
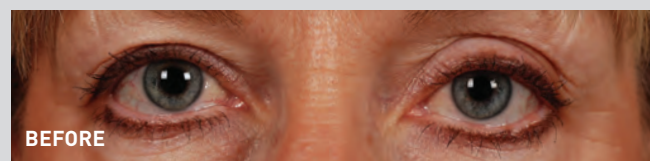
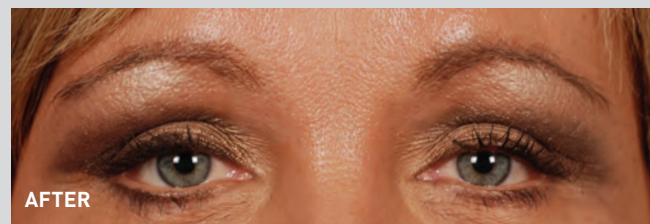
DON'T FORGET YOUR LASHES!

The windows to your soul can't go without window dressing! Latisse will give you longer, fuller and darker lashes, beautifully framing your new eyes!

5ML Latisse originally \$170!!
*Tax not included

\$136*

Actual Patients Before and After



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 frownlines, upper crowsfeet 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



Article by | *Karen Stickrod*

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 fad 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 goals 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



IDEAL WEIGHTLOSS SEMINARS

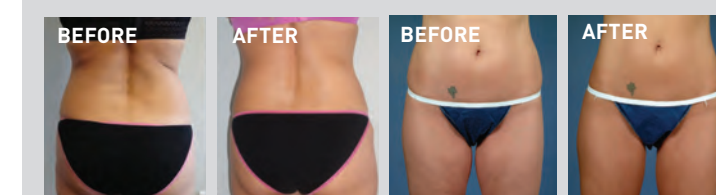
October 9 5:30-6:30
November 19 5:30-6:30
March 13 5:30-6:30

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, diet 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 (8-10 glasses of water a day) to flush out those toxins.



EXILIS: ACTUAL PATIENT

ENDERMOLOGIE: ACTUAL PATIENT

CALOSPA ANTI-CELLULITE PROGRAM

At CaloSpa, we are happy to introduce an amazing **Cellulite Program** to round out our cellulite treatment protocols, M'lis amazing Spa Contour body wraps. Our CaloSpa Anti-Cellulite 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 (5) + 4 M'lis Lymphatic wraps
- Cellulite Home Care Kit + Exilis RF (5) + Endermologie (15) + 4 M'lis lymphatic wraps (\$400 Savings)

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

CaloSpa offers the LUMENIS® LightSheer to remove unwanted hair and give you long-lasting results.

Facial

Lip ♂

Chin

Sideburns

Beard ♀

Neck

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 doctor's office.

DID YOU KNOW?

Sun 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 weeks prior to and after your LHR treatments.

Trunk

♀ Back

Arms

(Full or Lower)

Areola

Abdomen

Axilla

LASER HAIR REMOVAL IS THE MOST PRECISE METHOD OF ELIMINATING UNWANTED HAIR. LHR BEAMS HIGHLY CONCENTRATED LIGHT INTO THE HAIR FOLLICLES. PIGMENT IN THE FOLLICLES ABSORBS THE LIGHT AND THE HAIR IS DESTROYED.

Lower body

Bikini

Full or Limited

♂ Legs

Full or Lower

Toes &

Knuckles

PERFECT PAIRING

Body Retexturing Treatment by SkinCeuticals

Break away from dull, dry, and rough skin. Renew the surface of your skin with Body Resurface and expose your new radiant and smooth skin.

LHR AND ETHNIC SKIN

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.



PREPARE *to* BARE

AN OPEN HOUSE *special!* 20% OFF 1ST AREA • 50% OFF 2ND AREA*

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

♀ POPULAR TREATMENT AREAS FOR MEN

♂ POPULAR TREATMENT AREAS FOR WOMEN

*higher price prevails

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.

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.



THIS IS AN ACTUAL PATIENT. 3 MONTH POST-OP.

This skin tightening procedure is great for the neck and arms. Symphony RF is the latest addition 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

You're INVITED

CaloSpa brings education to its patients through its Lunch & Learns, 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 6pm-7pm

www.calospa.com



2013-2014 CALENDAR OF EVENTS

OCTOBER

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

NOVEMBER

- 7 12th Annual Open House-During the week of Open House (4th-7th) 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

JANUARY

- 9 New Year, New You: Ideal Weightloss and CoolSculpting Event
- 23 Facing the Facts! Understanding the benefits of Growth Factors: Hosted by SkinMedica Representative Myron Schrage

FEBRUARY

- 1-14 Valentine's Day Gift Card Special
- 20 A Cool Spring Evening with CoolSculpting

MARCH

- 6 Bye, Bye Bumps! Make the smooth move to CaloSpa Cellulite Treatments Packages Special
- 27 Get Derby Ready-CaloSpa Injectable Evening with Drs. Calobrace and Mizuguchi

APRIL

- 7-18 Trifecta Derby Botox, Dysport and Injectable Filler Special
- 16 Doll up for Derby-All Day CaloSpa Event

*Event dates are subject to change

CALOSPA'S TOP 5 GIFT IDEAS Christmas 2013



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 keep you warm and dry. They are made from a soft and durable terry cloth fabric that is breathable and absorbs moisture. Pair with our soft and flexible spa slippers and an aromatic CaloSpa Lotion Candle for an at home CaloSpa experience.



EYE AM BEAUTY PACKAGE

Wow, what a great gift this will make! This package offers a 5ml Latisse, SkinMedica's TNS eye repair, and Blinc Mascara. Latisse will boost the growth of your lashes giving them a thicker, fuller and perhaps darker appearance. The TNS eye repair will help nourish, hydrate and help rejuvenate your delicate eye area while firming and smoothing fine lines and wrinkles. Enhance your new eyes with your Blinc mascara that utilizes acrylic tubing to enhance the fullness of your lashes.



GIFT CARDS

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



LUXURY HAS GONE MOROCCAN

This gift set is pampering in a bottle. The set includes Moroccan Oil's finest 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!



CLARISONIC

Clairisonic is a great company that invented the Sonicare toothbrush. The company now offers a variety of skin cleansing devices that are waterproof; from the MIA 2, a compact cleansing brush great for travel; Aria a sleek design with 3 speeds and USB connection for easy charging; and the Pro Clarisonic with body system featuring 4 speeds, a durable design and an extension brush great for cleansing those hard to reach areas such as your back, heels, knees and elbows.

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 Normacleanse**, **ZO Oclipse SPF 50** and **ZO Radical Night Repair**. I have worked my way up to using ZO Brightenex in the morning along with the SPF 50 and ZO Retamax 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 Willis](#)

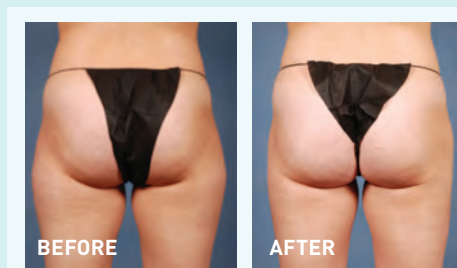


SAFELipo

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, innovate 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. This 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 Kentucky, 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 Beaux Arts Ball, has always been a passion of the doctors 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.



DUALSCULPT Your Dream Body

Can you pinch an inch, or two? Do you have those stubborn areas of fat that just won't go away, even with diet and exercise? Worry no longer. CaloSpa offers **CoolSculpting**. It is the latest, non-invasive fat reduction process that targets the fat cells contained in those stubborn areas. Then, by crystallizing (freezing) those fat cells, it allows your body to dispose of them naturally. It is a permanent way to get rid of fat with no down time. **CoolSculpting** was brought to CaloSpa in 2012 and we are now excited to introduce, **DualSculpting**! This latest technology will allow us to maximize every treatment and make each appointment more efficient for our patients. **DualSculpting** allows us to treat patients in half the time that it would normally take for areas such as the bra-line, flanks, inner thighs, outer thighs, arms, and any other bilateral area of the body. It allows us to also treat more than one area at a time. If you have an important event (wedding, birthday, etc...) or a holiday you would like to look your best for, come see us for a **CoolSculpting/DualSculpting** treatment.

To set up a complimentary consultation for **CoolSculpting** or **DualSculpting** please contact CaloSpa at 502.814.3000

Article by Erin Steinke | *CoolSculpt Technician/Medical Assistant*

"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



coolsculpting

SPA INFO

Main | 502.814.3000
Clinical | 502.899.9979

2341 Lime Kiln Lane
Louisville, KY 40222

www.calospa.com
info@calospa.com



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 502.899.9979 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 – Thursday • 9 a.m. – 7 p.m.
Friday • 9 a.m. – 6 p.m.
Saturday • 9 a.m. – 4 p.m.

In the NEWS



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.



Calobrace 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.



L.E.A.D

M. Bradley Calobrace, M.D., is honored to serve on the Advisory Board for Mentor Worldwide's LEAD Council again this year. The LEAD 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 products, programs and innovations surrounding the specialty of breast augmentation. Because membership is exclusive to only the top plastic surgeons, the LEAD Council offers a trustworthy resource for patients seeking a quality plastic surgeon across the United States.



The ExpertInjector™ Program

Drs. Brad Calobrace 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, facial plastic surgery, dermatology and oculoplastic surgery.



Ranked Top 1% in the Nation by Allergan

CaloSpa & C&MPC is ranked in the top 1% in the nation with Allergan Pharmaceutical. Allergan, creator of the most recognizable neurotoxin 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 are dedicated to achieving the absolute best result with safety as a priority.



NOW AVAILABLE!

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 trillionth of a second, it can deliver high energy blasts that break off 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 open house, so we encourage you not to miss this amazing opportunity!!!

OPEN HOUSE
Specials
20% OFF
PICOSURE
TATTOO
REMOVAL



Leadership EDUCATION

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

$$a^2 + b^2 = c^2$$

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.



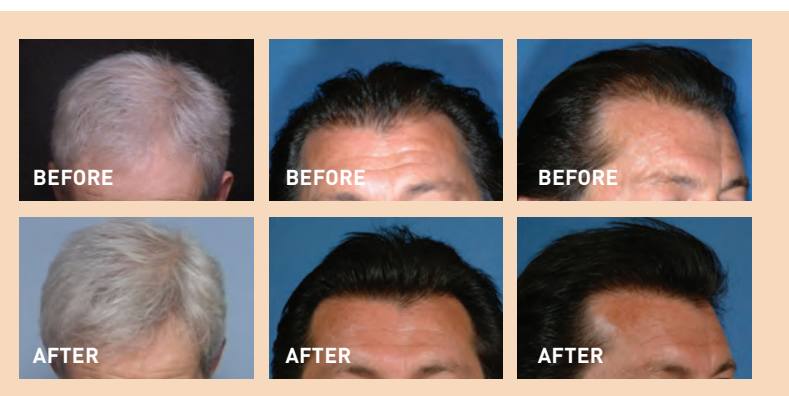
NEOGRAFT



SCARLESS Hair Restoration

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.

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.



Actual Patients Before and After

12TH ANNUAL OPEN HOUSE

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

\$16,000 IN PRIZES!

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!

VENDOR DOOR PRIZE VALUE

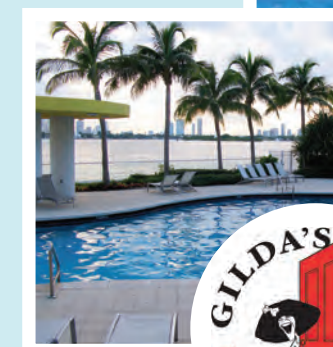
Allergan	2 Syr. Juvederm	\$ 1,050
	5 Latisse	\$ 600
	20 units of Botox x5	\$ 1,000
Clarisonic	Mia 2	\$ 149
Glytone	Product	\$ 200
Iredale	Product	\$ 250
Merz	1 Belotero	\$ 525
	1 Radiesse	\$ 700
Moroccan Oil	Products	\$ 350
NeoCutis	Products	\$ 285
SkinCeuticals	Products	\$ 300
SkinMedica	Products	\$ 1,000
Valeant	1 Perlane	\$ 575
	1 Restylane	\$ 525
	1 Sculptra	\$ 800
Zeltiq	3 Separate Drawings	\$ 7,800
ZO	Products	\$ 500
Pink Owl	Photoshoot	\$ 800
CaloClub	1 Service a Month for a Year	\$ 720
Anti-Stress Retreat for You and a Friend		\$ 440



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.



Calo Complete Makeover

AN OPEN HOUSE EXCLUSIVE!

Relax Your Senses

MoroccanOil Body Souffle
CaloSpa Lotion Candle
CaloSpa Plush Wrap

Rejuvenate Facial Features

Botox Wrinkle Reduction
Belotero Volume Boost
Lytera Skin Brightening

Renew The Body

CoolSculpting Fat Reduction
SkinCeuticals Body Tightening

Skincare

ZO Normacleanse
SkinMedica TNS Eye Repair
SkinCeuticals Physical Fusion SPF 50

Makeup

Jane Iredale Starter Kit

Capture the New You

Pink Owl Photo Shoot

\$4151

SkinGenius BAR

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 even 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 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.

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.

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 Calobrace and Mizuguchi Plastic Surgery Center help you achieve the butt of your dreams.

Article by | *Dr. Mizuguchi*



ACTUAL PATIENT

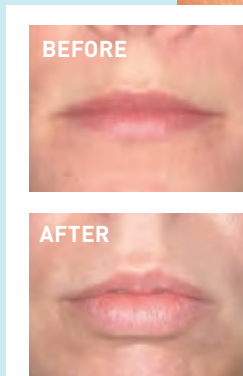


ACTUAL PATIENT

PERMA LIP IMPLANTS

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 implant and see if it is right for you.



PERMATM
FACIAL IMPLANT

Enter to WIN!

To enter to win the **CALO 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.*

Name _____

Address _____

Phone _____

Email _____

*other restrictions may apply



CALOBACE & MIZUGUCHI
plastic surgery center



CALOSPA
rejuvenation center

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

2341 Lime Kiln Lane | Louisville | KY | 40222



#CALOVIEW



Instagram

Renew.
Capture. **Win.**

Using the popular photo app, **Instagram**, snap photos from your viewpoint of your Calospa Rejuvenation Center and Calobrace & Mizuguchi Plastic Surgery Center experience. When you post to Instagram, use **#caloview** to be entered into a monthly drawing where one winner will receive a special gift, from now until our Open House in 2014. Look for our favorite pics in the Spring 2014 Body Language magazine.

Not sure how to get started? Go to your app store and download **Instagram** and be sure to invite all your friends to follow you. Next, be ready to capture your experience with us whether it's getting a pedicure, before and after pics of your procedure, unique features of our building, or snaps from one of our many special events throughout the year. Lastly, make sure to tag the photo with **#caloview** so you are entered to win a monthly prize.

A CALOSPA
GIFT CARD
IS THE
IDEAL GIFT!



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