

## **Innate Medical Spa Services**

### ***The New You is Waiting...***

There are so many benefits when it comes to getting older: experience, understanding, wisdom, grace... the list goes on and on. But then there are the drawbacks: wrinkles, lines, crow's feet, loss of fullness in your face and the diminishing of that coveted youthful glow... this list goes on and on as well.

Wouldn't it be great if you could keep all the benefits and lose the drawbacks?

Well, now you can!

Our medical spa services provide you with all the options you need to nourish your body and rejuvenate your skin – returning you back to the “you” of your youth – without losing any pearls of wisdom.

For your body:

- CoolSculpting
- O-Shot
- PRP-hair
- PRP-scar
- Sclerotherapy
- Non-invasive breast lift
- Mesotherapy

For your face:

- Botox
- Nulyft facelift
- PRP-collagen
- SkinPen Microneedling
- Chemical peels
- Express facials
- JUVÉDERM®
- Kybella
- Nasiolabial threading
- Vampire facial
- 1-hour facial

*It's time to see yourself the way you've always wanted to.  
Call for a consultation today!*

## **Botox**

### **Expression Without the Impression**

The first FDA-approved prescription to improve the impressions left by your expressions, BOTOX is an injectable solution for moderate to severe frown lines and wrinkles.

Your face is the vehicle through which you express your emotions and communicate to the world around you. Over time, our body's natural defense against aging starts to wear down and your expressions start to leave lasting impressions on your forehead, between your brows around the sides of your eyes (crow's feet).

### **How Does it Work?**

BOTOX® temporarily paralyzes the corrugator, procerus and orbicularis oculi muscles – which are responsible for horizontal lines on the forehead, deep furrows between the brows and crow's feet around the eyes. It does this by blocking nerve signals from the brain that are responsible for activating these muscles, giving them the opportunity to disengage and causing a consequential relaxing effect on the skin.

Over time, those impressions begin to fade and your skin regains its more youthful appearance. And while maintenance treatments are required to maintain results, less BOTOX is required with every treatment received.

It's also the only effective treatment for excessive sweating, called hyperhidrosis, due to its ability to block the nerve signals that trigger the sweat glands.

This treatment is ideal for:

- Frown lines
- Forehead lines
- Sagging brow
- Bunny lines
- Crowe's feet
- Lip augmentation
- Lower eyelids
- Smokers lines around the mouth
- Chin dimples
- Drooping corners of the mouth
- Lip augmentation
- Neck lines
- Overly-prominent jawbone

Results typically take 7-14 days to reach their optimum threshold and can last anywhere from 3-5 months, with the ability to last even longer for those that have had repeat injections.

*Take the impression out of your expression and call for a consultation today!*

## **Noninvasive breast lift**

### **A Non-surgical Solution for Breast Augmentation**

A traditional breast lift is designed to remove excess skin, raise or reposition the nipple-areolar complex, and reshape your natural breast tissues in a way similar to what a small implant would achieve. But it still involves surgical protocol and is classified as an invasive procedure.

In the case of a non-surgical breast lift, however, no cuts or incisions are involved, and you don't have to be put under any general anesthesia. Many argue that they're actually much safer than their surgical counterpart because there's no risk of infection, scarring or excessive blood loss. And while the results may not be as dramatic, they are still noticeably impressive and, to many, worth the decreased risk and inconvenience that usually comes with a traditional mastopexy.

## **PRP-collagen**

### **Look Years Younger, Naturally**

Platelet Rich Plasma (PRP) is a high concentration of growth factors and stem cells from your own naturally-occurring biological plasma that, when injected into skin, encourages cell growth, tissue repair and collagen production.

#### **How does it work?**

To begin, a blood sample is taken and then placed into a centrifuge to separate the PRP from the existing red blood cells. This intensifies the regenerative growth factor when injected into the dermis (the thickest layer of the skin).

This will then encourage collagen growth within the dermis, the result being more youthful looking skin. It's also very effective at reducing acne scarring, wrinkles and lip lines.

#### **And the results?**

Results start to become noticeable within a week after your first treatment, with optimal results appearing 1-2 months after the initial session in the form of rejuvenated skin that appears younger, feels softer and more supple. And these can last anywhere from 1-2 years after your initial procedure.

And, side effects are often negligible given that the PRP comes directly from your own biology.

*Your natural solution to more youthful skin is just a phone call away! What are you waiting for?*

## **PRP-Hair**

### **Avoid the Recession and Maximize Growth**

And, no, we're not talking about the economy here. We're talking about something even more important – your hair!

When it comes to maintaining a youthful appearance and benefiting from all the confidence that comes with that, your hair is one of your biggest assets. As we age, however, the natural process our body undergoes changes your hormonal balance and this can have a noticeable impact on your hair with thinning areas, bald spots and even recession of your hairline. We can help!

### **So how does it work?**

- First, we draw a sample of your blood.
- Next, the blood is prepped for platelet rich plasma (PRP) extraction.
- And finally, we inject the extracted PRP into your scalp where your hair is challenged the most.

### **What does that do?**

In a nutshell, the stem-cell regeneration process promoted by the PRP (a naturally-occurring substance in your own biology) encourages the hair you have to maintain robust growth, while new follicles are made possible by increasing collagen and keratin production (the foundation of the hair cuticle).

### **And the results?**

You may initially notice a reduction in shedding, followed by improvement in hair texture and thickness within two weeks of the initial appointment. Optimal results, including the full scale of hair regrowth and thickening, will be most noticeable 3-6 months into the treatment. Not to mention, the chance of side effects is minimal as the PRP is already a part of your own naturally-occurring biological process (no third-party substance is being introduced).

*A natural solution for a more desirable headspace (literally and figuratively).*

*Call today for a consultation!*

### **SkinPen-microneedling**

#### **Keep the Wisdom, Lose the Evidence.**

As we age, our collagen production (the body's natural defense against aging) begins to slow down and our wisdom lines become even more apparent. We see them between our eyebrows, on our forehead, the outer areas around our eyes, etc. Fine lines and wrinkles can technically show up anywhere, but what gets more action when it comes to the way we filter the world around us than our face. It's the very vehicle through which we express our emotions.

Microneedling utilizes the body's natural healing process to reverse the signs of aging by creating tiny, precise micro-punctures around the areas in need of rejuvenation. These micro-punctures will stimulate your body's natural repair process and new collagen synthesis will occur without any scar tissue formation.

The result? Younger, more youthful looking skin and the joy of being so much wiser than you look.

And, it's not just for lines and wrinkles! We use SkinPen – the only FDA-approved medical-grade microneedling device – which has been proven effective for the following skin conditions:

- Fine lines and wrinkles (wisdom lines)
- Sun damage (sun spots)
- Age and brown spots
- Stretch marks
- Acne scarring
- Uneven skin tone
- Large pore size

And it can be used just about anywhere on the body, including your:

- Face
- Neck
- Arms
- Hands
- Legs
- Abdomen
- Back

While annual maintenance is recommended, most patients will be able to reach their goals with three treatments spaced four weeks apart. For those with deeper wrinkles or larger problem areas, as many as 6-8 treatments may be needed. And while your body can take anywhere from 3-6 months to complete the rejuvenation process, it is possible to notice immediate improvement following your initial session.

*Turn back time quickly and call for a consultation today!*

## **Chemical Peels**

### **Peel Back a Younger You**

When it comes to peeling back the layers to reveal that youthful skin you once knew (and probably took for granted), chemical peels are a proven treatment for improving the texture and tone of your skin to reveal a more youthful version of you.

Chemical peels improve the appearance of aging skin by using a chemical solution to remove the outer layer of old skin, which your body will then naturally replace with younger, smoother and more even skin.

Available for all skin types and colors, another way to look at these chemical peels is a more aggressive form of exfoliation that is minimally invasive and proven extremely effective.

Typical chemical peels use acids to promote the outer layer of damaged skin to shed and signaling new cells beneath the surface to multiply – boosting hydration and collagen synthesis (the body's natural defense against aging).

#### **Anti-aging chemical peel:**

Nourished with anti-aging properties, our anti-aging peel smooths fine lines and clears up acne. Because it is a stronger product, it does have a 2-3 day peeling phase. Once complete, the skin is smooth, more vibrant and more radiant than before.

#### **Acne chemical peel:**

Individualized acne peels that target the back and face are also available to correct the unwanted scarring and imperfections that come with acne issues. The right peel can end acne altogether and also work to soften the scars that come with it. They dive deep into skin to unclog pores, while also addressing the surface to erode blackheads and fade post-pimple marks.

Side effects are typically minimal and include a slight burning or tingling and usually dissipate upon completion of your session. Some redness may occur that is can be easily covered with makeup and results can be seen immediately.

### **Refresher chemical peel**

*Peel back a new you!*

*See the results for yourself and call for a consultation today.*

### **Express facials**

#### **Glow and Go**

An Express or mini facial, as some may call it, is meant for people on the go. It's different from a standard facial in that it doesn't include steaming and extractions. The main reason it's called an express facial is largely due to the time. It's about 35-40 minutes long (as opposed to an hour) and is great for people on the go that need a complexion refresher without spending an hour or more on a more customized facial.

Services include a skin analyzation, double cleanse, exfoliation, face and décolleté massage, a mask appropriate for your skin the day you come in, serum and moisturizer or sunscreen.

*Because...sometimes less is more.*

*See the results for yourself and then call for an appointment today!*

### **Mesotherapy**

#### **Revive Your Skin and Recapture Your Youth**

A technique that uses injections of vitamins, enzymes, hormones, and plant extracts to rejuvenate and tighten skin, as well as remove excess fat, mesotherapy uses very fine microneedles to deliver injections into the mesoderm (middle layer) of skin.

Why is this helpful? The goal behind mesotherapy injections is to ultimately correct underlying issues like poor circulation and inflammation – both of which can cause noticeable and unwanted skin damage.

Mesotherapy is most commonly used to:

- Remove fat in areas like the stomach, thighs, buttocks, hips, legs, arms, and face
- Reduce cellulite

- Fade wrinkles and lines
- Tighten loose skin
- Recontour the body
- Lighten pigmented skin
- Treat alopecia, a condition that causes hair loss

And while there isn't a "standard" when it comes to the injection substance, the following are considered the most common ingredients:

- Enzymes like collagenase and hyaluronidase
- Hormones such as calcitonin and thyroxin
- Prescription medicines like vasodilators and antibiotics
- Herbal extracts
- Vitamins and minerals

*Revive that youthful appearance you once loved and call for a consultation today!*

## **O-Shot**

### **Female Sexual Health Gets Rejuvenated**

When it comes to sustaining intimacy in your relationship, a healthy sex life is one of the most important contributing factors. As we age, however, our hormones begin to fluctuate, and this can result in challenges with physical intimacy. Whether it's decreased sensation, painful intercourse, poor lubrication or difficulty achieving orgasm, any one of these can be enough to create anxiety and decrease desire.

And while there are many options available to address male sexual dysfunction, the market has not been so proactive with female sexual issues until now.

### **How does it work?**

The O-Shot utilizes the restorative factors available in your own biology through platelet-rich-plasma (PRP) injections. With this procedure, the PRP is extracted through a standard blood draw and centrifugal process. Once precise placement is determined, a numbing agent will then be applied for comfort and the PRP will be administered.

And then the regenerative magic begins! The injected PRP contains a high concentration of healthy platelets, which serve to activate stem cells and promote collagen restoration and new blood vessel formation. This, in turn, can maximize arousal and sensitivity, as well as other benefits.



You may experience some minimal swelling, bleeding and tenderness but as the PRP is extracted from your own blood, there is no third-party agent introduced so side-effects are virtually negligible.

### **How does it help?**

As far as what to expect, women have experienced the following benefits:

- Increased frequency and strength of orgasms
- Increased arousal
- Improved lubrication
- Resolution of pain during intercourse
- Increased ability for vaginal orgasms
- Tightens laxity of the vaginal canal, or improves elasticity for a too-tight vaginal canal
- Smoother skin externally
- Reduction of overactive bladder or urinary incontinence

The added volume of the surrounding tissue can enhance sensation almost immediately, while overall sexual function and satisfaction improves within a few days and can continue for up to 18 months.

Your sexual health is important to your overall quality of life. It is not something to be dismissed or disregarded. If you think you may be a good candidate for the O-Shot, contact us today for a compassionate consultation to determine whether this procedure is right for you.

### **CoolSculpting**

#### **Cold Never Looked So Hot!**

Did you know that fat cells freeze and start the crystallization process at a higher temperature than the surrounding tissues in your body? So what does this mean for those unwanted problem areas that you just can't get rid of with exercise and dieting alone? It means they're no match for CoolSculpting.

This procedure utilizes the natural tendency of your fat cells to freeze more prematurely than other tissues, meaning the temperature does not have to reach a dangerously low degree before your problem areas start to become a thing of the past. Through the precise delivery of controlled cooling, CoolSculpting effectively crystalizes fat to promote the process of cell death at a much faster rate. Your lymphatic system will then clean out dead fat cells through your natural filtering process, and you can finally enjoy the results you've been looking for.

Every CoolSculpting system has built-in sensors that shut down the procedure if the skin cools below acceptable temperatures and the most dramatic results will be apparent approximately 2 months after your first session, with a 4-6-month window of continuing changes in your contour.

*It's safe, systematic and extremely effective. See for yourself and then call to schedule your consultation today!*

### **JUVÉDERM® Fillers (face):**

#### **Fill Your Desires**

JUVÉDERM is an injectable gel made up mostly of hyaluronic acid that, when injected into the skin, adds volume to imperfect areas challenged with wrinkles, fine lines and loss of fullness.

Hyaluronic acid is a naturally-occurring sugar in the body that serves to add volume to the skin. Its purpose is to retain water necessary to hydrate skin cells, supply nutrients and modify the contours in our face. These molecules lose volume over time, leading to deeper lines and a tired appearance. JUVÉDERM uses a modified form of hyaluronic acid to enhance fullness to different areas of the face without the need for surgery.

**JUVÉDERM Ultra Plus XC** combats the loss of fullness that comes with age in the facial tissue surrounding the mouth. Enhance volume and restore hydration, while smoothing away imperfections and fine lines around the lips with JUVÉDERM Ultra Plus XC.

**JUVÉDERM VOLBELLA XC** is a thicker gel that is ideal for adding volume to the lips and correcting imperfections around the eyes and mouth. The impact can be more dramatic with this product, due to the thickness of the gel, but there is also a version that offers a finer consistency for more subtle results.

**JUVÉDERM VOLUMA XC** works to reverse the effect that gravity has on the fullness and suppleness of your youthful cheeks. The natural process of aging, over time, will result in the breakdown of our fatty tissues that keep our cheeks nice and plump – resulting in a hollow and drawn appearance. Due to the thickness of the gel, JUVÉDERM VOLUMA XC can withstand the effects of gravity and maintain the volume in your cheeks for up to two years with the recommended treatment.

**JUVÉDERM XC** is specifically formulated to treat over-emphasized smile lines around the mouth. These most often show up in the form of “parentheses” lines between your nose and mouth and “marionette lines” that appear on the sides of the mouth and down to the chin. The

smooth consistency of this gel makes it the perfect treatment for keeping all your smile time a little less obvious, so you can keep smiling without reservation.

*Call for a consultation today to figure out which option is best for you.*

## **Kybella**

### **Is it Time for Your Double Chin to be Single Again?**

There are only so many things we can do to cover it up. And turtlenecks are definitely not an option in hot Texas summers (or many of the other months for that matter). So what to do?

Kybella is the only non-surgical solution on the market today that addresses your double-chin in a manner that is safe, effective and offers undeniably noticeable results. An injectable deoxycholic acid (a naturally occurring substance in the body responsible for the absorption and breakdown of dietary fat), Kybella works by dissolving fatty tissue and breaking down fat cells, which are then eliminated through the body's natural metabolic process.

As a result of this cell-shedding process, your chin and jawline noticeably transform back to their original shape and contour, giving you back your youthful profile and restoring your confidence.

Your self-esteem is a crucial factor in the way you present yourself to the world. And people who project more confidence are often found to be more desirable in all manner of situations – be it a job, relationship or public personae. Don't let your double-chin compromise your ability to meet the world with your best face forward.

The time investment for each session is around 30 minutes, with your treatment plan including anywhere from 2-6 sessions, scheduled a minimum of 4 weeks apart. And most patients notice visible results in just 2-4 sessions.

*Take the first step back to your youthful profile and call for a consultation today!*

## **Nasolabial threading**

### **Smile Without Reservation**

One of the most profound problem areas we face when it comes to aging is expression lines left in our nasolabial folds (your smile lines). Ultimately, it means you've had a lot to smile about in your life (as we all should), but as collagen production begins to break down, the evidence of your joyful demeanor may prove a bit undesirable.

Nasolabial threading is a non-surgical method used to correct and soften these deep impressions to reveal more youthful looking skin.

With this technique, dissolvable threads are manipulated around the nasolabial folds for the purpose of non-surgically lifting the skin and creating a firmer baseline. These threads help to synthesize collagen effectively and rapidly, while offering favorable results without the unwanted "over-done" appearance that can come with repeat filler treatment. You don't want your cheeks entering the room before you do, right?

Not to mention, the effects last longer because threading stimulates collagen production and skin tightening via actual tissue contraction versus simply adding volume with fillers. It's a good middle-ground between fillers and surgery that takes years off your skin, so you can keep on smiling without reservation.

*Check out the results for yourself and call for a consultation today!*

## **PRP scar**

### **Because Scars Don't Have to be Permanent**

We can get them from advanced acne on our face, trauma or injury to our body or even as a result of our own biological healing process from invasive surgical treatments. Scarring is your body's intuitive way of repairing itself. However, as grateful as we are for the healing process, the evidence it leaves behind may be a little less desirable.

Platelet Rich Plasma (PRP) uses the body's own natural healing intelligence to correct the appearance of unwanted scarring by initiating cellular regeneration around the impacted area.

To begin, a blood sample is taken from the patient and then harvested using centrifuge technology. This results a concentrated serum that contains platelet levels 6-7 times that of whole blood. These platelets contain 17 known growth factors which initiate healing by signaling to surrounding cells that, when injected in and around the scarred surface, increase collagen synthesis to dramatically improve the unwanted external appearance.

And when used in conjunction with other effective skin rejuvenation treatments (such as fillers, chemical peels and even laser technology), the unwanted side effects of scar tissue can be significantly reduced, and in some cases, almost entirely negligible.

[Check out the results for yourself](#) and then call for a consultation today!

Commented [MW1]: Link to image gallery

## **Vampire facial**

### **Fang-Free Flawlessness**

Touted for its ability to restore youthful glow, color and elasticity to your face, vampire facials have become one of the trendiest skincare go-to's for younger-looking skin.

### **How does it work?**

This skincare regime utilizes the restorative benefits of platelet rich plasma (PRP) and the proven technique of microneedling to deliver undeniably noticeable results. As a first step, a blood sample will be taken (typically from your arm) and then placed inside a centrifuge to extract the PRP. By way of microneedling (a small FDA-approved instrument that places precise puncture holes into the dermis), your own PRP is then "injected" into the skin to promote collagen synthesis and skin rejuvenation.

The result is a noticeably renewed and rejuvenated appearance, with more youthful, glowing skin that uplifts your mood and restores your confidence.

*Remember what it feels like to look flawless? Call for a consultation today!*

## **1-hour facial**

### **Put Your Best Face Forward**

Treat yourself to a custom facial designed to cleanse your pores, exfoliate away dead skin cells, and address common skin concerns with a custom mask selected just for you. **And the result?** Enjoy a more youthful glow to your skin that uplifts your mood and boosts your confidence.

Each facial includes:

- **Cleansing:** Your aestheticians will gently massage a cleansing solution into your face, neck, and décolletage to remove any traces of makeup and dirt. Using warm water paired with a facial sponge, they then remove the cleanser and evaluate your skin to help them determine what type of custom mask to apply later.

- **Exfoliation:** During this step, your aesthetician will buff away dead skin cells with an exfoliating cream or scrub, followed by a steam session to open the pores.
- **Extractions:** The goal of this step is to clear individual pores (either with the hands or a special tool) that have become clogged with excess oil or dead skin cells – a known culprit for blackheads and acne.
- **Massage:** In an effort to improve lymphatic drainage, your facial will also include a gentle massage of your face and upper body.
- **Masks and more:** As a final step, your aestheticians will then apply a custom mask to help address any concerns determined at the beginning of your session. They will then conclude with a serum, moisturizer and sunscreen (if applicable).

*Nourish your most important asset and start your best face forward today!*

### **Sclerotherapy**

#### **Bring Your Legs Back**

They can make you want to wear pants even in the hot Texas summers! Often a noticeable shade of blue or purple and aesthetically undesirable, spider veins are groupings of venous areas that have become challenged in their efficiency and, as a result, aesthetically problematic.

They start out as merely a cosmetic challenge but left untreated, spider veins have the potential to worsen into varicose veins, which can be not only aesthetically undesirable but can have unwanted physical side effects as well.

Sclerotherapy is a minimally-invasive procedure whereby a sclerosing agent is injected directly into the problem vein with a tiny needle. The sclerosing agent's job is to irritate the veins to the point of scar tissue formation or venous collapse – neither one of which are painful. Either one of these scenarios will seal the veins and the body will then reabsorb them, redirecting the blood flow to healthier veins and reducing the appearance of spider veins often times altogether.

It is the FDA-approved treatment of choice for spider veins and while multiple sessions may be required to reduce all the problem veins in the specified treatment area, the results are undeniably impressive. And from a medical standpoint, proactively treating spider veins at the onset can significantly reduce the unwanted consequences of varicose veins in years to come.

*Pull those shorts out and start showing your legs again proudly! Call for a consultation today.*