

## Did You Know.....

- ◆ The skin is the largest, most durable organ in the human body and is responsible for over 22 bodily functions.
- ◆ After age thirty our skin's ability to produce collagen and generate new cells begins a steady decline that negatively affects skin volume, elasticity and cell turn-over ultimately leading to the appearance of fine lines and/or wrinkles.
- ◆ Due to enhanced understanding of how the environment and aging affect the skin, Scientists have made great strides in the formulation of effective skin care products and rejuvenation processes.
- ◆ There is a vast difference in the purity (bacteria count) and efficacy of different skin care products depending on the level of quality or "grade" inherent in the product's ingredients.
- ◆ Only the highest grade of quality ingredients "pharmaceutical grade" have been proven to PENETRATE the dermis, CORRECT damage on a cellular level, PREVENT further damage and provide VISIBLE RESULTS within 72 hours.
- ◆ Only "pharmaceutical grade" ingredients are used to manufacture skin care products known as "COSMECEUTICALS".
- ◆ Cosmeceuticals are only available through Physicians' offices or MedSpas and are never sold "over-the-counter".
- ◆ Cosmeceuticals are far superior to ALL "over-the-counter" skin-care products because they contain a much higher percentage of the effective or "active" ingredients and DO NOT contain the chemical additives, fillers, perfumes, detergents, toxins, dyes, waxes, and high bacteria count inherent in lower quality, over-the-counter skin care products.
- ◆ Chemical additives, fillers, perfumes, detergents, toxins, dyes, waxes and high bacteria count found in "over-the-counter" skin care products diminish the effectiveness of their active ingredients and often cause unpleasant side-effects such as hyper-sensitivity, rashes, blemishes, irritation and inflammation.
- ◆ Forever Young MedSpa offers a Men's and Women's line of pure, high quality, Cosmeceuticals clients can depend on to help them reverse the signs of aging, improve the appearance of their skin and maintain optimum skin health for years to come! ■

## Solutions to the Five Top Skin Care Problems....

PROBLEM: Uneven pigmentation  
SOLUTION: Rejuvelux Photo-facials

PROBLEM: Deep lines on the forehead  
SOLUTION: Botox Cosmetic

PROBLEM: Cellulite and fat deposits unaffected by exercise  
SOLUTION: VelaSmooth Cellulite/Fat Reduction Therapy

PROBLEM: Unwanted hair  
SOLUTION: IPL Laser Permanent Hair Removal

PROBLEM: Acne

## Meet Our Staff:

Brian Sidella  
President

Diana SantaMaria  
Dir. of Operations

Dr. Blane Shatkin  
Board Certified  
Plastic Surgeon &  
Medical Director

Brian Whaley  
Board Certified  
Advanced Nurse Practitioner

Andrea Pinsonneault  
Marketing Director &  
Community Relations

Lisa DaSilva  
Paramedical Aesthetician  
Permanent Make-up  
Specialist

Monica DeFreitas  
Aesthetian  
Make-Over Specialist

Sonia Lugo  
Beauty Consultant &  
Front Office Coordinator

Nick Sidella  
Customer Service

"The Mind's First  
Step to  
Self-Awareness  
Must be through the  
body"

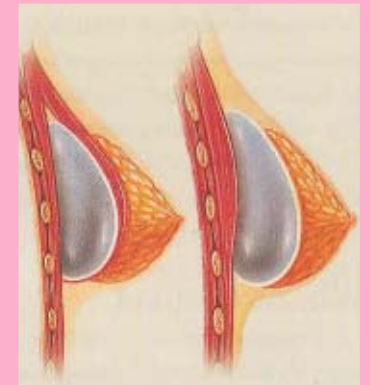
- George Sheehan

## Breast Enhancement Surgery



While in the past breast enhancement surgery was reserved mainly for celebrities, the socially elite, or unfortunate cancer victims, today's Plastic Surgeons are now seeing women from all walks of life. The procedure promises a better proportioned figure and more flattering appearance. Women will enjoy improved self confidence and self esteem. "Whether using teardrop or round implants, I have always strive for the most natural breast enhancement," says, Dr. Blane Shatkin,

In addition to facial rejuvenation and body contouring, Dr. Blane Shatkin has been performing breast augmentation for over 13 years and knows how the procedure has been refined through the years. Unlike earlier implants, today's breast implants are made of medical grade, bio-compatible, textured or smooth silicone shell with a self-sealing valve through which the physician injects a saline solution. Saline implants allow the surgeon to insert the implant through the smallest possible incision before filling it. Not only are a variety of sizes available, but now patients can decide on round vs. teardrop shaped implants to obtain a very natural result. Dr. Shatkin has over 8 years experience with the shaped or "tear drop" implant. He offers his patients either option depending on their desires. To learn more about Breast Enhancement Surgery and arrange a complimentary cosmetic consultation with Dr. Shatkin, please call (954) 450-2626 or stop by Forever Young MedSpa in Cooper City. ■



## Question:

What is a Paramedical Esthetician and why are doctors and MedSpa's choosing to work with them?

## Answer:



A Paramedical esthetician receives extensive training, over 1,200 hours versus the 300 that a basic esthetician is required to take to be licensed. In the Paramedical Program, students earn an Associate of Science Degree in Natural Health with concentration in Paramedical Skin Care. The Basic Skin Care Educational Program includes course study in anatomy and physiology, make up artistry, sterilization and sanitation, hair removal, bacteriology, ethical business, facial masks and spa therapies. The advanced Paramedical Program includes all basic course work, plus: the study of pre and post operative treatments, dermatological assistance, skin analysis, dermal oncology, nutrition, medical terminology, aromatherapy, HIV/AIDS, product ingredients, bacteriology, Ayurvedic treatments, Herbology, clinical dermatology, outpatient clinic (which gives students the opportunity to be exposed to various skin types and conditions) and advanced treatments such as medical peels, microdermabrasion, light therapy, specialty masks, and more. With medical masks and peels, microdermabrasion, cosmeceuticals and live stem cell facial therapies becoming a standard offering at many MedSpa's throughout the country, having a Paramedical Esthetician on staff is no longer considered a luxury, but rather an essential component to providing the exceptional service clients have come to expect in a MedSpa. ■

## Brian G. Whaley, ARNP-C

In today's growing and competitive Cosmetic Enhancement Industry, only the most committed aesthetic professionals deserve your business. Selecting the right person to perform your enhancement procedures may be the most important decision you make when seeking a non-surgical aesthetic make-over. That's why Forever Young MedSpa selected **Brian Whaley, ARNP-C, a caring and highly experienced Board Certified Nurse Practitioner with a reputation for excellence in the South Florida area.**

Originally from Chicago, Illinois, Brian grew up in South Florida and attended *Jackson Memorial Hospital School of Nursing* where he received his Nursing license. Brian furthered his studies at *Florida International University* where he graduated with honors, earning a Baccalaureate in Nursing. Driven by an insatiable quest for knowledge, Brian then pursued advanced studies at *Georgetown University School of Medicine* where he earned licenses as a Neonatal Nurse Practitioner and Advanced Registered Nurse Practitioner.

A dedicated husband to wife, Kimberly, for 16 years, and doting father to three boys, Brian possesses a naturally altruistic disposition and nurturing nature. His exceptional hand-eye coordination and knack for maintaining grace under pressure allowed him to excel as a pediatric/neonatal intensive care specialist for over 20 years. It wasn't until 2003 that Brian decided to transfer his highly developed skills and experience into the field of Aesthetics.

From the start of his aesthetics career, Brian distinguished himself as trustworthy individual with a kind heart, steady hand, and artistic eye. Certified to operate Aesthetic Lasers and inject Botox, Restylane, and other dermal fillers, Brian has since performed hundreds of cosmetic enhancement procedures.

Whether your goal is to remove unwanted hair, treat pigmented and vascular lesions, halt the ravishing affects of Acne, Rosacea and other disturbing skin conditions, or simply to improve the texture, tone and appearance of your skin, you can put your trust in Brian Whaley. Backed by the exceptional resources of South Florida's premier Medical Spa, Forever Young MedSpa, no one can offer you a better chance of turning your aesthetic enhancement goals into reality! ■

## What's NEW at Forever Young MedSpa?

Forever Young MedSpa is proud to announce a ground-breaking new technology that is the first and only FDA approved treatment proven to reduce fat and cellulite. Manufactured by *Syneron* and trademarked *VelaSmooth™*, the device features Syneron's patented 'elos' technology - 'electrical optical synergy' - which combines four different methodologies - two heating components, infrared and conducted Radio Frequency current, a vacuum charger and mechanical manipulation of the skin. All are applied simultaneously in order to get the optimal effect. This combination of therapies sends heat deep into the tissue to help break down fat within cells and shrink the cells to reduce the appearance of cellulite,

"VelaSmooth™ by *Syneron* represents the best available solution for treating cellulite" said Brian Sidella, President of Forever Young MedSpa. "Approved by the FDA in June 2005, clinical trials reported an average loss of 2-3 inches off the thighs, hips, buttocks, love-handles and tummy with a 40-80% improvement in cellulite and skin tightening. Best of all VelaSmooth™ is completely non-invasive, does not incur any down-time and requires no special diet or exercise program. These benefits make it an ideal offering to clients with stubborn fat deposits that do not respond to diet or exercise", he continued.

The suggested protocol for VelaSmooth™ is to provide treatment three times a week over a five week period. Considering that the only current alternative for permanent fat reduction is Liposuction, an invasive procedure that requires hospitalization and a lengthy recovery period (up to 6 months), VelaSmooth is a welcome alternative now available at Forever Young MedSpa.



# SKIN SAAVY

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Forever Young MedSpa  
is Now Open  
at the  
Stirling Town Center

8723 Stirling Road  
Suite. C-7  
Cooper City, FL 33328

Phone: (954) 450-2626  
www.foreveryoungmedspa.us

### Service Offerings:

Visia Complexion Analysis

BOTOX Cosmetic

Restylane & Dermal Fillers

Photo-Rejuvenation

VelaSmooth Cellulite/Fat  
Reduction Therapy

Laser Hair Removal

Laser Acne Treatments

Spider Vein Removal

Live Stem Cell Facials

Medical Peels

GentleWaves Skin Fitness

Suracell Nutraceuticals

Cosmeceuticals

Dear MedSpa Enthusiast,

Dedicated to becoming your "Total Makeover Specialists", the professionals at Forever Young MedSpa want to educate you on today's most popular cosmetic enhancement procedures and wellness programs. Toward that end, our "Skin Saavy" newsletter (released quarterly) will feature articles on our many product and service offerings which include: Injectables, Laser Hair Removal, Cellulite Reduction Therapy, Skin Rejuvenation Strategies, Acne Treatment Programs, Physician-grade Cosmeceuticals, High-density Nutraceuticals and skin-nurturing mineral make-up line.

Though only non-invasive procedures are offered at the MedSpa, the Spa's Medical Director, Dr. Blane Shatkin, is available for consult should you wish to take your enhancement procedures to the next level. A Board Certified Plastic Surgeon with outstanding skills and an artistic eye, Dr. Shatkin has been helping patients achieve their desired results with natural breast enhancement, body contouring and facial rejuvenation for over 13 years. With Dr. Shatkin's private practice and accredited, high-tech surgical suite just minutes away in nearby Weston, Forever Young MedSpa offers clients one-stop shopping for all their cosmetic enhancement needs.

By providing the important information you need to make informed decisions and by delivering world-class service in a stress-free environment, we hope to become your life-long resource for optimal skin health and physical wellness. Call us at (954) 450-2626 to schedule your free consultation with one of our highly qualified medical practitioners today! ■

**Our Medical Director,  
Dr. Blane Shatkin  
Brd. Cert. Plastic Surgeon**



A talented and highly-skilled Plastic Surgeon, **Dr. Blane Shatkin** brings over 13 years of surgical experience plus a wealth of management and team building expertise to his

position as Medical Director of Forever Young MedSpa. As Medical Director, Dr. Shatkin will be responsible for the supervision of Forever Young Medical Practitioners as well as see clients of Forever Young MedSpa that want to explore surgical options. Dr. Shatkin earned his medical degree from the University of South Florida and completed his training in General and Plastic Surgery at the State University of New York. After entering private practice in '92, he gained the enhanced knowledge and experience to meet the rigorous criteria required to become **Board Certified by the American Board of Plastic Surgery.**

Dr. Shatkin's outstanding surgical skills and unique artistic vision have distinguished him as a specialist in body sculpting, natural breast enhancement, and facial rejuvenation. In addition to his role as the Medical Director at Forever Young MedSpa, Dr. Shatkin serves as the Chief of Staff for Memorial Hospital Miramar and maintains his current practice at 1604 Town Center Boulevard in nearby Weston. Dr. Shatkin looks forward to providing complimentary surgical consultation for those who wish to take their cosmetic enhancement procedures to the next level! ■