

INAUGURAL
ISSUE 2016!

MD SKIN[®]
LOUNGE

AN EYE FOR BEAUTY, A FOCUS ON SCIENCE

LOUNGE LIFE

*Be Gorgeous
By Gawley*

BEAUTY
LASER
SKIN
INJECTABLES
WELLNESS

Body Treatments
YOU CAN'T GO WITHOUT

Beauty Moment
HOW DO YOU CHOOSE
THE RIGHT FILLER?

BluePrint
WHERE TO START?

The Oxygen Facial



MD Skin Lounge



Jamie Comstock!

Master Injector and Skin Care Guru

With over 15 years of aesthetic experience, Jamie Comstock, PA-C, is a skin care expert and master injector. She is a certified trainer for injectable products with Allergan, training other physicians on Kybella® and dermal filler products. With her global approach to facial rejuvenation, she takes into account the patient's overall facial structure when providing evaluations and recommendations.



Jamie's go-to product

Skinceuticals Hydrating B5 Gel

She refers to it as “a tall glass of water for your skin.” This oil-free moisturizing gel contains hyaluronic acid, the body's natural hydrator. Hydrating B5 Gel provides optimal hydration without clogging pores, and is ideal for all skin types. Visit MD Skin Lounge to learn more about a daily regimen for clear and glowing skin!

Meet the Nurses!

CATHERINE “CHILLY” CHILCOTE, R.N.

Chilly is highly skilled in the artistry of facial transformation utilizing, all of the well-known injectables, such as Botox®, Juvederm®, Voluma®, Restylane® and Radiesse®. With more than 26 years of experience in the aesthetic field, Chilly is committed to spending time with each of her patients to develop a specialized treatment plan to help achieve their individual goals and accentuate their natural beauty.

MARIE KENISTON, R.N.

Marie is a native of Arizona, and received her bachelor's degree in nursing from Arizona State University. She treated patients in the transplant unit at Mayo Clinic Hospital prior to treating clients in the aesthetic field. She has trained with prestigious physician injectors, including Jody Comstock, M.D. Marie regularly participates in ongoing education via trainings and seminars. Her approach consists of customizing treatments for each individual, working closely with her patients to create that aesthetic plan. She is known to be thoughtfully precise with her injections and other facial and body treatments. Marie is currently pursuing her graduate degree, and is enrolled in the Master's Family Nurse Practitioner Program at Grand Canyon University. Marie enjoys spending time with her family and working out with friends.



Inaugural Issue 2016!

Contents of this Issue

3

THE OXYGEN FACIAL

4

WHAT'S TRENDING AT THE LOUNGE

5

GAWLEY GIRLS' TOP PICKS

6

Q&A WITH DR. GAWLEY

8

WHERE TO START: BLUEPRINT
BEAUTY MOMENT

9

BODY BREAKTHROUGHS

10

POPULAR MEN'S TREATMENTS
TRUE OR FALSE: MONTHLY TREATMENTS

Bryan W. Gawley, M.D., F.A.C.S.

**Founder of MD Skin Lounge, Gawley Plastic Surgery,
and Arizona Center for Cosmetic and
Reconstructive Breast Surgery**

Board Certified by the American Board of Plastic Surgeons, Dr. Gawley is a specialist in cosmetic and reconstructive surgery of the breast, body and face. He developed the new state-of-the-art medspa, MD Skin Lounge, which provides quality skin care and the most current aesthetic and non-invasive treatments. Dr. Gawley and his team combine cutting edge technology, expertise, and genuine compassion to provide natural results that are in line with patients' aesthetic goals.

One of Dr. Gawley's passions is patient education. A long-term goal has been to develop a mini-magazine that both educates patients on state-of-the-art treatments and develops a relationship with our facility and our staff.

**We welcome you to the inaugural issue of
LoungeLife Magazine!**

Bryan Gawley MD



The Oxygen Facial

By Lynn Foster, Contributing Beauty Editor

Lynn Foster has been working in the aesthetic medicine field for over 20 years. Skin beauty has been her focus for the past 10 years and she provides candid, honest accounts of her aesthetic treatments and results.

I've always been curious about the Oxygen Facial – I just couldn't imagine how plain old O_2 could be beneficial enough to have an entire treatment based upon it. I wanted to be treated with the most current equipment, and wanted the safety of a medical office, so off to MD Skin Lounge I went! My treatment was scheduled with Marlee and started out as any would – laying comfortably on an aesthetician's table and a cleansing of the face, neck and décolleté. How your treatment provider touches your face to cleanse it sets the tone, and I knew I was in for a treat when my face was already feeling the love and the tingles after this first step! The treatment almost felt like a vacuuming of the skin but it was actually oxygen being forced out over the skin, pushing the magical potion deep into the dermis. The treatment was quite soothing and relaxing actually. But, I still had my doubts that the treatment was going to be worth the time and money. Marlee finished my treatment with a sunscreen application, handed me the mirror – and voile! "WOW!" came flying out of my mouth before I knew I even said it. My skin was glowing and plump. I just couldn't believe how nice my skin looked. But how long would it last? As of this writing, it's been two weeks. After my morning skincare routine, I am still seeing the results – a healthy glow and beautiful hydration. I can't wait to do it again, and this for sure will be my "go-to" treatment before my next social event. Thanks, Marlee!!



Here's What's Trending at The Lounge!

1

Hair Restoration with Eclipse PRP™

"You have a bald spot." This simple statement is devastating. Hair loss and thinning hair is an issue for many men and women. In fact, one in four women experience some sort of premature hair loss and thinning.

Platelet Rich Plasma, otherwise known as PRP, is a process utilizing the body's own blood to stimulate hair follicles for regrowth. A small amount of blood is drawn in-office and placed in a centrifuge where it separates the PRP from the rest of the blood. This high concentration of plasma is then injected into the scalp with a series of small injections. It's painless and you can return to normal activities directly after treatment. Be on your way to thicker hair today!

PRP used for hair growth is an off-label use of the product.



Before and After Courtesy of Dr. Rapaport



2

The newest filler - Juvéderm Volbella® XC

Volbella is the latest advancement in the Juvéderm® family of facial fillers. Developed specifically for your lips and mouth area, it has been specially developed as a smooth gel to give a soft, natural feel.

3

2016 - the year of the Brow and Lashes

Microblading is all the rage! Unlike the permanent make-up of the past, this technique provides the natural look of individual hairs. The finest hairs can be placed in the brows with precise definition and dimension. Shape and symmetry can be controlled better than ever before!

Retire your lash curler for good! No need for mascara when you can curl and tint your lashes for up to eight weeks! The Lash Lift treatment takes about 45 minutes, including a tint solution at the end for the perfect curled and darker look! This treatment is safe and does not harm your natural lashes. Boost this treatment with the use of the only FDA approved lash grower, Latisse™!

Gawley Girls' Top Picks!



Juice Bar Fav!

Happy Hydration is a fan favorite at the Juice Bar with its fresh watermelon flavor! Watermelons are mostly water — about 92% — but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, a lot of lycopene, antioxidants and amino acids. There's even a modest amount of potassium!



Colorescience® Brush ... A Must-Have!

The Sunforgettable brush by Colorescience® is a favorite when it comes to sun protection options. This lightweight, easy brush-on mineral covers the skin for up to 80 minutes. Kids love this product because of its easy application and moms love the product because it is paraben and chemical free. It's perfect to toss in your bag or your car while on the go!



SkinBetter for Better Skin!

SkinBetter's AlphaRet Overnight Cream was recently awarded the Allure Magazine Breakthrough Beauty Product of 2016. This powerful product goes to work while the skin is at rest to visibly reduce the appearance of lines, wrinkles and uneven skin tone. AlphaRet is formulated with alpha hydroxy acid (AHA) and a retinoid. It contains strong antioxidants to protect and repair collagen from damaging free radicals.



To learn more about medical grade skincare products, visit mdskinlounge.com
480-462-5588

skinbe+ter
SCIENCE™

Q+A with Dr. Gawley

Q: What is facial fat grafting and how do you decide when to use facial fat grafting?

A:

My goal with facial rejuvenation is to produce harmonious, natural results. Restoring facial volume and shape with fat grafting in conjunction with face-lifting surgery and skin care make this possible.

The process of facial aging leads not only to loose sagging skin and wrinkles, but also to a loss of facial volume and contour. The use of facial fat grafting is a way to restore a youthful facial shape and contour by using a patient's own fat as a graft or filler.

I use facial fat grafting with almost every facial rejuvenation procedure that I perform. Fat is harvested from the abdomen or inner thighs in the same manner as in liposuction. The fat is then centrifuged to concentrate the fat for injection in appropriate locations. The most common locations that I perform fat grafting are the midface/cheek area, temples, nasolabial folds and lips, and along the jawline.

As with any facial rejuvenation procedure, there may be some swelling and bruising for a week or so, and the tummy area may feel a bit sore as well. We use arnica and other herbal remedies to minimize bruising and speed up recovery.

**I look forward to discussing your facial rejuvenation needs during your personal consultation.
Call 480-696-6369 to schedule.**



Before

After



Before

After



Dr. Gawley's patient before and after facelift with endoscopic mid face lift, including facial fat transfer, upper and lower eyelid lift.
See more before and after patient photos at gawleyplasticsurgery.com.



Do You Have
Skin Envy?

Become a Lounge Insider

SIGN UP FOR OUR MEMBERSHIP PROGRAM
AND **RECEIVE YOUR FIRST MONTH FREE!**

Membership benefits include: save on regular Botox® and filler appointments. Receive a free silk peel every month! To learn more about our membership program visit mdskinlounge.com or call 480-462-5588

**Some restrictions apply. Minimum 3 month purchase required.*



Where to Start?

You know you should be doing something, but you don't even know where to begin...

Take that first step and meet with a skincare specialist to discover your Blueprint! MD Skin Lounge offers a custom product and treatment plan specific to your skin type and aesthetic goals.

Our team will discuss your beauty concerns and answer any questions you may have about products and treatments. With their treatment recommendations and product suggestions, you can determine what steps to take and how to move forward. Custom product regimen will be presented with one-on-one product instruction.

BLUEPRINT

PERSONALIZED SKIN CARE SOLUTIONS

Beauty Moment

How do you choose the right filler?

With so many fillers on the market, how do you choose? Do you make a decision based off of price, manufacturer, or ingredients? The truth is, you should choose your injector first. It is the expertise of the injector that provides a beautiful result, not the product itself. The relationship with your injector is paramount. You should be able to openly communicate your aesthetic goals with your provider and, even more importantly, your injector should be able to present a plan back to you, describing the products being used to achieve those goals. So, it's not about choosing the filler your girlfriend had or the one that is "on sale" – it's about your injector choosing what's best for you: your anatomy, your goals, your lifestyle.

Body Breakthroughs!



SILKPEEL[®] DERMALINFUSION[™]

BODY EXFOLIATION

Seasonal changes can play havoc on the skin. But no matter the season, it is always good to exfoliate your skin with a Silk Infusion treatment. This treatment uses a diamond applicator to exfoliate while infusing a serum into the skin. It is the only procedure featuring Dermalinfusion[™], the non-invasive exfoliation and delivery of skin-specific serums, leaving patients with fresher-feeling and better-looking skin from head to toe.



kybella[®]

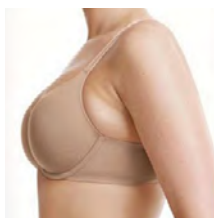
NEW AREAS TO MELT AWAY FAT

Kybella[®] is best known for treating the double chin area. Kybella[®] is now available to reduce fat in multiple areas of the body, including bra and knee fat!

A series of small injections are done in the trouble area. With minimal downtime, it's perfect for a lunch time treatment to eliminate fat and boost your confidence.

Kybella[®] used for bra and knee fat are off-label uses of the product.

Before



After



cellfina[™]

THE DIMPLE DOMINATOR

Many women of all ages battle unsightly cellulite and dimpled skin on their backside. Life without cellulite is possible with Cellfina[™]. It's the first long-lasting, minimally invasive solution proven to smooth away dimples for at least three years in a single treatment. Dominate those dimples and feel good about showing off your legs!

Before



After



Popular Men's Treatments

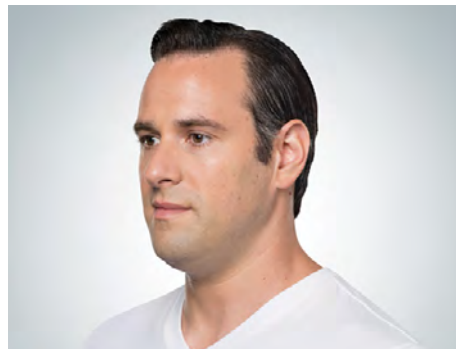
It's finally OK for men to admit their concerns about aging and the health and appearance of their skin. Dr. Gawley has created an environment at MD Skin Lounge that is inviting to men, choosing targeted treatments that are quick and convenient to meet the demands of a busy and hectic schedule. The Lounge experience will put men at ease making an appointment at the "spa."



Dr. Gawley treating a patient with Botox® Cosmetic.

“Mantastic” treatments offered at the Lounge include:

- Eclipse PRP® for hair restoration
- Kybella™ for double chin
- CoolSculpting® for stubborn fat areas
- Botox® and fillers for facial aging
- Vitamin drips for wellness
- Skin rejuvenation for problematic skin concerns



Kybella® Before



Kybella® After

True or False

Treatments You Should Be Doing Every Month

1

Botox® – FALSE!

Years of squinting and frowning tend to leave deep wrinkles in the skin between the eyebrows, on the bridge of the nose, across the forehead, and at the corners of the eyes. Very tiny amounts of Botox® or Dysport® are injected into specific facial muscles, causing a local relaxation. This usually lasts about three to four months depending on the patient.

2

Facials – TRUE!

It's important to exfoliate the skin and remove any dirt and debris from the surface. Your home care products will penetrate the skin better, providing better efficacy.

3

Vitamin Drips – TRUE!

Vitamins and minerals are key to healthy skin from the inside out. Vitamin drips provide the body with hydration along with Biotin, B Complex, Vitamin C, Zinc, Pepcid and L-Carnitine. If you are deficient in any of these vitamins, it's important to have regular vitamin drips.



MANTASTIC OFFER!

RECEIVE 10% OFF ALL MEN'S TREATMENTS
when you mention this ad

MD SKIN LOUNGE

AN EYE FOR BEAUTY. A FOCUS ON SCIENCE.



mdskinlounge.com | 480-462-5588
gawleyplasticsurgery.com | 480-696-6369

MD SKIN LOUNGE
18251 N. Pima Rd., Suite 125 | Scottsdale, AZ 85255

Board Certified Plastic Surgeon Dr. Bryan Gawley has provided this publication for informational purposes. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please contact us to further discuss your medical needs.

Copyright © 2016 Dr. Gawley and MD Skin Lounge. All Rights Reserved.