



Center for Facial and Body Rejuvenation
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FACE THE POSSIBILITIES

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Planning for Winter Rejuvenation

Plan ahead when considering non-invasive treatments or surgical recoveries during the holidays.

Winter is a very popular time of year to have cosmetic procedures. According to the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS), cosmetic treatments and surgeries increase by approximately 25 percent from Thanksgiving through New Year's Eve. Why this season and what are people having done?

The holiday season typically means more family reunions and celebrations, office parties, and festive get-togethers. We all want to look our best for these occasions. This time of year, while joyful and fun, can also be stressful. Some patients report that it is essential to schedule "me time" and pampering or rejuvenating treatments to maintain sanity. Additionally, we see an increase in gift giving over the winter months. Whether in a dollar amount or for a specific treatment, more couples or family members enjoy sharing the experience of rejuvenation by giving facial or body enhancement as a gift to each other. Some patients place a significant importance on the new year and find the boost in self-confidence and a rejuvenated appearance as the perfect way to begin a new year.

The winter months offer some practical reasons for having procedures during this time. Many find it easier to take extended time away from work over the holidays. Plus, staying indoors during the recovery period is also less of a chore when the weather is cool and dreary. It is also much easier to camouflage your recovery under a layer of winter clothing, scarves, and hats in cooler temperatures.

Popular non-invasive treatments during the holidays include neurotoxins (Botox® or Dysport®), dermal fillers, treatments for skin surface refinement (Fraxel® laser treatments or Micro-needling with PRP), and collagen building treatments like Thermage® FLX or Ultherapy®. Even though most of these treatments require minimal or no downtime, patients need to plan ahead if they want to enjoy the results of these rejuvenating treatments and procedures during the holiday festivities.

For example, Botox® or Dysport® treatments offer a terrific way to turn back the clock by softening lines and wrinkles in the upper face, but it takes a full two weeks to see the final result which can last for three to four months. Dermal fillers are wonderful products used to augment the cheeks or lips

and fill deeper lines and creases on the face; but because there is always a slight chance of minor bruising or swelling, these treatments should be performed at least two weeks prior to holiday parties or photos. Many laser procedures also have some minimal downtime associated with them. Collagen building treatments have nearly no downtime, but it can take up to six months to see full results. So, again, planning ahead is very important!



Actual Patient Before and After Facelift, Neck Lift & Blepharoplasty

Common surgical procedures during the winter months include facelifts, neck lifts, eyelid rejuvenation, and rhinoplasty or nasal surgery. Recovery can take two weeks or longer and may include an extended period before patients see the final results. These surgical procedures can offer subtle changes or dramatic rejuvenation; but it is crucial to plan ahead as pre-surgery medical clearance is often required and pre-operative consultations and instruction appointments are essential for the best surgical outcomes.

What are you waiting for? If you are considering a minor, non-invasive treatment or a more extensive surgical procedure during the winter months, now is the time to schedule a complimentary consultation to discuss your goals and treatment options. Let us help you start your winter rejuvenation process!

Fall Eyelid Rejuvenation Special

Take 20% off Upper or Lower Blepharoplasty
Take 25% off Both Upper & Lower Blepharoplasty

Discount taken off the surgeon's fees. Offer valid through December 31, 2018 and cannot be combined with any other special offer.

See What Patients are Saying About Us...

Excellent customer service! Attention to every detail! Very caring! Dr Cheng has angel hands! Office staff very nice!

~Actual Yelp Review

JOIN US AS WE CELEBRATE THE OPENING OF



THURSDAY, NOVEMBER 1ST, 2018

4 – 7 PM

Enjoy an evening of fun with lite bites, libations, special offers on products and services, and raffles.

RSVP

408-255-3223

12945 SARATOGA AVE, SARATOGA, CA 95070

Annual Fall Open House

Thursday, November 1st
4pm to 7pm

Join us for cocktails, hors d'oeuvres, and information on the best treatments, procedures, and products to help you look and feel your best!

We'll also be celebrating the exclusive launch of the SkinCeuticals Advanced Clinical Spa in our office with incredible introductory SkinCeuticals offers and raffle drawings!

This annual event is our way of thanking our current patients and welcoming new patients. The Open House gives you an opportunity to chat with our product and service representatives from all areas of our practice and both our board-certified facial plastic surgeons. Plus, watch live treatment demonstrations! We feature the best pricing on every product, service, and treatment offered at the Center for Facial and Body Rejuvenation during this event. Simply place a nominal deposit at the event or by telephone and reserve the special pricing through January 15, 2019.

RSVP at 408-255-3223 or Cheng@CFFBR.com



Dr. Elbert Cheng is a double Board Certified Facial Plastic Surgeon and a member of the American Academy of Facial Plastic and Reconstructive Surgery, as well as numerous other national and local medical societies.

Center for Facial and Body Rejuvenation Upcoming Events

- November 1: Annual Fall Open House and Introduction of SkinCeuticals Advanced Clinical Spa at CFFBR. 4-7pm
- NeoGraft November: Watch for Exciting Hair Rejuvenation Options and Specials All Month
- November 30: Annual Holiday Boutique, featuring gift giving savings, 10am-2pm

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Introducing SkinCeuticals Advanced Clinical Spa

Get your best skin with the SkinCeuticals philosophy: Prevent. Protect. Correct



Meet our Licensed Medical Esthetician Namrata Saha. Nam holds a Bachelor's Degree in Economic Geography and started her career as a student counselor in India, helping students with job placement. Recognizing her true passion, she attended the Salon Professional Academy and began a new professional journey. She learned varied and extensive skin care techniques and soon began giving her clients the gift of rejuvenation. Since joining the CFFBR team, Nam has also attended many SkinCeuticals advanced training courses. Saha@CFFBR.com



Stacy Dodsworth, Director of Marketing, has been with CFFBR for thirteen years and is a current member of the Organization of Facial Plastic Surgeon Assistants and Brilliant Distinctions Advisory Board. She also sits on the executive board of the American Women's Association and an advisory board at NASA. She now lives and works remotely from Singapore, spending time in the Saratoga office regularly. Follow her on Facebook! Dodsworth@CFFBR.com

The Center for Facial and Body Rejuvenation is proud to have been selected as a SkinCeuticals flag ship location and will now carry the full line of these amazing products. This clinically proven line (including cleansers, topical antioxidants, toners, corrective serums and creams, moisturizers, sun protection, and more) features pharmaceutical-grade ingredients that have the scientific proof to back up their claims.

Research and innovation are at the core of the SkinCeuticals mission, and its dedication to science has established the brand as a leader in the advanced skincare arena. The company's founding was the direct result of a revolutionary discovery that set the standard for antioxidant formulation. SkinCeuticals continues to pioneer next-generation products to optimize the health and beauty of the skin, changing the face of skincare for years to come.

To achieve optimal skin health, SkinCeuticals products are best used in conjunction with professional treatments and procedures such as facials, chemical peels, injectables, laser treatments, and body treatments. SkinCeuticals has developed step-by-step protocols addressing specific skincare needs to deliver optimal results.

SkinCeuticals pioneered the advent of cosmeceuticals, and the company's reputation has been built upon a foundation of patents, published clinical studies, and first-to-market products. Cosmeceuticals are cosmetic products with biologically active ingredients claiming to enhance skincare efficacy. SkinCeuticals formulas are designed to improve skin health and repair damage that causes specific skin conditions and visible signs of aging such as fine lines, wrinkles, laxity, and hyperpigmentation. These products offer a bridge between prescription-based products and over-the-counter cosmetics, and they are backed by medically accepted science.

The SkinCeuticals skincare philosophy centers on three main

pillars: Prevent. Protect. Correct. These principles work synergistically to provide the healthiest skin possible as well as optimal anti-aging results. SkinCeuticals focuses on efficacy. The company's formulations are based on optimal concentrations of active ingredients elegantly crafted into functional products – designed, formulated, and tested for effectiveness.

SkinCeuticals conducts studies on commercially available formulations. Other companies may assess the efficacy based on one active ingredient, often at a much higher strength than the concentration found in the final product. With SkinCeuticals, the proof is in the results – both in the lab and on skin.

SkinCeuticals products are clinically proven to perform on their own, but they are also designed to work synergistically with each other. SkinCeuticals products

deliver even greater results when used as part of a customized regimen. SkinCeuticals skincare professionals, like our licensed clinical esthetician Namrata Saha, are extensively trained to create skincare routines that address the unique conditions and challenges of an individual patient's skin to optimize its health and appearance.

Why not schedule your own complimentary consultation with Nam, Dr. Elbert, or Dr. Jacqueline to discuss an optimal SkinCeuticals skin care regime for you. Plus, take advantage of our very attractive introductory special. SkinCeuticals will also be featured at our Fall Open House on November 1st. Make sure to stop by and get a complimentary skin analysis!

SkinCeuticals Introductory Offer

Purchase 2 or more SkinCeuticals products and receive a complimentary SkinScope analysis and a custom skin care regime from our licensed medical esthetician

Cannot be combined with any other offer. Available until 12/31/18.



Introducing the Pro-Nox™ Aesthetic System

Ease your pain and anxiety during your next treatment with a safe and effective solution.

Nitrous oxide is simply an inhalable gas. It has no color, no smell, and doesn't irritate. Discovered in 1772, this gas kills pain and induces a pleasurable feeling. After approximately 5 minutes of breathing in the gas (4 or 5 slow puffs), you feel a euphoric feeling spread throughout your body. Some have said it reminds them of a "happy drunk" feeling. You may feel a bit light headed and some will get "the giggles," which has led to it's more common name... laughing gas!

Safely used for decades around the world during labor and delivery as well as dental procedures, it is now being used to help relieve pain and anxiety during esthetic procedure like Fraxel®, Ultherapy®, Thermage®, and many other treatments.

We are pleased to offer the Pro-Nox™ system at our office. The Pro-Nox™ Aesthetic System is a non-invasive, patient controlled nitrous oxide and oxygen delivery system for use during aesthetic procedures. Allowing our patients to respond to their pain and anxiety when and if they need it, Pro-Nox™ gives patient a quick on-set of immediate relief with a short duration of effect. The nitrous oxide and oxygen combination clears from the body within minutes and allows patients to get back to their normal activities immediately following a procedure. Patients can drive themselves to and from the office. Ask us if the Pro-Nox™ system can help you have a more comfortable treatment experience.

PiQo4: The Future of Getting Rid of the Past

Introducing powerful skin rejuvenation with the pigment and tattoo removal capabilities of the PiQo4 laser.

Because of their prominent location, skin pigmentation issues, especially on the face or neck areas, can be hard to endure. Similarly, a tattoo you no longer want can bring constant emotional discomfort, embarrassment, and difficulty with concealment.

Improving skin pigmentation and removing unwanted tattoos can be very difficult. Coloration problems, whether natural or caused by tattooing, require highly specialized and versatile lasers that can modulate both the intensity and frequency of the laser energy to destroy pigment. The laser must also have a large and variable "spot size" to destroy pigment molecules of all sizes.

Lasers which lack versatility in these key areas can leave patients with less than optimal results and even put them at higher risk. Smaller lasers, for example, lead to longer procedure times, multiple office visits, and additional costs. Patients also face higher risks when they are forced to have too many treatment sessions to get the results they desire.

A better solution exists! The Center for Facial and Body Rejuvenation is introducing the Lumenis® PiQo4 laser to our arsenal of skin rejuvenation lasers. The PiQo4 can improve skin pigmentation issues, remove unwanted tattoos, and rejuvenate the skin. The PiQo4 laser provides patients with comprehensive, effective, and fast treatment for these concerns while also improving their skin tone and texture.

PiQo4 offers four crucial advantages over alternative laser-based skin treatments including pico and nanosecond laser pulses which progressively shatter pigment molecules into smaller and smaller sizes for more effective removal. It also has four laser wavelengths which treat the maximum spectrum of ink colors simultaneously and a high energy laser which means shorter and fewer treatment sessions for patients. PiQo4 can treat the broadest range of pigment or tattoo ink colors on the widest range of skin types. Plus, the larger spot sizes allow a deeper reach into your skin for visibly better results and makes the laser treatment safer, reducing the likelihood of blistering, discoloration, or scarring where you have the treatment.

A PiQo4 laser treatment, like all cosmetic procedures, carries some risks, but these risks are very minimal. Risks from this laser treatment include scarring in individuals prone to skin keloids, risk of hypopigmentation in individuals with dark skin, and possible risk of hypo or hyperpigmentation. Patients may also experience purpura, erythema, or slight edema in the treatment area. Some patients may experience a mild sensation similar to a sunburn following treatment, and the PiQo4 laser treatment is not suited for concern areas around the eye or suspected cancerous lesions.

PiQo4 can improve many common patient concerns including pigmented lesions, vascular lesions, café-au-lait birthmarks, lentigines, melasma, colored ink tattoos, and dark ink tattoos. Not only will a PiQo4 laser treatment improve skin pigmentation issues and remove tattoos; but it can also reduce skin laxity in the treated areas, helping you to enjoy improved skin tone and rejuvenation as well as clearer skin.

The PiQo4 laser treatment is both fast and effective, and there are no special preparations to endure prior to a treat-

ment. Most patients find the procedure extremely comfortable and do not require any topical anesthetic before having their PiQo4 treatment.



During your PiQo4 laser treatment, patients experience a mild, warming sensation in the areas being treated by the laser, but remain comfortable at all times. The length of a treatment session will vary depending on the size and complexity of the pigmentation issue or tattoo, but a typical PiQo4 laser treatment session lasts about 20 minutes.

Patients experience minimal downtime after a PiQo4 procedure but may experience minor redness and swelling in the treatment areas, similar to a sunburn. These symptoms generally subside within a few hours. As long as the patient is comfortable, normal activities may be resumed immediately following treatment.

The results of your PiQo4 laser treatment will appear gradually over time as your body's lymphatic system naturally carries away the pigmentation or ink broken down by the PiQo4 laser. While individual results will vary, most patients experience substantially more even skin pigmentation, a significant reduction in the appearance of their tattoos, and noticeably improved skin tone with younger-looking skin. The results of a PiQo4 laser treatment are very long-lasting.

An evaluation of your skin pigmentation or tattoo and the amount of skin you wish to have treated will help us determine how many PiQo4 treatment sessions you will need to reach your esthetic goal and obtain optimal results.

The sight of a mark on the body can leave a mark on the mind and color the way life is lived and remembered. Don't simply live with unwanted pigmentation or tattoos. Call us today to schedule your complimentary consultation. Let's see if a PiQo4 laser treatment is right for you. During your visit, you can also explore the many other skin treatment options we offer to clarify, refresh, and rejuvenate your skin.

PiQo4 Introductory Pricing

Tattoo Removal: 20% off 6 treatments or more
Facial Pigment Treatment: 25% off 3 or more treatments

*Cannot be combined with any other offer.
Available only until 12/31/18.*



Dr. Jacqueline Cheng is a double Board Certified Facial Plastic Surgeon and a member of the American Academy of Facial Plastic and Reconstructive Surgery, as well as numerous local and national medical societies.

See What Our Patients Are Saying...

The Center for Facial and Body Rejuvenation has been the best medical experience I've had. I was having issues with my eyelids affecting my vision and Dr. Cheng and staff cared for me through the whole process. I had some fear about outcome, but Dr. Cheng is an amazing surgeon with an amazing talent for facial work.

I'm so happy with the results. I would never go anywhere else if I need any procedure in the future.

Thanks Center for Facial and Body Rejuvenation!!

~Actual Yelp Review