Where Medicine Meets Luxury

Our mission is to provide our clients with proven results to look and feel younger and healthier. To that end, we will deliver the highest caliber of service, offering individually tailored aesthetic and medicinal spa treatments based on your personal needs, with no additional charges for “add-ons” because they’re all included!

We are the Central Valley’s first “green” medical spa, bringing nature and science together for a more naturally beautiful you – and more beautiful planet.

www.bodydelsol.com
1648 E. Herndon Avenue Suite# 106
Fresno, CA 93720
Ph. 559-432-7222 Fax 432-7541
Medical Treatments

Anti-Aging & Preventatives

Injectables -
Botox® relaxes facial muscles that cause wrinkles and dramatically soften facial expression lines. Results are evident within one week after treatment and remain for at least a minimum of three months. Botox typically reduces wrinkles by 80%. A free consultation with our nurse practitioner will determine how many units are required for your desired results.

Also beneficial for individuals suffering from Hyperhidrosis, a condition of severe underarm sweating. When all antiperspirants fail, Botox is injected into the sweat glands of the underarms. This procedure temporarily blocks the chemical signal from the nerves that stimulates the sweat glands for a period of 6 months. Please note typical number of units for each underarm is 50. $12.50 per unit

Xeomin® Xeomin is the latest treatment with botulinum toxin type A, the same active component in popular products like Botox® and Dysport®. Xeomin is an injectable treatment that reduces wrinkles and fine lines by temporarily relaxing the muscle. $12.50 per unit

Fillers -
Juvederm® Ultra Plus injectable gel is a colorless hyaluronic acid gel that is injected into facial tissue to smooth wrinkles and folds, especially around the nose and mouth. Also used to plump lips for a voluptuous Hyaluronic acid is a naturally occurring sugar found in the human body. The role of hyaluronic acid in the skin is to deliver nutrients, hydrate the skin and to act as a cushioning agent. 1 syringe $550.00 2 syringes $1000.00

Voluma® XC - As you age, it’s not just about lines and wrinkles. Your cheeks can lose volume and skin may begin to sag. JUVÉDERM VOLUMA® XC is the first and only FDA-approved injectable gel to instantly add volume to your cheek area to correct age-related volume loss in adults over the age of 21. It can provide you contour and a subtle lift for up to two years with optimal treatment. 1 syringe $1000.00 2 syringes $1800.00

Radiesse® A dermal filler that contains tiny Calcium Hydroxylapatite microspheres suspended in an aqueous gel carrier. Once injected, it provides instant volume to smooth out the signs of aging and continues to work by stimulating the body’s own natural collagen production. Results are immediate, instantly correcting wrinkles, folds around the mouth and excellent for eyebrow & cheek lifts! Last a year or more in many patients.
1 syringe $650.00 2 syringes $1200.00

Bolotero Balance® A dermal filler as unique as you are. Specially designed to integrate into your skin and mold to your distinct facial contours. BELOTERO BALANCE® Dermal Filler has unique properties that allow it to adapt within the skin for soft and even correction. The versatility of the product makes it strong enough to handle deep treatment areas such as nasolabial folds (smile lines around the mouth), yet soft enough to treat more delicate areas such as tear troughs and vertical lip lines (thin lines that appear above the lip line or crow’s feet). BELOTERO BALANCE® Dermal Filler is made of a material called hyaluronic acid or HA. HA naturally exists as a component of your skin. By binding to water, it fills in wrinkles and folds, allowing immediate and smooth correction. 1 syringe $500 2 syringes $950

Check Our Website or Join Our Email List for Monthly Specials
Chemical Peels
A chemical peel can provide great improvement in your skin. There are many types of chemical peels that vary in strength and depth. They can range from a mild exfoliation to a deep peel addressing many different conditions, offering great improvement to facial blemishes, softening acne scars, controlling acne breakouts, lessening the appearance of uneven pigment and wrinkles. Depending on the treatment goal, the medical aesthetician will recommend how many peels are needed. $100.00 to $500.00

Vitamin C 4 Layer $150.00 /with Microderm $225.00
- Quench your skin's thirst with this revolutionary pharmaceutical grade face-lift that will change the image of your skin in just one application.
- Vitamin C, glycolic acid and gentle but highly active, enzymes speed up cellular turnover and brighten, tighten and lighten your skin in just one treatment.
- Excellent with micro.
- Recommended for dehydrated, tired, dull or rosacea skin types.

Wrinkle Lift $175.00
- The ultra resurfacing glycolic and retinol treatment exfoliates dead surface skin cells, leaves skin firm and healthier.
- Visibly reduces appearance of fine lines.
- Recommended for all levels of aging skin.

Lightening Lift $175.00
- This pigmentation mega-lightening resurfacing treatment gently blends lactic acid and a cocktail of lightening and brightening agents to reduce sun spots, brown spots and redness cause by rosacea.
- This special lightening blend is designed to break up melanin blocks in the deeper layers of the skin.
- This treatment will be more effective when done as part of a series of up to 6 or more treatments.
- Must be pre-treated for this treatment.
- You will receive a complimentary post op treatment kit for home use.
- Recommended for all levels of pigmentation, rosacea or dehydrated skin types.

Acne Lift $150.00
- An Alpha & Beta Hydroxyl Acid Cocktail. This safe and outstanding resurfacing modality has a dual benefit. It reduces and treats all kind of acne while resurfacing and smoothing the skin after just one treatment.
- Dead Skin will be exfoliated and oil production reduced, leaving skin feeling tight & fresh
- Recommended for oily, acne prone or aging skin types.

TCA Orange Peel $200.00 for one layer / each additional layer $50.00
- An aggressive peeling treatment designed for maximum exfoliation.
- With this TCA & Vitamin C combination treatment you will have a deeper peel than most and can be layered up to 3 times
- Penetrates through the entire epidermis.
- Creates 5-7 days of exfoliation.
- APPROPRIATE CONSULTATION IS MANDATORY
- Client will go home with a mandatory post treatment kit for ultimate healing.

Micro-Lift $225.00
- A dual-treatment process of microdermabrasion combined with a chemical resurfacing solution for a more advanced result on problem skin. Microdermabrasion
- A treatment that improves wrinkles, skin texture and color by removing the top-most layer of skin, leaving it more supple and vibrant.
- It also stimulated the elastic tissue beneath the surface of the skin resulting in a healthier and firmer appearance.
- Requires no down time after treatment.
- Optimum results when treated in a series of 5.
Medical Microdermabrasion

Silk Peel® Dermal Infusion The SilkPeel is a breakthrough treatment that combines non-invasive exfoliation, deep pore cleansing and customized treatment serum infusion all at the same time. This treatment goes far beyond any microdermabrasion treatment by exfoliating the skin without sharp crystals or other particles that can irritate sensitive skin types. The SilkPeel treatment has several different medical grade solutions that have been developed to correct many skin issues, clearing up acne quickly, improving rosacea, improving fine lines and reducing unwanted pigmentation from melasma or sun damage. Your skin will be brightened, clarified, and hydrated without any irritation or discomfort. Leaves the skin smooth and fresh with no downtime! This procedure is followed by a customized mask, serums, moisturizer and sunscreen specific to your skin needs. For a clearer refreshed silky complexion. Series may be needed for the specific results you are seeking. $150.00

Slick Chick Treatment

Keratosis Pilaris are those little rough red or white bumps that annoyingly plaque the backs of arms and sometimes the thighs are called "keratosis pilaris." They’re not acne, it's actually a genetic follicular skin condition that's also known as "chicken skin" because of it's resemblance to, well, chicken skin. There is no cure, however, you can greatly improve its appearance with a SilkPeel Microdermabrasion treatment and a Keratosis pilaris treatment plan. Includes daily application of a cream or gel with vitamin A, benzoyl peroxide, steroid cortisone, or alpha hydroxy acids. A daily skin care regimen of exfoliating and moisturizing should be incorporated to maintain your SilkPeel results. Although you may feel like the only one who doesn’t have smooth, beautiful skin, you’re not. In fact, keratosis pilaris affects 50-80% of teenagers and 40% of adults. You will feel like one slick chick after this treatment! $165.00 to $250.00 depending on size of affected area.

Turn Back the Hands of Time

Frequently the focus of cosmetic improvement is the face. Yet, one of the most age-telling body features is our hands. As we age, our hands lose firmness and plumpness and begin to look bony and fragile with vein and joint protrusion, thin crepey skin texture and often they've become flecked with brown spots from sun exposure. Combating the aging hand syndrome takes more than hand cream (though that simple step does make a difference). The latest technology has given us a set of procedures that will have similar effects as those we have been able to accomplish for the face. Patients whose hands are pigmented with sun or "age" spots may choose be pre-treated with the our SilkPeel Microdermabrasion service to remove dead dry skin cells and lighten brown spots.

Going a step further, Radiesse® injections immediately re-plump and replenish volume to the back of the hands to provide a supple and youthful appearance instantly. Placed beneath the skin, Radiesse raises the skin level so that tendons, joints and veins lose their prominence. Radiesse® provides instant and durable long lasting results.

Because Radiesse® provides a scaffolding for collagen-building, the body's own collagen interweaving into this structure keeps the skin feeling softly natural and smooth.

Silk Peel Microdermabrasion Hand Treatment Only $55.00 per session Radiesse® $650.00 per syringe
**HydraFacial**

What is HydraFacial™?
The HydraFacial™ treatment is a new breakthrough in aesthetic technology. It takes its name from the root word Hydrate; "to cause to take up moisture". This ability to moisturize the skin separates the HydraFacial™ from all other skin resurfacing procedures. The HydraFacial™ treatment removes dead skin cells and extracts impurities while simultaneously bathing the new skin with cleansing, hydrating and moisturizing serums. The treatment is soothing, refreshing, non-irritating and immediately effective. Hydration is the foundation of healthy, radiant skin. The HydraFacial™ is a hydrating and non-irritating treatment.

The HydraFacial™ treatment is designed for all skin types. Even the most sensitive skin easily tolerates the HydraFacial™ treatment. We choose specific treatment serums and/or customize the treatment for your unique skin conditions and needs. The HydraFacial™ treatment is a fast, efficient treatment that takes as little as 30 minutes. The treatment is often described as a feeling like "a cool paintbrush moving over the face". You may put on make-up and return to your normal activities right after the treatment since there is no downtime. Many people report seeing visible skin refinement and an even, radiant skin tone after just one treatment. The smooth results and hydration may last 5 to 7 days or even longer. 1 treatment per month is recommended for improving the appearance of fine lines, wrinkles, hyperpigmentation, acne and oily skin. Continued HydraFacial™ treatments are highly recommended to maintain results. You may add microdermabrasion prior to a hydrafacial or a chemical peel during the hydrafacial. The possibilities are endless and the results are phenomenal! **$150 for Hydrafacial**

As seen on The Doctors Show [http://www.youtube.com/watch?v=klfJ-iT1oYQ](http://www.youtube.com/watch?v=klfJ-iT1oYQ)

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**O2 Lift – Oxygen Facial Peel $150 or Purchase a Series of 4 for $350**

This luxurious oxygen skin care treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin leaving it luminous, refreshed and rejuvenated. Effective oxygen facial products include:

- Papaya and pineapple enzymes exfoliate the surface of the skin
- A cutting-edge effervescent masque oxygenates at the cellular level
- Pure plant stem cell enhancer rejuvenates & prevents signs of aging
- Tinted moisturizer illuminates & provides utmost environmental protection

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**Obagi Blue Peel Radiance $150 or Purchase a Series of 4 for $350**

Quick and easy salicylic acid-based facial chemical peel for all skin types that exfoliates and helps improve overall complexion.

- Instant, radiant results for most skin types
- Improves a range of skin concerns, including photodamage, and results in an overall improvement in texture and tone
- May be beneficial if you have darker skin with pigmentary changes
- Superficial exfoliation, with little to no downtime
- Provides instant radiance—tighter, smoother, brighter-looking skin after just1 use
- A series of 4 to 6 peels provides best overall results

---

**Skin Consultations are Complimentary**

Includes Face Scan, Proven Treatment & Product Solutions Specific to your Skin Type & Issues
Dermapen Micro Needling Top Awards 2012-2014.
The Dermapen fractional micro delivery provides unparalleled via fractional delivery of needles micro injuries into the epidermis and dermis. These micro injuries to the skin encourage and harness the power of the body’s innate ability to re-grow and repair the skin through the normal physiology of skin. The first phase begins with the release of the body’s growth factors and the further cascade of new epidermal growth, fibroblast chemo-taxis, fibroblast proliferation and matrix production. This proliferation of the body’s tissue continues to release growth factors from fibroblasts, keratinocytes and monocytes. The second phase of wound healing involves deposition of collagen III, IV and I, elastin, proteoglycans, and GAG’s. The last phase results in tissue remodeling where the skin’s vascular matrix matures and skin tightening as well as new collagen can be seen. The body’s ability to remodel and heal itself is at the heart of this amazing process. Especially Successful in the treatment of Acne Scars, Burn Scars, StretchMark Scars, Anti-Wrinkle & Anti-Aging

How It Works – Mechanism of Action

$300 for full face treatment or every 8x8 inch area
The Ultherapy® procedure is the only treatment FDA-cleared for a non-invasive neck, décolletage, eyebrow and under-chin lift.

An Uplift, not a Facelift!
The proprietary Ultherapy® procedure is the only non-surgical, non-invasive treatment that uses ultrasound and the body's own natural healing process to lift and tighten loose skin on the eyebrow, neck, and under the chin.
The only FDA-cleared procedure to lift skin on these hard-to-treat areas, Ultherapy uses the safe, time-tested energy of ultrasound to stimulate the deep structural support layers of the skin—including those typically addressed in a surgical facelift—without disturbing the surface of the skin. The effect of focused ultrasound energy on the growth of new collagen over time.

Natural, Noticeable Results
Now there's a way to stand firm in the face of gravity—on your terms. With Ultherapy, there's no downtime, no foreign substances, no radical change; just a healthy revving-up on the inside for a natural, noticeable effect on the outside.
With Ultherapy, you can go about your day after a single, 60-90 minute in-office procedure. You may notice a short-term “boost” but the natural process of creating new, more elastic, collagen builds over time—much like the effect that exercise has on building muscle (but without the multiple workouts!).

The Beauty of Ultherapy
Results will unfold over the course of 2-3 months and some patients have reported continued improvement for up to 6 months, including lifting of the skin on the neck, under the chin and on the brow. While ultrasound does not duplicate the results of surgery, Ultherapy has proven to be an inviting alternative for those who are not yet ready for surgery.

http://vimeo.com/38477495
Introducing our new medically supervised weight loss program.

- licensed M.D.’s - weight loss specialist
- state of the art appetite suppressants
- increased metabolism
- no special foods or drinks to buy
- no calorie, carb, point counting
- variety, balanced satisfying diet
- support and accountability weekly
- private visits, no groups, no appointments
- friendly, caring and supportive staff

Our medically supervised weight loss program utilizes a combination of prescription medications, HCG, & natural appetite suppressants as well as counseling on diet and exercise. Starting at $59 per week. Several Plans to choose from – there is a plan to fit your lifestyle!

Phentermine was first introduced to the United States as a new kind of weight loss drug. Throughout the decades, Phentermine has continued to be one of the most popular weight-loss drugs available today.

Phentermine HCL, the drug that is prescribed today, controls appetite by working on the central nervous system of the user, namely by stimulating the hypothalamus to produce neurotransmitters. These neurotransmitters affect the way the brain receives signals of hunger as well as signals of being full.

In combination with HCG, the results are phenomenal!

Many Plans To Choose From

Call

432-7222 or 432-NEWU

For An Appointment & FREE Consultation
### How Much Does It Cost to Lose 40 Pounds?

<table>
<thead>
<tr>
<th>Questions</th>
<th>Jenny Craig</th>
<th>NuTriSystem</th>
<th>Medifast</th>
<th>hCG Diet Plan</th>
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<tr>
<td>What is the average weekly weight loss?</td>
<td>1.5 Lbs.</td>
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<td>1.5 lbs.</td>
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<td>187 Days</td>
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<td>$0</td>
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<td>Yes</td>
<td>No</td>
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<tr>
<td>What is the cost of pre-packaged Food in order to lose 40 lbs.?</td>
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<td>$2,010</td>
<td>$0</td>
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<tr>
<td>What is the cost of Home Groceries in order to Lose 40 lbs.?</td>
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<td><strong>TOTAL COST</strong></td>
<td><strong>$3,406</strong></td>
<td><strong>$2,101</strong></td>
<td><strong>$2,010</strong></td>
<td><strong>$835</strong></td>
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</table>

Body del Sol Medical hCG Diet price is all inclusive. Any extra costs would be your home groceries to increase water, fruit, vegetables, meats, fish and chicken intake. Average estimation of $8 per day per person.

*All Data Based On 2012 Published information*

**Consultation & Medical History Required Prior to Any Medical Treatment**
The Top 10 Reasons to Have CoolSculpting

1. I don’t love my love handles
2. Two words: summer vacation
3. Make my time at the gym look like I’ve been to the gym
4. Show up at the reunion in the same jeans I wore then
5. Move on to resolutions #2 and #3
6. Put my bag in overhead without hesitation
7. Wear spandex without embarrassment
8. I eat right, so I deserve to look right
9. Make my birthday suit my best outfit
10. I want my body back

If you agree with 4 or more reasons, check out CoolSculpting.

CoolSculpting

It’s not about what you lose. It’s what you gain. So say goodbye to stubborn fat. And say hello to the body you once had with our clinically proven, FDA-cleared, totally non-surgical treatment without the downtime!

Say Goodbye to Stubborn Fat.
It’s called stubborn fat for a reason: no matter how much you eat healthy and exercise, it’s virtually impossible to lose those annoying muffin tops, love handles, and belly pooch. You’re left with two options: live with them or think surgery. Neither is cool by us. That’s exactly why we developed CoolSculpting. Only CoolSculpting targets fat cells alone, eliminating them in an easy, non-intrusive fashion that exercise and diet can’t achieve as quickly or as effectively.

The Cool Solution is the More Natural Solution.
Procedures that use laser, sonic waves and even surgery to remove fat can actually destroy other tissue in the process by burning, shattering or extracting non-fat cells. This requires downtime for your body to heal. Totally uncool. Fortunately, CoolSculpting doesn’t burn, shatter or extract any cells. Developed by Harvard scientists, our unique, FDA-cleared, patented procedure uses a targeted cooling process that kills the fat cells underneath the skin, literally freezing them to the point of elimination. Only fat cells are frozen. Your healthy skin cells remain well, healthy. No knives. No suction hoses. No needles. No scars. Once crystallized, the fat cells die and are naturally eliminated from your body. In a few months, boom: say hello to a new you.

Minimal Downtime and Lasting Results
Unlike a lot of other procedures, CoolSculpting takes very little time and is pretty simple to fit into your daily life. After your CoolSculpting treatment you can typically get right back to your busy day. Each treatment lasts one hour – the same time you might spend at the gym. So you can easily fit your appointment into a lunch break. After one visit, you’ll typically see a noticeable reduction of fat. It takes a few months to fully realize the effects, mainly because it takes that long for your body to naturally dispose of the fat cells. And yes, you can lose even more with additional appointments if you and your doctor deem it necessary. So after a few months, your clothes will fit better and you will look better. And as long as you maintain your normal diet and exercise, your long-term results should remain stable. Hello, you again. How cool is that?

As seen on “The Doctors”, “Dr. Oz Show”, “Good Morning America” & “CBS Early Show”

Complimentary Consultation. 1 Large Area $1500 each. 2 Small Areas (example both love handles) $1500 or $750 each
Facial & Skin Care Treatments

Del Sol Facial
This traditional European facial for women and men offers a wide spectrum of cleansers, tonics, exfoliants, masques, serums, eye creams and moisturizers that will be hand selected to target your specific problem areas to give you a customized facial. $75.00

Berry Berry Acai Anti-Aging Facial Peel
The super antioxidant Acai Berry from the Amazon Rain forest packs a big punch when it comes to health and skin benefits! We begin with a blueberry soy exfoliating cleanser, blueberry detox firming peel, raspberry pore refining masque then layer it with a acai berry masque and then another layer of blueberry soy repair masque! We conclude with a symphony of gooseberry, grape and blackberry serums , moisturizers and sunscreen. Your skin will be berry berry luminous! $85.00

Skin Clearing Clay Facial (Face or Back)
For centuries, clay has been used as an integral part of the Indian Community. Clay has been used in dancing ceremonies, as make-up and for treatment of acne. This facial treatment is rich in minerals and natural botanical extracts. The treatment includes extractions, high frequency current and an application of a soothing skin clearing ampoule that heals blemishes and strengthens the skin followed by a rich clay mask to balance and purify. Your skin will be left feeling refreshed and healthy. $85.00

Mocha Loca Facial Peel
Meso-American is a region in southern Mexico near Belize where Aztec and Mayan Indian cultures thrived thousands of years ago. The culture believed in a number of Gods and relied on herbs and natural products from the earth as their main healing properties. We celebrate the Aztec’s God of Chocolate “Xhoklit” with this amazing combination facial and peel. Mocha Loca chocolate lactic acid peel is a calming, therapeutic facial treatment designed to gently eliminate dead skin cells while softening and hydrating for smooth, supple skin. Natural cocoa and ground coffee lend this silky peel a delightfully sweet scent.

Mochi Loca Facial $75  Mochi Loca Lite 13% $80  Mochi Loca 30% $90

24kt Gold Facial
For the Inca, gold was the symbol of the sun, a gift of beauty without material value Gold renews and revitalizes. Its healing powers have been known for centuries, even Cleopatra slept in a gold mask to maintain her beauty. Gold helps to strengthen the immune system, energetically charge and stimulate the body's energies and the golden shimmer protects against damage from the environment. 24kt Gold Facial begins with a microderm treatment on the face, neck and décolleté followed by a carrot vitamin masque, carrot & gold serums and the use of pure leaf aurum (24 carat gold) which consist of a high degree of absorption that is gently massaged into your skin. The effects are visible immediately, and lasts for 3 weeks initially. After a course of treatments, maintenance is much less frequent. The treatment is soothing, relaxing and rejuvenating for your face and mind. $350.00
**Lime Anti-Aging Firming Facial**
A customizable scrumptious, lifting and firming treatment. Fresh lime juice, vitamin c, green, white and rooibos tea are amazing age defying antioxidants that will detoxify sluggish skin and slow the aging process. A powerful combination of wild jujube and maral root in our key lime vanilla age-defying masque along with collagen boosting and firming serums will revitalize and lift the skin for a difference you can see an feel. A great pick-me-up before an event or night on the town. $65.00

**Motherhood Facial**
During pregnancy a women’s skin is much more sensitive, experiencing hormonal imbalances, hyperpigmentation (the mask of pregnancy) and sometimes blemishes. We have created this gentle facial using natural and organic ingredients safe for you and your baby. Repairing dryness, dehydration and skin damage the mother to be will once again have that beautiful glow. $65.00

**Men’s Warrior Facial**
Tailored to the specific needs of Men’s skin, which is challenged by daily shaving and structural differences, this facial retextures, deep cleans and conditions the skin for an improved look and exceptional feel. Your skin will receive deep cleaning, exfoliation and hydration. $65.00

**Lymphatic Facial Massage**
This unique duo of a facial & facial massage can benefit everyone. In addition, athletes, surgical patients, fibromyalgia, chronic fatigue suffers and patients undergoing cancer treatments. Because it’s so gentle, it is well tolerated by these patients. Involves use of light strokes along the facial lymph nodes. Specifically beneficial for the face & neck region, it activates the lymph, removes toxins, cleans the tissues, stimulates circulation and strengthens the immune system. Our organic Ginko masque and moisturizers revive the skin from radiation & chemotherapy damage. Consultation, Medical History and Physician’s Consent (if under a Physician’s care) is required. $55.00

**Cucumber Herbal Eye Treatment**
For All skin Types – This treatment includes a gentle eye exfoliant, an eye masque applied around the eye area and rejuvenating herbal eye pads floating over your eyelids instantly relieving puffy stressed eyes. Finishing with a cooling eye gel. The gentle cooling formula of Cucumber, Vitamin K and Ginseng calm, soothe and revitalize tired skin, puffiness and dryness. Strengthens and repairs the skin around the eye area, lightens and reduces the appearance of eye area pigmentation. While the rejuvenating blend of Green Tea, Rosemary and Chrysanthemum help reduce headaches, eye redness and puffiness. Add to any facial or body service for $25.00

**Azucar Lip Treatment** – This 2 step lip care system gently scrubs away dry chapped lips with an Organic Vanilla Mint sugar potion buffing cracks and fine lines to a minimum. Finishing with an ultra hydrating anti-aging polypeptide lip complex, which dramatically enhances the appearance of lip contours. Adding up to 40% more moisture, volume and reducing fine lines, while intensifying and locking in moisture, eliminating tightness and dryness, restoring amino acids and collagen - encouraging firmness, for the smoothest finish available. $15.00

**Very Berry Merry Christmas Facial**
This seasonal facial should be just the thing to release your inner Scrooge and replace it with true peace on earth. If your face is starting to look a little too much like the Grinch, try this Blueberry Soy Exfoliating wash and then a Strawberry Dermafolliant, this double exfoliating process will have you glowing like an angel! Followed by our Cranberry & Pomegranate super hydrating masque or Sugar Plum Revitalizing masque will oxygenate and wake up your skin so you can wash away any memories of those lines at the Macy’s registers. Wild Plum toner, Blackberry Pore Refining serum, moisturizers and sunscreen will have you refined and revitalized just in time for the holidays. Talk about Sugar Plums dancing on your head, they’ll be doing the disco on your face! $85.00
Massage Therapies
(unless otherwise noted) 30 Minutes $45.00/60 Minutes $75.00/90 Minutes $95.00

Body del Sol Spa Massage
To maximize your experience, your massage is created just for you. Does your back and neck need a full hour? Would you like extra time on your feet? Just let your therapist know if you would like this traditional Swedish massage customized.

Motherhood Prenatal Massage
Expectant moms experience unique physical and emotional changes that occur as a result of increased weight, shifting posture and adjusting hormone levels. While this is a beautiful period of heightened expectation and joy, mothers-to-be also endure heightened physical discomfort that ranges from muscular tension and headaches to pressure on the knees. Prenatal massage is a natural, touch therapy treatment aimed at alleviating these and other pregnancy related symptoms. All expectant mothers should check with their doctors prior to getting a massage. If you have diabetes or high blood pressure, or are on the early stages of pregnancy, pre-natal massage may not be recommended. The massage therapist will adjust your prenatal massage to make it as soothing and as useful as possible based on your personal needs and preferences. Special pregnancy pillow used.

Hot Rock Massage
For centuries the Aztec, Mayan and Inca Indians have used hot rocks to alleviate pain and soothe the soul. Hot rocks are strategically placed on and under the body while the therapist performs a soothing massage. The experience will leave you in a state of intense calm and tranquility while clearing toxins and restoring the body to the natural state of balance. 60 minutes $90.00/ 90 minutes $120.00

Sol Deep Tissue Sports Massage
This deep tissue massage is designed for individuals wanting a more detailed deep bodywork on specific muscle groups. The use of rosemary, eucalyptus and black pepper essential oils along with deep tissue techniques make this a great treatment for athletes and the weekend warrior. 75 minutes $90.00

Therapeutic Massage
This manner of massage effectively changes through the application of clinical skills that attempt to improve function. Massage techniques include effleurage, petrissage, and/or tapotement (stroking, compression, percussion) as prescribed Per your physician/chiropractor. 60 minutes $118

“Ka’a” Massage for Two
Massages will be given side by side in our relaxation suite. Choose from any of the techniques listed above 60 minutes $200.00/ 90 minutes $250.00

Lymphatic Massage
Lymphatic Massage can help unlock the lymph system by manually cleansing the lymph system in a clockwise fashion. Lymphatic massage can be useful in cases of edema, sports injury or for people experiencing a sluggish immune system or those suffering from a lack of energy. Consultation, Medical History and Physician’s Consent (if under a Physician’s care) is required.
Body Treatments

AromaTouch
The uses of essential oils are vast and represent a well-documented model for improving overall health, for both the novice user and the educated expert.

Essential Oil Foot Reflexology – an amazing modality that has convinced us that aromatherapy and reflexology are perfect partners in combating the stress and maladies that most of the population lives with. Reflexology is a noninvasive, yet effective, treatment that helps relieve stress and illness by breaking up congestion and dissolving blocked energy using touch and pressure techniques on reflex points in the feet. Complete your pampering with a warm foot wrap to relax and soothe. This holistic treatment will restore the flow of positive energy throughout the body and provide a sense of peace and renewed balances.

Indian Head Massage - An ancient remedy that helps alleviate stress, headaches and migraines. Invigorate your senses while the therapeutic touch on key pressure points helps to relieve head and neck pain. As an added benefit the light coconut oil blend doubles as overnight deep conditioning treatment that is easily washed out in the morning.

30 min Neck, Back and Shoulder Massage -This 30 minute treatment will target the areas which frequently experience muscle tension, and we guarantee that you will feel calm and relaxed once your massage is complete! The 30 minute back, neck and shoulder massage is the perfect choice for a quick stress and knot release fix! Many people carry their tension in their back, neck and shoulders and obviously due to the large volumes of muscles, This is also a key area for stiffness after exercise. A good solid 30 minute workout along these key muscle groups will leave you feeling knot free and a good deal happier and relaxed!

Total 75 minutes $139

Head to Toe Massage
Let’s face it the 3 major parts of our body that we abuse the most are our feet, our brain and our back! All our stress is locked up in our shoulders, neck and back! We pound the pavement with our feet and rack our brains from work, family and day to day situations. Why not focus on those very same areas! This Trio of Massage Therapies includes:

Essential Oil Foot Reflexology – an amazing modality that has convinced us that aromatherapy and reflexology are perfect partners in combating the stress and maladies that most of the population lives with. Reflexology is a noninvasive, yet effective, treatment that helps relieve stress and illness by breaking up congestion and dissolving blocked energy using touch and pressure techniques on reflex points in the feet. Complete your pampering with a warm foot wrap to relax and soothe. This holistic treatment will restore the flow of positive energy throughout the body and provide a sense of peace and renewed balances.

AromaTherapy Vapor
For centuries aromatherapy has been used to cure ailments, soothe and relax. This vapor therapy fills the room with selected essential oils to deepen and relax any facial or massage treatment. $20.00

Bootylicious Backside Treatment
Your face works hard for the money and is rewarded with compliments and regular facials. Butt what about your other asset? It never receives the royal treatment your face does. Just in time for summer! This treatment begins with exfoliations, microdermabrasion and cellulite treatment on your bottom and upper back thighs. Now you can shake what your mama gave you. Pinch your cheek. It’s true! $250.00
**Body Scrubs**

**Body Shot Anyone?**
This dynamic duo begins with our margarita body scrub using a blend of salt, essential oils of lime, orange, apple, tangerine and tequila, with coconut oil to exfoliate the skin. Using coarse salt similar to the crystals that cling to the edge of a margarita glass, dead cells are exfoliated to leave the skin soft and smooth. After the skin is rinsed clean, our massage therapist launches into a deep tissue massage using tequila and sage oil. Both have antiseptic properties for cleansing and detoxifying. Specifically designed to improve circulation, aid digestion, and relieve fatigue with a smile-inducing smell of tequila!

**Single Shot** 30min Scrub 30min Massage $129. **Double Shot** 30min scrub 60min Massage $149

**Mocha Loca Body Scrub**
Coffee lovers, cellulite sufferers and anyone who loves soft skin will love this scrub.
Cellulite is an unfortunate reality and those who suffer from lumpy thighs will rejoice in the discovery that caffeine is reputed to temporarily reduce the appearance of cellulite. Fight back with this coffee and chocolate enriched scrub designed to shed cells, restore suppleness and improve skin texture. Since we only use fair trade organic rainforest coffee, this treatment supports and fortifies the coffee farming communities of the Rainforest. Indulge a bit, knowing your purchase is helping improve the world and your thighs! $60.00

**Motherhood Belly Scrub**  DON’T overlook your belly. This 30-minute "Belly Bliss" treatment is a facial for your tummy. It includes an exfoliation, hydrating mask, and mini massage with a rich moisturizing cream to help prevent stretch marks. Instead of neglecting your belly, treat it to a moisturizing body scrub. This particular spa treatment will help you to get rid of the buildup of dead skin cells that can otherwise lead to an itchy belly—a perennial source of annoyance for Moms-to-be. At the same time, it will help replenish some of the moisture that's being lost as a result of hormone-induced skin dehydration. $50.00

**Body Wraps**

**Aztec Mud Mask**
Pure Bentonite derived from ancient riverbed volcanic ash which was historically used by Indians for purification and healing. The mask is applied to the body and face to revitalize and draw toxins from the skin while you are wrapped. Steamed towels remove the mud and a detoxifying blend of essential oils is applied in a rich moisturizing massage oil. $75.00

**Ultimate Deluxe SlimWrap**
Finally! The slim wrap to the stars hits the Central Valley! LASlimWrap created The Ultimate Deluxe SlimWrap which combines the fat burning effects of an Infrared Slimming Treatment with the inch loss and cellulite benefits of a SlimWrap. After 20 minutes of relaxing in the Infra-red blanket to boost your metabolism and jump start the detoxification process, you are then wrapped in our SlimWrap mineral solution. This dual process was designed for those who need or want the absolute best inch loss results and more amazing cellulite removal. Lose anywhere from 6 to 20 inches after the first wrap. You will not gain it back after drinking water. You may maintain the inch loss with a sensible diet and a series of monthly wraps $150.00

Package of 5 Ultimate Slim Wraps (get the 6th one free)...$750
Package of 10 Ultimate Slim Wraps (get two free).......$1200

As seen on the
Tyra Banks Show  [http://www.youtube.com/watch?v=CvKUSv99OWQ](http://www.youtube.com/watch?v=CvKUSv99OWQ)
Rachel Ray Show  [http://www.youtube.com/watch?v=KyNg4v7imU](http://www.youtube.com/watch?v=KyNg4v7imU)
The Doctors Show  [http://www.youtube.com/watch?v=OdUe_MtzmZw](http://www.youtube.com/watch?v=OdUe_MtzmZw)
The Ellen Show  [http://www.youtube.com/watch?v=CuugEjU2JQQ](http://www.youtube.com/watch?v=CuugEjU2JQQ)
**Hair Services**

- Haircut: $40.00
- Kid’s Cut: $25.00
- Bang/Neck Trim: $15.00
- Blow-out: $30.00
- Deep Conditioning: $15.00
- Deep Conditioning w/Blow out: $30.00
- Keratin Smoothing Treatment: $150.00 & up
- Glaze: $45.00
- Full Color: $75.00
- Retouch Color: $50.00
- Accent Highlights: $45.00 & up
- Partial Highlights: $70.00 & up
- Full Highlights: $90.00 & up
- Each Additional Color: $15.00
- Color Correct: Consult Required
- Formal Style: $50.00 & up
- Hair Extensions: Consult Required
Nail Services

Spa Manicure. .............................................. $35.00
Men's Hand Detailing Mani ................................ $30.00
Express Manicure. ...................................... $25.00

Margarita Pedicure
This treatment begins with a frosty lime drink and a stimulating lime foot soak. A coconut lime sugar & salt scrub to exfoliate your feet & calves. After a cool rinse you are gently massaged with coconut lime butter, drifting off to a tropical beach by now. The result? Sexy summer feet that deserve a toast! $50.00

Mocha Loca Pedicure
A deliciously decadent chocolate pedicure ritual that's incredible! Give us 60 minutes and we'll give you baby smooth feet and some of the most insanely luxurious pampering a person can handle. The chocolate foot soak, chocolate chip & coffee scrub and chocolate soufflé masque will intoxicate your senses. $50.00

Hot Rock n Reflex Pedicure
The “all-inclusive” Hot Rock and Reflexology treatment for relief of stress and negative energy. Experience the luxurious aromas and feeling of this special heated stone massage pedicure. Lavendar oils and heated stones are incorporated into the massage to bring penetrating warmth and deep relaxation to the muscle tissue. This service is incorporated into our classic Spa Pedicure follows a hot stone foot massage. Hot stone foot massage combines the benefits of hydrotherapy and thermotherapy to create a deep, relaxing and healing treatment. The heat of stone warms the skin, which allows for the absorption of moisturizing and therapeutic oils, while simultaneously preparing the musculature of the body so the therapist can work into the deeper muscle layers. Benefits of hot stones and reflexology foot massage include: increased local circulation, improving the blood flow that hastens the response and lessens the sometimes painful reflex points and surrounding tissues, allows greater ability to transport toxins and waste products from the area, decrease in blood pressure, stress, fatigue, and tension, and decrease in muscle stiffness and spasms. Massage using volcanic rocks that have the natural ability to ionize your feet for better blood flow and to induce an over-all well being. A truly amazing experience! $75.00

Make-Up Services
**Make-Up Enhancements**

*Eyelash Extensions* - Minkys Lashes® Eyelash Extensions are *not* traditional false eyelashes. They are single silk strands of eyelashes applied ONE by ONE directly to your individual eyelashes by a certified Minkys Lashes® Eyelash Extensions Stylist for a NATURAL look and feel. With routine touchups every 3 to 4 weeks, you can have amazing eyelashes indefinitely.

Full Set Only $150.00  
Full Natural Set $190.00 includes 1st fill  
Full Diva Set x-long w/color accents $225.00 includes 1st fill  
Touch Up/Fill Maintenance $50.00 & up
Packages & Series Available

**King & Queen** – 90 minute, Ka’a Massage, Mocha Loca Facials and Moca Loca Manicures, lunch is included $550.00

**Inca Queen** – 60 minute massage, 24kt Gold Facial (with manual exfoliation, micro not included in this pkg), Mocha Loca Body Scrub, Mocha Loca Manicure, lunch is included $500.00

**Couples** – 60 min Ka’a Massage for two and Del Sol Facial side by side in our relaxation suite $325.00

**Mayan Queen** – 60 min massage, Mocha Loca Body Scrub, Moca Loca Facial, Mocha Loca Manicure, lunch is included $300.00

**Emperor** – Del sol Deep Tissue Sports Massage, Warrior Facial, Men’s Hand Detailing & Lunch Included $250.00

**Aztec Goddess of Motherhood** – Motherhood Prenatal Massage, Motherhood Facial, Motherhood Belly Scrub, lunch is included $225.00

**Mama Make-over** – Anti Aging Facial, Accent Highlights & Hair cut, Full event Make-up $220.00

**Mayan Princess** – 60 minute Spa Massage, Del sol Facial, Spa manicure - $200.00

**Margarita Mama** – Margarita Body Scrub, Stimulating Lime Facial, Margarita Manicure $175.00

**Aztec Princess** – Spa Manicure & Del sol Facial $100.00

We will be happy to customize any services into a package for you

Massage & Facial Series Available
Memberships
Corporate & Individual Memberships Available

Monthly Memberships:
Monthly Memberships are automatically billed to your credit or debit card every month. You may choose from one of the following plans. Only on the Treatment Plan may you alternate from the 3 services.

Please Select a membership plan:

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Annual Fee</th>
<th>Benefits</th>
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</thead>
<tbody>
<tr>
<td>Del Sol Facial</td>
<td>$55</td>
<td>10% Off Any Skin Care Products</td>
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<tr>
<td>Del Sol 60min Massage</td>
<td>$55</td>
<td>10% Off Any Skin Care Products</td>
</tr>
<tr>
<td>Del Sol 90min Massage</td>
<td>$75</td>
<td>10% Off Any Skin Care Products</td>
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<tr>
<th>Membership Type</th>
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<tbody>
<tr>
<td>Body Del Sol Gold</td>
<td>$2,500</td>
<td>Twenty-four services, which may include facials, massages, body wraps or manicures, each with a value of up to $90</td>
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<tr>
<td></td>
<td></td>
<td>One plush personalized robe from Body Del Sol</td>
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<tr>
<td></td>
<td></td>
<td>Treat a friend twice a year with one service valued up to $80</td>
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<tr>
<td></td>
<td></td>
<td>One Body Del Sol Eco Friendly Bag which gives you a 10% savings on retail products every time you bring it in</td>
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<td></td>
<td></td>
<td>10% savings on any additional services</td>
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<tr>
<td></td>
<td></td>
<td>Special promotions for VIP Gold members only</td>
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<td></td>
<td></td>
<td>Special birthday gift</td>
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<th>Membership Type</th>
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<th>Benefits</th>
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<tbody>
<tr>
<td>Body Del Sol Rainforest</td>
<td>$1,200</td>
<td>Ten services during the 12 months of the membership, which may include any combination of services such as a facial, massage, body wrap or manicure, each with a value of up to $90</td>
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<tr>
<td></td>
<td></td>
<td>One plush personalized robe from Body Del Sol</td>
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<tbody>
<tr>
<td>Body Del Sol Worship</td>
<td>$475.00</td>
<td>Five services during the 12 months of the membership, which may include any combination of services such as a facial, massage, body wrap or manicure, each with a value of up to $80</td>
</tr>
<tr>
<td></td>
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</thead>
<tbody>
<tr>
<td>Body Del Sol Escape</td>
<td>$250</td>
<td>Three services during the 12 months of the membership, which may include any combination of services such as a facial, massage, body wrap or manicure, each with a value of up to $80</td>
</tr>
<tr>
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<td>One Body Del Sol Eco Friendly Bag which gives you a 10% savings on retail products every time you bring it in</td>
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<tr>
<td></td>
<td></td>
<td>Special promotions for VIP Escape members only</td>
</tr>
</tbody>
</table>
Fountain of Youth Club

Look refreshed all year around by joining our Fountain of Youth Club! An exclusive membership program designed to offer individuals access to BOTOX® Cosmetic injections and cosmetic fillers in a professional yet comfortable environment with preferred pricing for club members. Benefits include:

1. Preferred pricing**
2. Exclusive events (Wine Tasting, Tequila Tasting, Brunches, etc)
3. Insider Beauty Tips
4. Skin care goodie bag
5. BOTOX® benefits to organize and host a party for your friends
6. No finance charges
7. No need to divulge banking info
8. $50 membership fee

**Prices increasing in 2014, lock in the $10 per unit Botox rate & Current Filler rate, when treatments and payments are received 3-4 months apart. Example: if you usually use 40 units of Botox, 40x$10.00 = $400 you divide $400 into 3 months, making monthly payments of $135.00. When you reach your $400 it will be right on schedule for your next dosage. Always wanted to enhance your lips, do away with nasolabial folds or marionette lines? You can add the price of the filler to your plan as well. Free consultation with our Nurse Practitioner will determine the products and dosage for your desired results. Medical history and consent forms required on all new patients. Call 559-432-7222.
**Cutera XEO Laser Hair Removal**

**Small area:** area hair-removal treatments can be used on one of the following body parts:
- Areola: $225 per session or series of 6 $1200
- Chin: $225 per session or series of 6 $1200
- Fingers: $225 per session or series of 6 $1200
- Navel: $225 per session or series of 6 $1200
- Side burns: $225 per session or series of 6 $1200
- Toes: $225 per session or series of 6 $1200
- Under arms: $225 per session or series of 6 $1200
- Upper lip: $225 per session or series of 6 $1200

**Medium-area hair-removal treatments** can be used on one of the following body parts:
- Abdomen: $350 per session or series of 6 $1800
- Arms - Lower: $350 per session or series of 6 $1800
- Arms - Upper: $350 per session or series of 6 $1800
- Back - Lower: $350 per session or series of 6 $1800
- Back - Upper: $350 per session or series of 6 $1800
- Bikini: $350 per session or series of 6 $1800
- Cheeks: $350 per session or series of 6 $1800
- Feet: $350 per session or series of 6 $1800
- Full face: $350 per session or series of 6 $1800
- Hands: $350 per session or series of 6 $1800
- Neck (Front): $350 per session or series of 6 $1800
- Neck (Back): $350 per session or series of 6 $1800
- Shoulders: $350 per session or series of 6 $1800

**Large-area hair-removal treatments** can be used on one of the following body parts:
- Arms - Full: $500 per session or series of 6 $2700
- Beard (men): $475 per session or series of 6 $2700
- Brazilian: $475 per session or series of 6 $2700
- Buttocks: $475 per session or series of 6 $1800
- Chest (men): $500 per session or series of 6 $2700
- Legs - Lower: $500 per session or series of 6 $1800
- Legs - Upper: $500 per session or series of 6 $1800
- Neck- Full (Front & Back): $475 per session or series of 6 $2700

**Extra Large area hair removal treatments** can be used on one of the following body parts:
- Back Full (including shoulders): $550 per session or series of 6 $3000
- Chest Full (including Abs (men)): $550 per session or series of 6 $3000
- Legs Full: $550 per session or series of 6 $3000

**Laser Hair Removal FAQs**

**How does Laser Hair Removal work?**
The Laser Hair Removal system emits near-infrared laser light that is absorbed by the pigment located in the hair follicle. The laser is pulsed, or turned on, for only a fraction of a second. The duration of each pulse is just long enough to damage the follicle, while the system's unique, patented contact-cooling hand piece, helps protect the skin by conductive cooling during the laser energy delivery.
What do Laser Hair Removal treatments feel like?
The Laser Hair Removal hand piece cools and soothes as it glides along your skin. When the pulse of light is delivered, some patients experience a mild pinching or stinging sensation. No local anesthesia or pain medication is typically required; however, some patients may prefer to use a topical anesthetic when sensitive areas are treated.

What happens after Laser Hair Removal treatment?
Following Laser Hair Removal treatment, you can return to your normal activities right away, but the treated area may appear a bit red and swollen. The use of sunscreen is recommended on any treated areas exposed to the sun. In addition, your physician may recommend that you use a specially formulated skin care product line or prescribe a skin care regimen especially formulated for your skin type. Three to seven days after treatment you may experience what seems to be regrowth of hair. Actually, most of these hairs are being shed as a result of your treatment and are not regrowing. Between treatments you should not wax or pluck your hair, but it is permissible to shave.

What are the possible side effects of Laser Hair Removal?
Although patients experience few side effects with Laser Hair Removal, the most commonly noticed are slight reddening and local swelling of the skin, similar to a sunburn. These effects typically last for several hours or less. In rare instances, blistering may occur. Consult with your medical professional for complete information on the benefits and risks of treatment.

What areas can be treated with Laser Hair Removal?
Laser Hair Removal can remove hair from all parts of the body including the face, legs, arms, underarms, and back. It can also treat sensitive areas like the chest, nipples, and bikini line.

How many Laser Hair Removal treatments will I need?
Most areas require 3-6 treatments. However, the number of Laser Hair Removal treatments required for optimal long-term benefits depends on multiple factors – hair thickness, the area treated and your hair’s growth cycle. Interestingly, not all hairs are actively growing at the same time and actually go through three distinct phases: growth, regression, and resting. Laser Hair Removal works by disabling the hair that is principally in the active growth phase at the time of treatment. Since other hairs will enter this active growth phase at different times, additional treatments may be necessary to disable all of the hair follicles in a given area.

Does Laser Hair Removal work on tanned/different skin colors?
Laser Hair Removal safely and effectively treats all skin types (Fitzpatrick Skin Types I-VI) as well as tanned skin. For darker skin types and people with tans, appropriate fluences are generally lower and appropriate pulse widths are generally longer to prevent damage to the epidermis. Using the appropriate treatment parameters, however, people with all skin types can benefit from Laser Hair Removal.

How does Laser Hair Removal compare with other hair removal methods?
Shaving, waxing, and depilatory creams are all temporary methods that must be repeated on a frequent basis and none of those methods can successfully reduce ingrowns. By eliminating the hair follicle, Laser Hair Removal offers permanent hair reduction and treatment of ingrowns for lasting results. Laser Hair Removal provides enhanced comfort during treatment, minimal risk of infection, speed and accuracy and also minimizes skin irritation that other methods may create.

How does Laser Hair Removal compare with electrolysis?
Electrolysis is a tedious, invasive, and painful process that involves inserting a needle into each individual hair follicle and delivering an electrical charge to them one at a time. Electrolysis often requires years of treatments at regular intervals. Since Laser Hair Removal is non-invasive (no needles to penetrate the skin), the risk of introducing bacteria into the skin is reduced. Laser Hair Removal is fast, allowing for larger areas to be treated and considerably increasing the efficiency of the hair removal process. By delivering light energy to hundreds of hair follicles at a time, Laser Hair Removal effectively treats an area in just seconds that would take over an hour with electrolysis.

Why choose Cutera’s XEO CoolGlide Laser Hair Removal over other laser hair removal systems?
Using the latest technology in Laser Hair Removal with the Cutera CoolGlide. This system was designed from the ground up for hair removal, so it possesses the wavelength, fluence, pulse width and active epidermal cooling system, ideally suited for Laser Hair Removal. Cleared for permanent hair reduction, Cutera’s Laser Hair Removal system can treat men and women of all skin types and tones safely and effectively, even patients with a suntan. Our Laser Hair Removal system can rapidly address large areas without the limitations of older technologies and are adjustable enough to treat the fine hair on a woman’s upper lip just as easily and effectively as the coarse hair on a man’s back. The customized cooling feature increases patient comfort and minimizes the adverse skin reaction commonly seen with other lasers and the unique design and longer wavelength allows extremely effective, safe and permanent results.

Follow Up
- On average, most people will need 4 to 6 treatments spaced 8 to 10 weeks apart.
- Avoid any tanning in between treatments as this increases your risk for burning during your treatment.
Laser Genesis Skin Rejuvenation

The Laser Genesis difference
The Laser Genesis procedure utilizes non-invasive laser technology to safely, discretely and effectively treat fine lines, wrinkles, large pores, uneven skin texture, diffuse redness and scars. You can expect to see subtle yet consistent results after each Laser Genesis treatment, without unwanted side effects such as bruising or excessive skin irritation. Laser Genesis treatments can be performed in a relaxed, comfortable manner without the use of topical anesthetics or gel.

Laser Genesis FAQs

What is Laser Genesis?
Laser Genesis skin therapy is an innovative, technologically advanced way to promote vibrant and healthy looking skin in men and women. Now you can have a more youthful appearance by treating those conditions that are typically associated with premature signs of aging and sun damage, such as excessive redness, large pores, uneven texture, and fine line wrinkles. The Laser Genesis procedure has been scientifically proven to produce new collagen.

- Minimize fine lines
- Reduce large pores
- Helps even out crepe-paper type or pebbled skin texture
- Diminish overall redness and flushing
- Diminish harsh look of scars

Laser Genesis is done by the laser gently heating the skin below the surface. This “healthy heat” stimulates the body’s own natural healing response, and the texture of your skin literally becomes smoother. Depending on what you are having treated, pores get smaller, lines are decreased as your underlying collagen is refreshed, and the color of your skin will even out.
How does Laser Genesis work?
By gently heating the upper dermis well below your skin’s surface, Laser Genesis stimulates collagen production. Additional heat is generated in dilated capillaries to reduce redness and flushing.

What can I expect before a Laser Genesis treatment?
You will not need gel, anesthetic cream or ice prior to treatment. Before the actual Laser Genesis treatment, you will be asked to remove your make-up or moisturizers and, in some cases, you may be asked to shave the area to be treated. Your practitioner will review and assist with all pre-treatment requirements.

How many Laser Genesis treatments will I need?
On average, you may require 4 to 6 Laser Genesis treatments to achieve optimal results; patient conditions and needs vary. For more information about your expected results or the number of Laser Genesis treatments necessary, consult your practitioner.

What are the possible side effects of Laser Genesis?
Although most patients report few if any side effects from Laser Genesis, the most common is a slight redness that disappears within a few hours of treatment. Consult your practitioner for complete information about the benefits and risks of treatment.

What kind of improvements can I expect with Laser Genesis?
Over the course of 4 to 5 treatments, Laser Genesis can help restore the skin’s youthful glow and appearance by smoothing out uneven textures caused by aging, sun damage or scars. You will see a creamy, healthy complexion emerge as large pores are reduced in size, and minor imperfections are diminished. The individual treatment results are subtle, but the overall effect of multiple Laser Genesis treatments can be quite dramatic.

What areas can be treated with Laser Genesis?
Laser Genesis patients report excellent results over their entire faces and necks. Additionally, practitioners may suggest this therapy to diminish recent scars on other parts of the body.

What is diffuse redness?
Diffuse redness is a general appearance of facial redness, such as rosy cheeks. This condition is caused by dilated capillaries, resulting in an appearance of general redness, not discrete, well-defined vessels. The most commonly affected areas are the nose, forehead and cheeks. Diffuse redness is often associated with a condition called rosacea and it can be hereditary. Laser Genesis will help your appearance by gently treating and reducing this condition.

What does the Laser Genesis procedure feel like?
Patients often describe Laser Genesis treatment as relaxing and therapeutic. You will experience a gentle warming of your skin’s surface during the procedure as the laser hand piece is moved back and forth about 1/2 inch above your skin. You can immediately return to normal activities, utilizing sunscreen if participating in outdoor activities.

Treatment Instructions : Laser Genesis

Before Treatment
- Remove all make-up from the treatment site.
- The use of topical anesthetic (such as EMLA) is not recommended for these treatments as patient feedback is important, and, with proper technique, it is not required.
- An optional addition to the procedure, that has been reported to increase patient comfort, is to spray a light mist of spring water on the face prior to the beginning of the treatments and repeating that occasionally as needed during the procedure.
- Some physicians make this non-ablative treatment part of an overall skin care regimen along with topical retinoids, topical vitamin-C, sun protection, and/or micro-dermabrasion.
- In some instances, these treatments could result in reduced hair growth.
- This should be considered prior to treating areas (such as over a man’s beard) where reduced hair growth may be undesirable.
After Treatment
- No special post-operative care is usually required.
- The patient will feel a gentle warming of the skin in the section being treated in addition to a small sensation where the laser pulses are being applied. Once they become accustomed to the feeling, they typically find the treatments to be comfortable.
- A report from the patient of discomfort is an indication that pulses need to be spread out better or that it's time to move to another area.

Follow Up
Treatment intervals of 2 to 4 weeks are commonly used for a total of 4 to 6 treatments.

Laser Genesis Prices

<table>
<thead>
<tr>
<th>Area</th>
<th>1x</th>
<th>5x</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face</td>
<td>$300</td>
<td>$1200</td>
</tr>
<tr>
<td>Face &amp; Neck</td>
<td>$500</td>
<td>$2000</td>
</tr>
<tr>
<td>Face &amp; Neck &amp; Full Chest</td>
<td>$850</td>
<td>$3400</td>
</tr>
<tr>
<td>Back</td>
<td>$400</td>
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<tr>
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<tr>
<td>Face &amp; Neck &amp; Decollete</td>
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Titan Skin Tightening

Now you can turn back the clock effortlessly, without the expense, risk and pain associated with traditional plastic surgery facelifts. The View, InStyle, Prevention Magazine and Harper’s Bazaar have hailed Titan as the ultimate beauty breakthrough. Completely non-invasive, Titan is a non-surgical skin tightening treatment that uses infrared light to heat the dermis, stimulating new collagen production and dramatically firming loose skin. Results are immediate and skin tightening continues as new collagen develops. Get “Titan-ed” at Body del Sol and make flabby arms, sagging necks, droopy jowls and mushy tummies a thing of the past

What is Titan?
Titan treats lax skin and is the first non-surgical light-based system approved by the FDA for dermal heating. Using light energy to heat the dermis deep beneath your skin’s surface, Titan provides an all-natural option to enhance skin tone without surgery, recovery time or injections. Titan is an ideal solution for tightening loose skin on your face, arms and abdomen.

Titan FAQs

How does the Titan treatment work?
Titan utilizes a safe infrared light to heat the dermis well below the skin’s surface. During the procedure, the skin’s top surface (epidermis) is protected through continuous cooling with the Titan hand piece. Titan’s light-based platform provides a more uniform distribution of energy for heating the deep dermis than other energy sources, such as RF (radiofrequency).

What do Titan treatments feel like?
With each Titan pulse you will feel a brief heating sensation. Some patients are more comfortable taking a mild pain reliever beforehand. Many patients are comfortable without any medication during their Titan treatment. Your practitioner will advise you further. Immediately following Titan treatment, you may notice some redness and mild swelling in the treated area. Both should dissipate within a few hours. Consult with your physician for complete information on the benefits and risks of treatment.

Patients have been successfully treated with Titan on many areas of the body. The most common areas treated are the jaw line, under the chin, and the abdomen.

Who can be treated with Titan?
Since the Titan procedure heats tissue under the skin’s surface, patients of any skin type or age can be treated. Your practitioner can advise you if the Titan is right for you.

How many Titan treatments will I need?
Although a single Titan treatment will produce very good results for most patients, it is quite common for patients to have two or three treatments over a few months. Your practitioner will advise you as to the number and frequency of Titan treatments recommended for optimal results.

What kind of results can I expect with Titan?
Many patients will notice improvement right away, but the best results are apparent three to four weeks after the first Titan treatment. Most significant results are noticeable three to four weeks after the second treatment.

Is Titan safe?
Titan can be used to safely treat all skin types for women and men ages 18 and up. Since the upper layer of the skin is protected by continuous contact cooling, anesthesia is not required and there is no downtime—patients can return to work immediately after treatment. Titan has reported no negative side effects.
Facts about Titan

- Depending on the area to be treated and the severity of skin laxness patients require 1-3 Titan treatments, scheduled in 4-6 week intervals.
- Titan treatments are non-invasive and require no downtime.
- Patients have reported little to no discomfort during and after the Titan procedure.
- A series of Titan treatments may delay future sagging in the treated area for several years.
- Tightening continues within 3-6 months after the second Titan procedure.
- The Titan procedure takes approximately one hour.
- Titan utilizes a safe infrared light source to apply heat to the dermis causing immediate collagen contraction, while protecting the epidermis through continuous cooling.
- The Titan procedure stimulates collagen into a long-term rebuilding process, leaving patients with tighter, younger-looking skin.
- Titan is FDA cleared for dermal heating and is used to stimulate collagen production and tighten lax skin.
- Titan can be used to tone, lift and tighten loose skin anywhere on the body including: the face, neck, under the chin, upper arms, underarms, abdomen, above the knees and inner thighs.
- Titan works best on loose, lax skin, not areas with fat.
- Clinical studies reveal Titan is an excellent non-invasive alternative to surgical skin-tightening procedures, delivering noticeable results without the discomfort and hassle of surgery.
- Titan creates both immediate and long-term improvements that result in firmer, younger-looking skin.

Titan Prices

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<td>Full Face &amp; Neck</td>
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<tr>
<td>Upper Arms</td>
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Cutera CoolGlide Laser Vein Removal

Safe and effective spider vein removal
Eliminates spider veins, lesions and broken vessels
Suitable for the face and legs

Are spider veins bugging you? Our innovative laser vein removal treatment zaps leg and facial vascular lesions, spider veins and broken vessels with phenomenal success. Many patients see up to an 80% reduction in the appearance of those wavy, thin, reddish-purple veins. We’ll give you the 411 on your best treatment options during your first consultation.

Laser vein removal FAQs

The facts about spider veins
Spider veins or telangiectasias, are wavy, thin, reddish-purple veins on the legs, often clustered on the thigh or below the knee. Spider veins affect as many as 80% of all women as they grow older, and a large percentage of men as well. Although spider veins are not usually a medical problem, they may make you self-conscious about your appearance. The Cutera CoolGlide Laser, a state-of-the-art vein-removal system has been specially designed to treat spider veins and other vascular lesions with great success. Please inform us at the time of your appointment if any of the following conditions apply:
• Pregnant
• Diabetic
• Receiving anti-coagulant therapy
• Crippling osteoarthritis
• Severe bronchial asthma
• Advanced lupus or lupus type diseases
• Blood clots

What results will I see with Vein Removal?
With Vein Removal treatment, gradual improvement will be noticed. Many patients find 60% to 80% of the treated vessels resolved. During your Vein Removal consultation, you will be advised as to the number of treatments necessary to achieve your desired results.

Who are good candidates for Vein Removal treatment?
Light and dark skinned individuals can now safely and effectively benefit from Laser Therapy. Patients with dark suntans or photosensitivity disorders, diabetes, bleeding disorders, or currently taking photosensitizing medications are not good Vein Removal candidates. Schedule a consultation to determine if you are a candidate and how you can benefit from these treatments.

Laser vein removal instructions

Before Treatment
• Remove all make-up & moisturizers from the treatment site.
• Avoid Flying for 48 hours after the treatment.
• You should not be pregnant or breastfeeding to receive treatment.
• When treating facial telangiectasia near the mouth, rolled-up gauze can be placed between the lips and teeth to protect the teeth from discomfort.
• Do not treat over areas with tattoos.
• Apply ice or chilled gel-packs prior to treatment to increase comfort and provide increased epidermal protection.
• Avoid aspirin or other blood thinning drugs (vitamin E, Ginkgo Biloba), ibuprofen, or arthritis medication for two days before and after treatment.
• Avoid alcohol and do not smoke for two days before and after treatment.
• To avoid discomfort do not shave legs the day of your appointment.
• Do not apply lotions to legs before appointment.
• Eat a light meal/snack one hour before treatment.
• Bring loose fitting shorts/pants to wear after treatment.
• If you develop a fever or other illness before your appointment you must reschedule.
**After Treatment**

- Ice, chilled gel-packs or chilled hydro-gel pads may be applied post treatment to increase patient comfort and provide increased epidermal protection.
- The veins may have an urticarial reaction after treatment. This is common and will diminish more quickly with the application of a mild-potency topical corticosteroid.
- Portions of larger vessels will sometimes darken and become stiff and painful for an extended period after a treatment. The dark coagulum can be removed at 1 to 2 weeks following the treatment by nicking the vessel with a needle or blade and applying pressure to force out the coagulum.
- For larger leg veins, some physicians say the use of compression stockings (30-40 mm Hg Pressure) for up to five days after treatment may increase patient comfort and help reduce bruising.
- If crusting occurs, an antibiotic ointment or lubricating cream may be recommended.
- Post-inflammatory hyper-pigmentation is a common response (especially with darker skin types) to vascular laser treatments and tends to resolve over time.
- Immediately upon leaving the office go for a brisk 15-minute walk.
- You may resume your normal daily activities immediately, but avoid strenuous aerobic exercise until further advised.
- You are encouraged to wear your compression stockings as much as you can following your Sclerotherapy treatment. The more you wear your stockings, the better your Sclerotherapy results. You may remove your stockings to wash them, but while they are being washed, keep your legs elevated as much as possible.
- Take Extra Strength Tylenol for pain. AVOID ASPIRIN, ADVIL, OR IBUPROFEN. These tend to thin blood and can lead to excessive bruising.
- Call if you experience any severe reactions such as profound pain, intense itching, redness or fever.
- Avoid hot conditions such as saunas, Jacuzzis, or hot showers for 7-10 days after treatment.

**Follow Up**

- The recommended time interval between treatments is 4-6 weeks, depending on the rate of clearance following each treatment. Larger reticular vessels can take three months to resolve and should not be retreated before then.
- We can successfully treat both blue and red vessels up to 3mm in diameter. 2-3 treatments are usually needed with 4-6 weeks between each treatment. depending on the condition of the skin, more treatments may be necessary. Many people maintain their results with an additional maintenance treatment every 6-18 months.
- Consistent repeated treatments will produce best resolution of leg veins.

**CoolGlide Laser Vein Removal Prices**

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<tr>
<td>30 minutes or less (facial or legs)</td>
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Limelight XEO LimeLight Advanced IPL FotoFacial

Not your ordinary IPL. The limelight device is unique in its design because it makes pulsed light much more specific for the condition it is treating. And it is able to shift between modes and wavelengths for different types of skin and severity of conditions.

The Limelight is able to overcome the challenges of traditional IPL’s because of its ability to customize the treatment targeting specific imperfections. The Limelight targets these particular skin problems:

- Treatment of pigmented lesions (brown age spots/liver spots)
- Treatment of vascular lesions (broken capillaries)
- Treatment of sun damage (red and brown freckles)
- Improve skin tone
- Treatment of blotchiness and skin redness (Rosacea)

The Limelight Facial treats specific areas without abrading the skin’s surface. There is no down time. It works by using light to heat the pigment and blood in the top layer of your skin to reduce the discoloration and promote a more even skin tone. The Limelight Facial can be performed on light to medium color skin. Skin types I-IV.

LimeLight FAQs

What is LimeLight Advanced IPL FotoFacial?
LimeLight Advanced IPL FotoFacial is an innovative way to quickly, safely and comfortably improve your skin’s texture, tone and color. Through a non-invasive method of photo-rejuvenation, LimeLight Advanced IPL FotoFacial treats photo-aged skin, removes age spots (sun-induced freckles), most benign brown pigments, and redness caused by broken capillaries. LimeLight Advanced IPL FotoFacial helps restore a more youthful appearance, leaving skin clearer and healthy looking without any downtime.
How does LimeLight Advanced IPL FotoFacial work?
LimeLight Advanced IPL FotoFacial delivers a series of gentle pulses of visible light onto the surface of your skin. In a series of treatments, pulses of visible light target the surface of your skin to effectively eliminate redness, broken capillaries, brown spots, sun damage, large pores, fine lines, and rosacea and melasma conditions. Upon assessing the degree of skin damage, specific settings are selected by a certified technician to customize LimeLight Advanced IPL FotoFacial treatment for best results. Some patients opt for chemical peels or microdermabrasion treatments in conjunction with LimeLight Advanced IPL FotoFacial treatments to enhance results.

What areas can LimeLight Advanced IPL FotoFacial treat?
Virtually any part of your body with uneven skin tone, diffuse redness, or sun and age spots can be safely treated. The face, chest, shoulders and arms are the most popular areas for LimeLight Advanced IPL FotoFacial treatment because they have typically had the most sun exposure. Discrete brown spots, excessively ruddy complexions and skin densely covered with freckles respond well to LimeLight Advanced IPL FotoFacial treatment as well.

What happens during LimeLight Advanced IPL FotoFacial treatment?
Upon determining a LimeLight Advanced IPL FotoFacial treatment plan appropriate for the skin conditions being treated, your practitioner will provide you with protective eyewear and apply a cold gel to the areas to be treated. During treatment, the practitioner gently applies the smooth, glass surface of the IPL hand piece to the skin, which feels cool and comfortable. When the pulse of light is delivered to the skin surface you may feel a mild, brief pinching sensation.

How many LimeLight Advanced IPL FotoFacial treatments will I need?
On average, 4 to 6 LimeLight Advanced IPL FotoFacial treatments are recommended, scheduled at three-week intervals. Each LimeLight Advanced IPL FotoFacial session usually lasts about 20 minutes, with patients returning to normal activity immediately afterwards.

What happens after LimeLight Advanced IPL FotoFacial treatment?
Immediately following an LimeLight Advanced IPL FotoFacial treatment, you may notice a slight reddening of the surrounding skin which typically subsides within a couple of hours. Signs of sun damage and age spots temporarily darken but over the course of the next one to three weeks, darkened spots will fade and flake off and your mottled complexion will clear.

When will I see results?
Many patients see significant improvement within two to three weeks of your LimeLight Advanced IPL FotoFacial treatment. Your complexion will be clearer and younger looking. LimeLight Advanced IPL FotoFacial provides gradual, natural improvement with excellent long-term results. You will notice a reduction in redness, flushing and dilated capillaries and your skin will look healthier as sun damage, fine lines, pore size, freckling and irregular pigmentation is minimized. Results from a full series of LimeLight Advanced IPL FotoFacial treatments usually last for a year or more.

Will the spots and redness reappear over time?
Over time new spots may appear if there is sufficient sun exposure; these too can be removed. Remember to liberally apply sunscreen when outdoors to minimize sun damage and the appearance of new spots and excessive redness.

Are patients satisfied with their LimeLight Advanced IPL FotoFacial results?
LimeLight Advanced IPL FotoFacial treatments are recognized for a high measure of patient satisfaction. Patients are very pleased with treatment results because the process treats the full face, neck, chest or hands, rather than addressing a single isolated area or imperfection.

LimeLight Advanced IPL Fotofacial Instructions

Before Treatment
- No Accutane use for 6 months prior to treatment.
- Do not tan the areas being treated for 4 weeks prior to treatment.
- Do not use self-tanning products for 2 weeks prior to treatment.
- Stop all Retin-A, Retinol, Renova, glycolics, bleaching creams, and exfoliants 3-4 days prior to treatment.
- The treatment area must be free of any open sores, lesions or skin infections. For treatment of pigmented skin lesions, you should consult a specialist if there is a family or personal history of skin cancer or if you have these concerns.
Shave any hair present in the area to be treated. Men should shave the beard area twice in succession in order to ensure as close a shave as possible.

Gently wash the area to be treated, removing makeup, lotion, etc. Do not apply any creams, lotions or other products to the area except a topical anesthetic (if being used).

If you have elected to use a topical anesthetic, do so only after reviewing all cautions associated with its use. Apply and use as directed prior to arrival.

You cannot be pregnant or breast feeding to receive treatment.

If you have a history of oral herpes, you must pre-treat with an anti-viral three days before your scheduled visit.

**After Treatment**

- You will have a mild sunburn sensation following treatment that is usually gone within a few hours. Skin redness, flaking, mild bruising and/or slight edema (swelling) is normal and may last a few days. Blistering is uncommon and when it occurs it is generally not serious. Pigmented areas may begin to flake after a few days.
- Cold compresses (not ice) and recommended skin care products may be useful to reduce swelling or discomfort. You may take over-the-counter pain or anti-inflammatory medication. Hydrocortisone (steroid) cream may decrease any itching or skin irritation. Antibiotic ointment (such as Neosporin) may be used if skin is broken, to prevent infection.
- Your skin will be fragile for 2-3 days. Use gentle cleansers, but do not rub the skin vigorously and avoid hot water during this time. Skin moisturizers may be used immediately and makeup can be applied if the skin is not broken.
- It is important to avoid sun exposure and tanning creams between treatments. Use SPF 30 or greater on the treatment area at all times.
- The treatment area may be left open and uncovered. Do not scrub or exfoliate the area. Do not use any products on the treated area without first consulting our staff.
- Avoid soaking for 24 to 48 hours. No hot tubs, whirlpools or baths, but showers are okay.
- Avoid excessive sweating for 24 to 48 hours. No saunas or vigorous working out.
- Avoid irritants, such as Retin-A, Retinol, Renova, glycolics, bleaching creams, and exfoliants for one week.
- Treated area will usually darken after treatments. Crusting of the skin can form. This crusting usually resolves in 1 to 3 weeks. Please allow to naturally flake off for best results.
- In the rare case that you experience any blistering or scabbing, please call us as soon as possible. Contact us if you experience persistent or unusual redness, swelling or drainage, as antibiotics may be necessary.
- Do not apply makeup until redness has subsided.
- Avoid microdermabrasion and chemical peels one week after your treatment.

**Follow Up**

- Follow up treatments should be scheduled every 3-4 weeks.
- Consistent repeated treatments will produce best resolution for photo damage, fine lines, acne scars, rosacea, etc.
- Microdermabrasion and Vitalize Peel should be done in between your IPL and Laser Genesis treatments to enhance results.

**Limelight XEO LimeLight Advanced IPL FotoFacial**

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<tr>
<td>Full chest</td>
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Laser Treatment for Toe Nail Fungus

Body del Sol Medical has treated hundreds of patients with Cutera laser treatments. We offer patients a fast and economical way to fight toe nail fungus. The medical term for this condition is known as Onychomycosis.

It is no surprise that the last decade has brought thousands of changes in medicine, science, and technology. Clinical studies continue to bring new innovations to the market and lay them at our feet (no pun intended). Thankfully, these emerging technologies now allow treatment of chronic onychomycosis. Men and women alike are getting rid of their toenail fungus with these revolutionary laser treatments. Body del Sol Medical has Cutera’s most sophisticated toe fungus treatment on the market: The World’s Premier Laser for Feet and Toes. This laser can also treat upper extremities – hands (fingernails) affected with the same type of fungus. Over time, your condition may cause your nails to become so rough and stubborn that crumbling and cracking of your toenail can cause pain. Until recently, there have been few treatment options that offered success. Laser treatments have become the drug free, risk free, and pain free option for treating nail fungus.

Are you having a hard time believing this treatment is too good to be true? You have suffered long enough with nail fungus, possibly investing in less than optimal results with drug therapy treatments that have limited your success, have adverse side effects, or simply do not work. We want to make sure your financial investment with laser technology is a confident one. The procedural cost is generally based on the number of areas treated – upper and or lower extremities. The San Francisco Bay Area & Central Valley average price for treating onychomycosis is anywhere from five hundred to twelve hundred dollars ($500 to $1200). For many patients, this seemingly basic treatment has delivered life-changing results. Whether you are on a quest to transform your hands or feet – we hope this treatment will change the way you feel. Let’s face it, your toes or hands don’t tell the whole story. The truth is onychomycosis affects millions of people and you aren’t the only one trying to find something that really works. At Body del Sol, we offer you a treatment that is safe, convenient, and economical. We promise an environment that is confidential and professional. We think your microscopic organisms of fungi can handle that.

The Four Step System to Treat Onychomycosis at Body del Sol

Body del Sol is serious about treating nail fungus; that’s why we have developed a 4-step system for our patients to feel confident they are making the right decision.

1. Your Free Onychomycosis Evaluation & Consultation. Pre & Post Instructions you must follow to avoid re-infection
2. A Non-Invasive & Zero Downtime Procedure: Your Appointment
3. Participate in Feedback & Support by Phone and Email
4. Schedule your Free Follow-up Appointment & Viewing of Your Before and After Photos
Laser Treatment for Onychomycosis FAQs

What is The World’s Premier Laser for toes and feet?
The Cutera Laser Genesis Premier Laser for Toenail Fungus is a revolutionary new laser system perfected for safely and effectively treating onychomycosis (toenail fungus). By targeting the fungus directly, Body del Sol helps you get to the source of the problem immediately. This renowned laser has proven to be both a safe and effective solution for the treatment of Onychomycosis. This laser is also a safe and effective treatment for warts.

How does it work?
Tiny pulses of light from the laser pass through the toenail to the fungus underneath. The fungus is eradicated without any damage to the surrounding nail or skin.

How long does the procedure take and is it painful?
Depending on how many toes of fingernails are affected, the laser procedure will take 10-20 minutes. Most people feel a slight warming sensation during the procedure. No pain medication is needed and most people find the treatment very easy to tolerate. Our physicians at Body del Sol will work closely with you to make sure you are comfortable.

Are there side effects?
Because this procedure takes minutes to perform, it involves absolutely no cutting or recovery time, and is virtually risk-free. After treatment, it is common to see either no reaction or some mild skin redness that resolves very quickly.

How many treatments will I need?
You will need to consult with the Physician/PA or NP on duty. – your free consultation is the perfect time to ask these questions. Many patients only need one treatment, but some need more if they have severe cases of toenail fungus. There is a significant amount of research and clinical studies that have gone into the development of this laser worldwide to make it the most effective laser offered to patients.

Are there any restrictions on my activity post procedure?
This is an outpatient procedure. There is no downtime. You can resume your normal activities immediately. Most patients resume regular activities following their treatment – back to work and play!

When will I see results?
You won’t notice anything immediately following treatment. However, as your nail grows out, the new nail growth should be clear. Toenails grow slowly – especially nails infected with fungus. So, it may take 6-12 months for your toenail to clear. we always enjoy it when patients write or email to tell us how happy they are with their results!

How do laser treatments compare to other toenail fungus treatments?
Traditional treatments such as nail trimming, topical medicine, oral medicine or nail removal have significant drawbacks. Nail trimming doesn’t treat the fungus. Topical medicines need to be applied for 12 months and have a low success rate. Oral medicines are taken for 3 months but can cause liver or kidney problems. Our laser is a quick, easy, safe, effective procedure that treats the fungus at the source.

Can I make an appointment or schedule a free consultation today?
We know how exciting it can be to discover there is a solution to treat toe fungus! We hear the excitement in our patient’s voices every day! Same day appointments are often available but never guaranteed. Please give us a call to check appointment availability and we will do our best to accommodate your schedule and get you into our office as soon as possible.

Will the fungus come back?
Reinfection with toenail fungus may be acquired anywhere from your environment, for example, in damp areas such as public swimming pools. Think of any dark or damp area like a shower or a gym locker where this fungus could best thrive. During your consultation, we will help you understand how to prevent toenail fungus from reoccurring. Also, check out our Three P’s on prevention of your fungus post treatment.

I love getting my nails done…when can I apply nail polish?
While it is important to remove nail polish, decoration and jewelry prior to treatment, you can reapply nail polish 24 hours after treatment.