

# THE INSTITUTE

Specializing in The Technology of Beauty  
Offering Superlative Comprehensive  
Care for Face & Body  
Under the direction of  
W. Grant Stevens, M.D., F.A.C.S.  
www.MarinaPlasticSurgery.com  
4644 Lincoln Blvd.  
Suite #552  
Marina del Rey, CA 90292  
(310) 827-2653

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ARCADIA, CA  
PERMIT NO. 777



### Plastic Surgeons:

Grant Stevens, M.D., F.A.C.S.  
David Stoker, M.D., F.A.C.S.

### Aesthetic Specialists:

Cory Felber, PA-C  
Carla Lovato, PA-C  
Laura Pietrzak, PA-C

### Director:

Charlie Sheridan

### Registered Nurses:

Maria Acevedo, R.N.  
Patrice Taylor, R.N.  
Tami Greiner, R.N.

### Medical Aestheticians &

### Permanent Makeup Artists:

Lilia Shvartsman  
Rachael Martinez  
Ann Yacullo

Mon – Wed – Fri 8-6pm  
Tues & Thurs 8-8pm

Marina del Rey - (310) 827-2653  
Fax (310) 823-1984

www.MarinaPlasticSurgery.com

## Back to School Special

# 20% OFF

## Acne Products + Treatments

Prevent & control breakouts, all year long!

Alpha Cleanser • Purifying Cleanser • Purifying Toner  
Zit Stick • Active Serum • Therapeutic Moisturizer

**Perfect for Adolescent & Adult Acne Patients!**  
Acne Facial • Micropeel Plus • Cyst Injections

With this Coupon ~ Offer expires 11-30-2010  
Cannot be combined with any other offer

## Sculptra Special

# \$750/vial, 2/\$1300 or 3/\$1800

(Normally \$1250/vial)

**Add volume to your face this Fall**

...and look **HOT for the Holidays!**

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November 2010

### FACE the Holidays

This time of year is typically a period when we re-evaluate ourselves. We all wish to look our best, especially during the holidays. This is a storybook time; for family celebrations, romantic evenings, and Kodak moments! However, often we anticipate these events with hesitation, due to our poor self image. Many people find themselves looking in the mirror and wanting a fresher, more youthful look. We can help! While aging is inevitable, Facelifts, Necklifts and Eyelifts can certainly slow down the aging process. These surgical procedures are now safer, and recovery is smoother than ever! Results can last up to 12 years! Historically, men and women in their 60's and 70's created the audience for those considering a face or neck lift. Today, most patients are in their 40's and 50's. Life is not a dress rehearsal; If you want to look and act as young as you feel, CALL NOW, schedule a consultation...and write your own ending to THIS story!

### Patient Financing:

Desire cosmetic surgery, but need financial assistance? Why not apply for Care Credit? We accept Care Credit patient financing, making your dream surgery a 2010 reality. Simply apply online! [www.CareCredit.com](http://www.CareCredit.com)

### Home of The Laser Breast Surgery

[ThePerfectBreast.com](http://ThePerfectBreast.com) [TheLaserBra.com](http://TheLaserBra.com) [LosAngelesBreastReduction.com](http://LosAngelesBreastReduction.com)

### Project Beauty

Project Beauty is a web.tv, video-on-demand website, almost two years in development and extensively tested by consumers interested in plastic surgery, health and wellness topics. A video news magazine, Project Beauty is updated on a weekly basis, and features a "who's who list of experts on fashion, makeup and skincare as well as news. Best of all, are the 'first-person' stories on all things related to aesthetic surgery. Project Beauty is not a plastic surgery site. Although sponsored by the world's leading medical society for cosmetic surgery, no doctors are featured on the site, and no revenues are derived by physicians. The Society's Advisory Boards include experts from the entire spectrum of health and beauty. Join the Project Beauty community by signing up at [www.projectbeauty.com](http://www.projectbeauty.com)

### Make a Difference

We are proud to announce that we have paired up with Breast Oasis (You may have seen the large donation boxes in our offices) Breast Oasis is a non-profit charitable organization dedicated to providing underprivileged women with new or gently-used bras. A simple donation can be life changing. If Breast Oasis can help one woman to feel more comfortable and more confident, then we've done something truly fantastic. If you have any bras to donate, please come by and deposit them in our charity boxes, or mail them in! Together, with your help, we invite you to change the world!

### VISIA Skin Mapping:

Try it TODAY! ...to learn what direction your skin is headed!

### Dear Charlie:

What options do I have for gaining fullness in my face, other than fat injections? (Which I heard don't last long)

**-Wanting to look younger, not different Karina, 44 years old**

Dear Karina:

Injectables make a dramatic difference by plumping facial volume, leaving a naturally youthful and dramatic impact upon your appearance. As we age, we lose facial fullness (fat in our face actually helps to make us look youthful). My top choice is Sculptra, hands down! Sculptra™ is a safe, synthetic, biocompatible material that is injected below the surface of the skin in the area of fat loss. It provides a gradual and significant increase in skin thickness, improving the appearance of folds and sunken areas. Go from looking older and tired -- to fresh and full, especially with the Holidays just around the corner!

~Charlie

### Skin Rehab

Science and beauty meet flawlessly in cosmeceuticals. Medical grade products make an incredible difference that you can see and feel! Give our products 30 days, and you'll check out some seriously sobering results! Why not get started TODAY on beauty products that truly work!

### FLAWLESS & FRUGAL

Sign up for MEGA SAVINGS on skin care products and procedures, all year long! Why not join our exclusive club and be richer – and wiser for it! Just call us with your email address, and we'll add you to our VIP List!

### DR. GRANT STEVENS

Building a STONG PRACTICE and BRAND, for over 20 years





Model

*Feel Confident!*

www.aMommyMakeover.com  
...a happier YOU!

# Sexy AT ANY AGE

If you haven't tried our numerous choices in skin peels... It's time! We offer everything from light facial peels to deep peels, for men and women. For our lighter peels, please visit **THE INSTITUTE**, our Medical Day Spa, and speak with an aesthetician, who will prepare and treat your skin with little to no down-time. For more serious results, Cory Felber, Carla Lovato, or Laura Pietrzak will perform deeper peels, which will take years off your appearance. We offer the full range of options for treatment, price points and recovery periods. Never forget your most valuable asset... Beautiful, glowing, healthy skin.

**Because age is reflected in your skin!**



Model

# Dramatic Exciting sultry yet soft

Dramatic, exciting, sultry yet soft.....does this describe your love life?? No - it's the look for Fall! This season the emphasis is on luminescent skin, paired with smoky, captivating eyes and kiss-ably soft color-stained lips. Add plenty of black mascara, more shimmer, and 'you've got the look!' 'Tis the season to be beautiful!! But, with our Permanent Make-up, be Beautiful, any time, ANY Season!

### This month we talked to:

**Dr. Grant Stevens:** Favorite: TNS Essential Serum by Skin Medica  
*"Human Growth Factor Serum really works; My skin actually looks better than it did 10 years ago!"*  
**Christi Carni:** Favorite: Zit-Stick by Stevens RX  
*"My teenage daughter just dabs it on, and her acne is gone over night-We swear by it."*

**"FAVORITE PRODUCT PICK"**  
from our own staff members:

# Got Unwanted Fat? Try Zeltiq or Zerona!



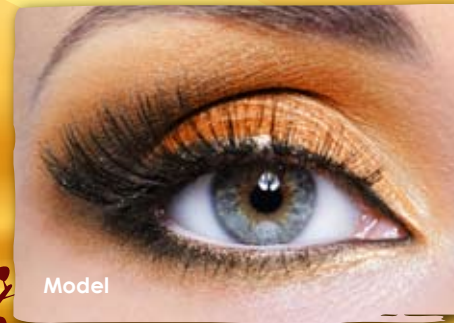
Model

# Suffer from Rosacea?

Remember that treatment is available! IPL Photo Facials are an effective treatment in keeping this aggravating skin condition under control. Simultaneously, it will improve the quality and texture of the skin, soften wrinkles, and eliminate age spots. Get started now, and leave rosy blushed cheeks for only special moments!

# For Your eyes only:

With the combined talents of Dr. Stevens and Dr. Stoker, we can assist you with all of your breast care concerns. Whether it's augmentation you desire, a breast reduction or lift, or even correction of gynecomastia (excess male breast tissue) we promise to provide superior care and medical technology. We encourage you to learn more about what sets us apart!



Model

# Want These Lashes?

**Latisse**  
Now ONLY  
**\$85 each**  
(When you buy 3)  
Normally \$120 each



Model

# Your Opinion Matters:

Have you been wondering about something but were afraid to ask? You may submit your questions by logging onto to [www.MarinaPlasticSurgery.com](http://www.MarinaPlasticSurgery.com), and click on the "Ask Charlie" link. Look for your question and answer to be printed in our next issue of this Newsletter!

# According to "O", The Oprah Magazine

Chocoholics rejoiced a few years ago when evidence emerged indicating that the creamy indulgence confers health benefits, including possible protection against cancer and heart disease. But now there's a new reason to celebrate: It turns out that chocolate can also reduce skin damage from sun exposure. A new study in the Journal of Cosmetic Dermatology finds that eating antioxidant-rich dark chocolate can increase your skin's natural UV protection. "The higher the percentage of cacao, the more antioxidants you're getting," says Joe Vinson, PhD, a chemistry professor at the University of Scranton who has led previous chocolate studies.

Watch for our upcoming medical documentaries Just visit [MarinaPlasticSurgery.com](http://MarinaPlasticSurgery.com) for details.