

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

PRSR STD
U.S. POSTAGE
PAID
DIRECT MAIL
SOURCE INC



Plastic Surgeons:

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

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

Clear & Brilliant Special

- Smoother Fresher Looking Skin
- Improves Tone and Texture
- Prevents Early Signs of Aging
- No Downtime

4 treatments for
\$1000

(Normally \$1200)

With this Coupon. Offer Expires 01/31/2012

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, California 90292 (310) 827-2653

December 2011

Wish-List Meet To-Do List

As the weather outside cools and the first signs of winter begin to show, there is just as much longing amongst consumers to look great and feel confident with their bodies, as there were during the beach-going vacation months. Trends show that during the holidays more and more people are having cosmetic surgery treatments. As the holidays and New Year approach, we historically see a spike in cosmetic surgery procedures, making it a great time to mark this off your "To-Do" list, and feel confident and more beautiful as you focus on your Wish List! Let us help you keep your 2012 New Year's resolution to become as beautiful as you feel!



CHEERS! We cannot stress enough the importance of finding a qualified surgeon and having realistic expectations. Drs Stevens, Stoker and Spring are all Board Certified Plastic Surgeons that hold the highest credentials and international experience to make you feel safe and confident when selecting a surgeon. Let us cheer you on in the process of selection...especially during such a hectic time of year. We offer one-less-thing for you to worry about, freeing up more time for you to celebrate the holidays with that special someone!

OLDIES BUT GOODIES- Plastic surgery procedures are increasingly common among seniors. According to the American Society for Aesthetic Plastic Surgery, in 2010, 84,685 Americans age 65 or older had cosmetic surgery. That's a 21-percent increase from 2009, when 69,685 older Americans had surgery. Those who are over 65 represent about 7 to 8 percent of all procedures. The most common procedures among seniors are facelift, eyelid surgery, liposuction, breast reduction, and breast lift. What explains the increase? Frankly, seniors are staying healthier longer, so surgery in seniors is more common - but is it safe? Yes, as long as patients over the age of 50 get a medical clearance from their doctor, are 100% honest in giving their history to the plastic surgeon, and understand that healing may take a bit longer than a younger patient. Just because a person is 75 years old, doesn't mean he/she has to be happy or content looking that age, especially since their length of life is increasing. Call today to let us help you look young and vibrant!

Dear Charlie:

Anything new in skin care for younger patients? I'm only 28 but want to improve my complexion. ~MaryAnn

MaryAnn:

You sound like a perfect candidate for Clear & Brilliant, by Solta. Everyone can benefit - but it is especially ideal for those in the 20-40 age group. This mild DIODE laser helps younger clients attain a dewy glow. Many patients report they no longer needed to wear foundation after being treated! We are the 1st Plastic Surgery office in California to have this technology - which means more experience for you! This is ideal for young men and women that aren't ready for skin resurfacing - but need more than just regular facials. I suggest 4-6 treatments (2 weeks apart with no downtime). It works on all skin types too! Clear + Brilliant targets tone, texture and fine lines, leaving you with clear and brilliant skin!

The name says it all! ~Charlie

Did You See?

Dr. Grant Stevens' interview in the LA Times, "No Knife Needed",

And his appearance on "The Doctors", debuting "Clear & Brilliant"?

Party Highlights

If you missed our 25th Anniversary party - FEAR NOT!

Simply go to:
marinaplasticsurgery.com/news.cfm
and search our video library - so you can watch highlights as we celebrate and party like rock stars!

THE BEST OF ALL GIFTS AROUND ANY CHRISTMAS TREE,
IS THE PRESENCE OF A HAPPY FAMILY
ALL WRAPPED UP IN EACH OTHER. ~BURTON HILLIS

Marina Plastic Surgery...
Celebrating 25 years
of
Quality Plastic Surgery

Did you know
that our practice offers
over 100
different cosmetic
procedures for men
and women?

Need help picking
THE Perfect Gift
to yourself this Holiday?



Dr. Grant Stevens was featured in the LA Times this past August, for his vast experience with all the non-surgical options for looking younger. If you're not quite ready for surgery, or simply can't afford it at this time, why not consider Liquid Facial Rejuvenation?! By using a carefully selected combination of Dysport or Botox, coupled with volumizing fillers – you can take years off your appearance! In the last decade, these non-invasive procedures have skyrocketed in popularity, from 5.5 million performed in 2000 to 11.6 million in 2010 - a 110 percent increase, according to the American Society of Plastic Surgeons. Part of the reason for the popularity of injectables is the cost. Typically liquid facelifts run about half the cost of surgery, depending upon the areas of the face affected and technique used. Best of all... there's a cumulative effect (aka memory results!) Now THAT's a winning combination!

Cheers: Now is the time

The holidays are a particularly good time for reassessment. Change is a powerful way to start the New Year. And, for many of us, our resolution will be centered around being our best. Our feelings about ourselves determine how we perceive our lives. Although this is a magical time of year, for many it is often anticipated with disappointment or hesitation, due to our poor self image. This is the time to call upon our help, and let us guide you through your cosmetic options and reach those goals so that you can reach for those holiday dreams. Let us help you achieve and maintain self-confidence through beauty and a positive self image. We appreciate your business and your trust in allowing us to provide all of your aesthetic surgery and skin care needs. Your patronage is valued and for this we wish to extend our sincere gratitude. Beauty is natural and unrehearsed, so we promise to bring out the very best in you, naturally, and make you look as good as you feel. We all wish to look our best- especially during the holidays. It's time to stop wishing and start doing it and living it!

Get The Curves You Deserve!



Looking for a woman's touch? Dr. Michelle Spring offers the unique perspective only a woman can offer another woman, providing patients with the highest quality of care in a respectful, discreet manner.
Call TODAY for your FREE consultation!

Hands Down

Do you want to prepare your hands for all the bling that comes with the season?
Try Fraxel laser resurfacing to treat the pigment and texture of your hands then plump them with Radiesse filler to bring back that youthful smoothness and volume.
Top this off with a beautiful manicure and you'll be Mistletoe-ready from your hands to your gams!

RADIESSE SPECIAL - ONLY \$1200
2ea 1.5 syringes + 1ea .08 syringe
Normally \$1800 – YOU SAVE: \$600!



The Stevens Institute Mastering Men's Skincare!

Can't find the time? Buy Online: Store.TheStevensIntitute.com



THE MAN IN THE Mirror

Plastic surgery procedures for men – both surgical and non-invasive – increased a whopping 88 percent over the past 13 years with men now having more than 750,000 procedures a year, about eight percent of the U.S. total, according to Grant Stevens, M.D., F.A.C.S. Time, heredity, sunlight, illness, smoking, good fortune and bad – all leave their marks on the face. People make instant judgments about one another's age, health, mood, personality and character – often based solely on facial features, and expressions. Precisely why, after having facial rejuvenation, men often feel more confident at work, which directly leads to being more successful along with an overall improved well-being. Quite simply, men feel that they “wear their resumes on their face”. Why not match your professionalism and good health to a younger looking face? ... and face 2012 AND the boardroom with mega-confidence!

Reshape Your Body...

WITH OR WITHOUT SURGERY!

We offer state-of-the-art liposuction to help slim and shape your sexy body. If recovery time is a concern, you can opt for non-surgical body slimming and tightening! (Zeltiq Coolsculpting, Exilis, Body by Thermage, Smoothshapes)

Come see our PAs
Cory Felber, Carla Lovato
or Laura Pietrzak to learn more!



Angel Soft

Take advantage of a Winter Make-over. Nothing lifts spirits faster than a sexy new make-up look. Our Certified Permanent Make-up Artists will work with you to discover what colors will make you a star this season. This is also the perfect time for plumping kissably-soft lips and then trying a daring Holiday Red lipstick. Make this season a bit more glam – with us!



When Hairy Met Sally

No one likes hair stubble – especially when paired with a sexy holiday outfit! We offer men and women safe, comfortable and affordable laser hair removal. Imagine not having to deal with the frequency, expense, and pain of constantly getting rid of unwanted hair! Laser Hair removal allows you to party like a rock star—and feel silky smooth and confident all year long! We'll get you ready for an unexpected rendezvous at any moment...because you'll never know when that “certain someone” may suddenly appear!

Beauty Comes in all Colors!

We at Marina Plastic Surgery specialize in knowing the right treatments for all skin types. Every ethnicity has unique needs, and our staff will treat all your surgery and/or skin care concerns with the perfect compliment to your skin color and type!

GOOD RIDDANCE!

Before we select a skin care product, we undergo rigorous testing on our own staff – to ensure that the product delivers what it promises. In fact, we do not carry a complete line from any one company, but rather, THE signature products from dozens of medical grade manufacturers. Unless we all give it the “thumbs-up”...it's off the table. That ensures YOU will be a believer too! Ask our MD's, PA's or our Master Aestheticians what will work for you!