

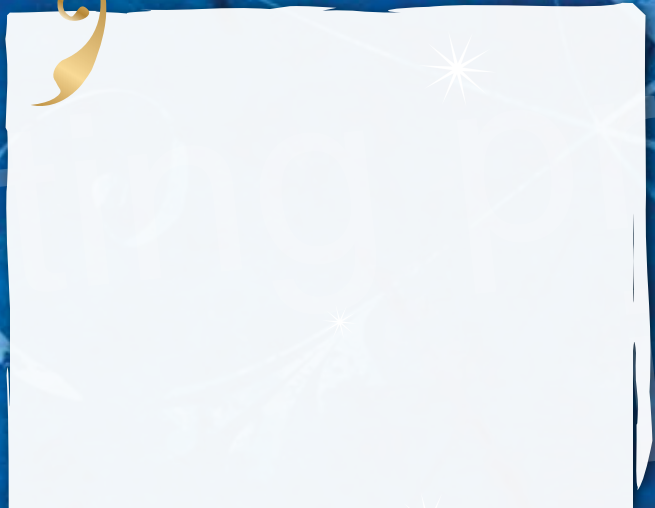
# THE INSTITUTE

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](http://www.MarinaPlasticSurgery.com)  
4644 Lincoln Blvd.  
Suite #552  
Marina del Rey, CA 90292  
(310) 827-2653

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### 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 Crespo-Lovato, 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  
Tina Yerelian

Monday - Friday:  
9:00am - 5:00pm

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

[www.MarinaPlasticSurgery.com](http://www.MarinaPlasticSurgery.com)

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your loyalty!

With this Coupon • Limit One per Customer  
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Regularly \$7.50 a unit. Now \$6 a unit.

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November/December 2009

## Time For A Change

A New Year is upon us – Ideally one filled with hopes, dreams and abundance - especially desired after such an erratic economic year. A New Year is often symbolized with growth and change, which most people typically embrace; however, we often become frustrated with the physical changes. Admittedly, change is good. Of interest, historically the first quarter of each new year is our busiest time for performing facial rejuvenation. Most facelifts and necklifts are done during this period. The reason is simple: Men and women have recently set their New Year's resolutions, and are ready to make positive life changes. They are focused and dedicated to that commitment. Furthermore, it is an ideal time to recover during those months, as the weather is cool and comfortable. More than ever, professionals feel that they "wear their resume on their face", and therefore youthful looks will keep them competitive and fresh in today's competitive business world. Get started NOW on improving your appearance so that you can face 2010 with confidence.

**Let us help you make 2010 a monumental Year !**

## Change in trends?

- Today, most women seeking breast augmentation desire a modest breast size
- The average American woman today is looking for Gummy Bear Breast Implants
- Women with naturally large breasts, desire reductions – now, more than ever  
(Most breast reductions are covered by insurance)

### Your Opinion Matters:

**Have you been wondering about something but were afraid to ask? Fear no more!** We have now launched a dedicated "Dear Charlie" web site! It will be a "Dear Abby" of sorts... with Q & A's geared towards cosmetic improvements, plastic surgery and skin care. You may submit your questions by logging onto to [www.ChatWithCharlie.com](http://www.ChatWithCharlie.com) ...Now you can ask any question via email and get your answer ...all in the privacy of your own home!

Speaking of which...have YOU received Charlie's Coupons via email?

### Change your Breasts?

[www.TheLaserBra.com](http://www.TheLaserBra.com) • [www.ThePerfectBreast.com](http://www.ThePerfectBreast.com)

### Quick Change: ThermoCool

An affordable lift without surgery and anesthesia, and absolutely no downtime. Whatever your age, male or female, look fresh-faced and beautiful! ThermoCool facelift - it doesn't get much easier!

### DUSA & BluePeels...Change for the Good!

The risk of developing melanoma has more than doubled in the last 10 years, even with patient-education and advancements in sun screens. The reason: Almost 100% of the damage is done before age 21. Midlife arrives – and we notice sun damage and age spots that seemingly appeared overnight. Our favorite RX? DUSA and Blue Peels...which not only restores the health to your skin, but leaves you looking years younger, more youthful, and certainly sun damage free! Patrice Taylor, Dr. Grant Stevens' nurse, just underwent her DUSA/BLUE, to rid those unsightly sun damaged areas! We followed each day with photos -- So ask to see her pictures -- and we'll deliver! DUSA/BLUE to the rescue!

## Dear Charlie:

It seems your office has not felt the pressure of our economic uncertainty, which surprises me. Why do you think your practice is so busy??  
-Abigail

Dear Abigail:

Yes, our practice has indeed been blessed this past year, in that we have not felt the economic crunch that so many others have experienced. Your question inspired me to sit down with real patients, and ask them "Why spend money on surgery now?"...the answer surprised me, yet made so much sense! Essentially I heard two answers: 1) Most professionals I spoke to explained that they feel that looking their best is vital to their job security – especially with the unsteady economy. Simply stated, they "wear their resume on their face"...and keeping it current, fresh, and updated was just as important as the credentials listed on their resume. 2) Everyone touched upon the fact that they recently lost money in their 401K and savings accounts. They felt that if they "had invested in themselves instead" with that money, that "the return on investments would be life long and reliable".

Wow, fascinating and true! My two cents:  
Well said!  
-Charlie

[www.aMommyMakeover.com](http://www.aMommyMakeover.com)

## Gets Personal!

Our very own Christi Carni, patient coordinator for Dr. David Stoker, recently underwent a Mommy Makeover! This life-changing transformation is not only for our clients! Our own staff welcomes this positive change and makes this procedure personal. Christi knows first hand...She just got her pre-baby body back! Call today for your makeover consultation...and make YOUR change NOW!



# Follow along

and watch the progress of actual patients, as they get ready to look younger and simply sensational for the Holidays. Visit: [www.TechnologyOfBeauty.com](http://www.TechnologyOfBeauty.com) and click on "Non-Surgical Makeovers" to see for yourself!

CHANGE IS GOOD!

# Change

is a great way to start the New Year.

And, for many of us, our resolution will be centered on being our best. Our feelings about ourselves determine how we perceive our lives. Let us help you achieve and maintain self-confidence through beauty. 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. We promise to bring out the very best in you, naturally, and make you look as good as you feel!

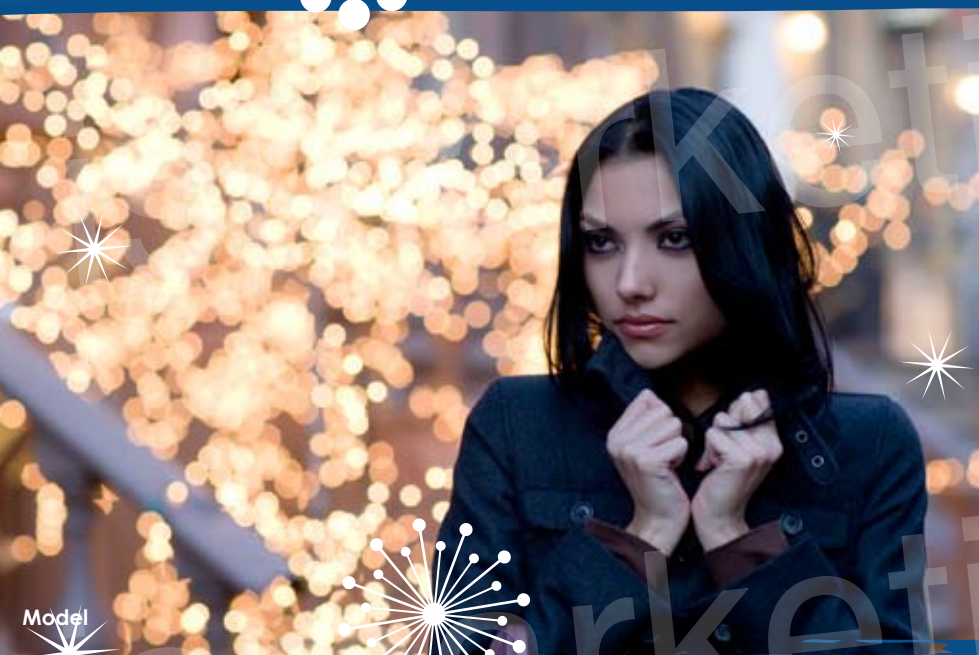
Our patients Fly In from all over the world!

We Asked Dr. Grant Stevens and Dr. David Stoker what procedures these patients are most requesting. Here's what they listed:

Facelifts • Mommy-Makeovers • Breast Reductions • Breast Implant Exchange • Gummy Bear Breast Implants • The Laser Bra • Tummy-Tucks • Liposuction

We Asked Cory Felber & Carla Crespo-Lovato the same question. Here's what they said of their patients:

Botox • Restylane • Pearl • Pearl Fractional • Blue Peels • Thermage • Photo Facials • Perlane • Hand Rejuvenation



Model

# Watch for us!

"THE DOCTORS" TV Show  
Human 2.0 Television  
[AmericanHealthandBeauty.com](http://AmericanHealthandBeauty.com)  
[Allure.com](http://Allure.com)  
[eHow.com](http://eHow.com)  
New Beauty Magazine

..... and stay tuned for more upcoming media appearances!

# Want this Skin? Then try:

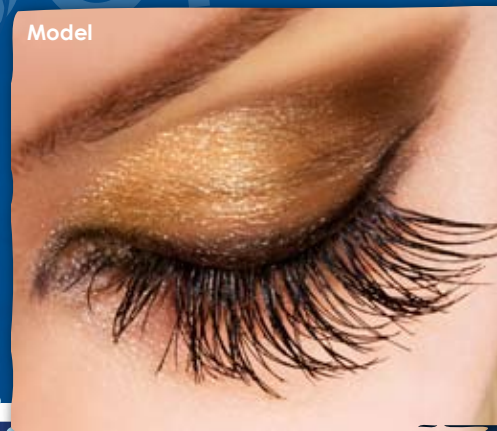
Alpha Cleanser  
P&B Cream  
Creme de la Copper

# Watch the change in YOUR Skin!

Change CAN come from a bottle!



Model



Model

# Want These Lashes?

Try Latisse today!



Model

You have to believe in yourself if you want someone to believe in you.