

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

Body Slimming Room Holiday Special

10% OFF

ZELTIQ CoolSculpting - EXILIS
BODY BY THERMAGE - ZERONA
SMOOTHSHAPES

**Lose Weight and Tone Your Skin
...While Reading Your Emails!**

Offer Expires 03/31/2011

With this Coupon ~ Limit One per customer
Cannot be combined with any other offer

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February 2011

Cherubs and Angels

'Tis The Holiday Season of Comfort and Joy – And who is more comforting than a Mother? Like angels, they nurture and protect us, and their jobs are the most difficult of all. While extremely gratifying, motherhood may leave some with undesirable reminders of pregnancy, as seen with stretch marks, saggy breasts and shapeless tummies. Behold! Mommy-makeovers are on the rise! These combined-procedure surgeries allow women to regain their figures and feel good about their bodies once again. For more information, please visit www.aMommyMakeover.com and treat yourself, and make 2011 a Confident and Angelic Year!

Mistletoe Kissin'

Wanna get caught under the Mistletoe? We know all the secrets of love and passion, starting with full, luscious, kissable lips. If you desire fuller, pouty lips, and want to plump up yours, come see us! We offer an array of injectible options. Don't kiss and tell, ...just know where to go!

Who's Got Gummies Now?

With the combined talents of Dr. Grant Stevens and Dr. David 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. Dr. Stevens is one of only a select few surgeons in the United States authorized to implant the new Silicone Cohesive Gel Implants as part of an FDA approved study. These semi-solid gel implants, called Cohesive Gel Implants, feel softer and more natural than saline implants. The cohesive gel implants also differ from saline or standard silicone implants which leak when the implant shell is ruptured. Cutting into a cohesive gel implant is a little like cutting into a "gummy bear." Guess who recently got gummies?... Our very own Aesthetician, Rachael Martinez, is now sporting a pair of bears.

For more information, log onto www.gummybearbreastimplants.com or call our office to schedule a consultation and learn about your options.

"Right now, you are one choice away from a new beginning"
~ Oprah Winfrey

Draw Your Attention

Did you know that we now feature Gallery Artists in our offices! We turned our bare walls into breathtaking showcases for fabulous artists like Natalie Gray -- who was just honored in the December 2010 issue of American Contemporary Art Magazine. Come browse our halls, and feel free to shop -- as these stunning works of art are for sale!

Most Popular Surgery in our office in 2010:

Facelifts and Necklifts	Baby boomers look better than ever!
Breast Reductions	Bigger is NOT necessarily better!
Tummy Tucks and/or Liposuction	Ab-solutely!
Breast Implants	GummyBear Fever!
Gynecomastia & Nipple Surgery	No longer taboo!

Dear Charlie:

What is the new "Body Contouring Room" that I keep hearing about in your office?

**- Bod that wants contouring!
Sophie, 31 years old**

Dear Sophie:

As many of you already know, we have specialized in Plastic Surgery, Reconstructive medicine, and Aesthetic Skin care for years. But now, we have expanded our services to include a fully equipped Body Contouring Room dedicated to Body Slimming and Shaping – non-surgically! For those who may not be ready for surgery, or may not be able to afford costs or downtime, we offer Exilis, ZELTIQ, ZERONA, SmoothShapes and Body by Thermage;— everything you need to look super fit and sexy in-or-out of clothes! Men and women are benefitting from body toning, and you can even relax and check your emails while being treated!

~ Charlie

Holiday Savings

You asked for it... So, you got it! **Micro-dermabrasion Holiday Special!** Three Treatments for ONLY \$300! Simply clip this article, and present to our office to save big bucks, while looking your very best! This offer expires March 1st, 2011.

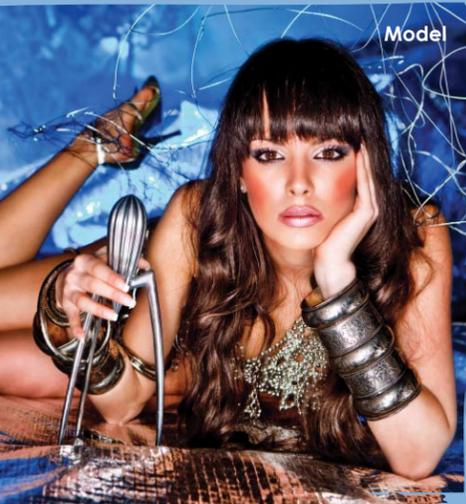
E-COUPONS

We know how much you all enjoy saving time and money. This year, sweaters and i-pods aren't the only things on sale... So are many of our services! Sign up for 'Beauty Bytes', our monthly email correspondence, by simply logging on to www.MarinaPlasticSurgery.com. Enter your email address, accept the confirmation that will be emailed back to you, and soon you'll be receiving on-line money-saving coupons and VIP specials! Can you afford not to?!

Are YOU signed up to receive
Brilliant Distinctions Awards?

DR. GRANT STEVENS

Building a STRONG PRACTICE and BRAND, for over 20 years



LIKE US? "LIKE US" on Facebook!



Bring Home **ENORMOUS Lashes:** **LATISSE** - BUY 2 for \$211 dollars **GET 1 FREE!** (While Supplies Last!) (a \$360 dollar value) (Cannot be combined with any other offer)

"FAVORITE PRODUCT PICK" from our own staff members:

This month we talked to:

Patti Taylor: Favorite: TriRetinol by Skin Medica and NIA 24 Intensive Recovery Cream
"These two are my staples-both work miracles! One repairs, one replenishes"
Lilia Shvartsman: Favorite: White Lightening by IS Clinical
"A MUST HAVE" ..This product treats hyper-pigmentation in 5 ways"



Flawless 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. We offer the full range of options for treatment, price points and recovery periods. Never forget your most valuable asset: Beautiful, radiant, healthy skin.

...Because age is reflected in your skin!



Chocolate, nuts, cocktails Indulge without (too much) guilt

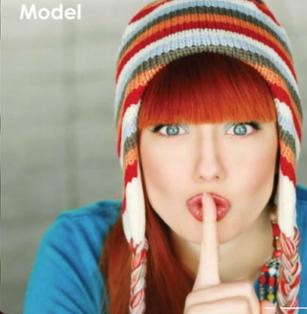
It can seem that everything you like is bad for you, but recently there has been some good news in the area of the previously forbidden. If you've had a hard time avoiding chocolate, you can have it now. You still can't binge on chocolate, but a few squares have been shown to lower blood pressure, harden tooth enamel, and provide several important nutrients, says the Journal of the American Medical Association. People who are nuts about nuts can healthfully enjoy their treat as long as the nuts are not salted. All nuts have a positive effect on the heart, but macadamias, peanuts, and pistachios are best. Almonds are good for the bones and blood pressure. The selenium and vitamin E in Brazil nuts have special benefits for the prostate. Pecans may help to stave off cataracts and macular degeneration because of their high antioxidant levels, and walnuts have several benefits including promotion of serotonin, the feel-good chemical that fights depression.

Face Forward

Historically, the first quarter of each year is our busiest time for performing facial rejuvenation. Most face-lifts 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. Professionals feel that they wear their resume on their face, and youthful looks keep them competitive and fresh. It's a New Year, and the time is NOW to get started on improving your appearance so that you can face 2011 with complete confidence!

Aging Should Be Beautiful!

Always Treat Your Hands & Neck, The Way You Treat Your Face



Shhhh... Did you know?

Our Clients Fly-In from all over the world!

Get your FREE Virtual Consultation:
http://www.marinaplasticsurgery.com/fly_for_surgery.cfm

Global Vision

Today, plastic surgery advancements have allowed for virtually any enhancement to become a reality. Typically, minor improvements such as softening facial wrinkles, can lift our spirits and improve our appearance. Others may desire a more extreme makeover, and want a whole new look. Men and women can benefit from the vast array of procedures available today. Patients are now seeking out the best surgical options available, and are traveling from all over the world to find the ideal physician and technique. We are proud that our client base represents all corners of the world. If you, or someone you know, is interested in learning about what choices they have for personal improvements, we encourage you to visit our web site, and schedule a consultation. We offer a complete fly-in program. Simply log onto www.MarinaPlasticSurgery.com, and follow the steps outlined in the 'fly-in patient' protocol. Dr. Stevens and Dr. Stoker are committed to offering the best techniques medicine has to offer. See the bigger picture... See yourself as you wish. We are here to make that dream come true and 2011 your BEST YEAR ever!



Look Holiday Fresh ...From a Bottle!

Revolutionary changes in formulas and technologies have now allowed for skin care products that will literally change the appearance of your skin, beyond what you thought possible from a jar! Ask our aestheticians or PA's what will work for you! We've all been celebrating the season of giving to others; **Now, it's time for ourselves!** Pamper yourself this month. When you take care of yourself, you feel better, laugh more, and live longer healthier lives!

Get the Curves You Deserve!



Oh Thank Heaven Here comes 2011!

A year filled with change, prosperity, and dreams. We are all ready for changes -- economically and personally. Even our industry has made vast changes! Now treatments are easier, safer, less expensive, and have longer-lasting results. It wasn't so long ago that the medical field dreamed of a technology that could correct skin conditions at the speed of light ... and now, *Light Sources and Lasers* have made that a reality! We begin the New Year by making Resolutions that include improved self-appearance. Use this time to schedule that procedure you've always dreamed of, to make 2011 a happy, memorable and abundant year!



Did you know?

LAST YEAR: Americans spent over \$10 billion on elective procedures IN THE PAST TEN YEARS: Total cosmetic procedures were up 69%