

# 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

PRSRT STD  
U.S. POSTAGE  
PAID  
ARCADIA, CA  
PERMIT NO. 777

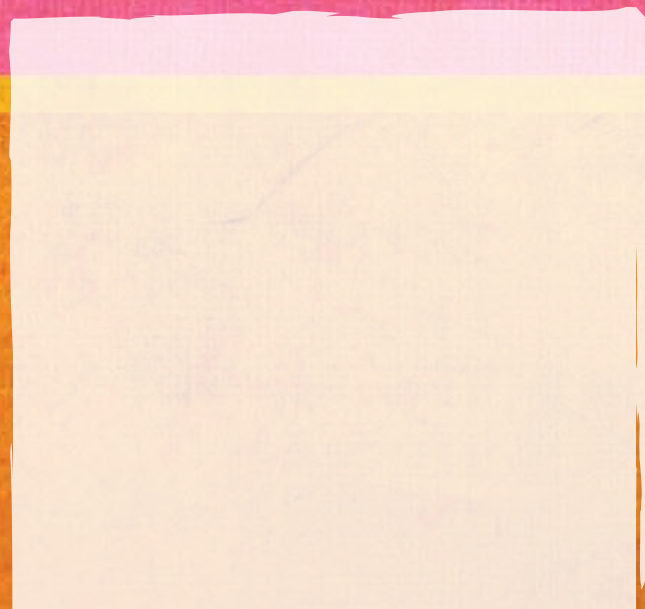
# THE INSTITUTE

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



September 2011

## A New Spring In Your Step

Marina Plastic Surgery is PROUD to welcome Dr. Michelle Spring to our practice! Dr. Spring brings a woman's touch to your Marina Surgical Experience. She completed the Marina Aesthetic Surgery Fellowship under the direction of Dr. Grant Stevens.

Dr. Spring received her medical degree from the University of Wisconsin-Madison, followed by a full residency in plastic and reconstructive surgery. As the Interplast Fellow, she traveled extensively abroad in underdeveloped countries such as Bangladesh, China and India, teaching and performing free reconstructive surgery on hundreds of patients with disfiguring burns and deformities such as cleft lips and palates, helping them lead a more normal life. Call NOW to schedule your COMPLIMENTARY CONSULTATION with Dr. Michelle Spring...And SPRING into the body you have always dreamed of!

## Tech DOC

Dr. Stevens, an industry visionary, was recently named "The TECH DOC" for his cutting-edge practice. He was coined this name after combining the Sciences of Technology and of Medicine, ensuring that he is the front runner in all aspects of plastic and reconstructive surgery. His practice now includes the latest gadgets and widgets, such as: TOUCH MD (where you can virtually upload your office visit to your home), his own iphone APP, and PANDA, just to name a few.

## GOING STRONG

More than 1.6 million Americans went under the knife for beauty in 2010, receiving breast implants, liposuction or facelifts, sending the rate of cosmetic surgeries up almost 9% from the prior year. Plastic surgeons say the increase generally tracks a reviving economy: A 2009 Cleveland Clinic study found a direct correlation between plastic surgery procedures and trends in the S&P 500, Dow Jones and NASDAQ indexing. Americans spent \$6.6 billion on cosmetic surgery in 2010. The five most popular surgical procedures in 2010 were breast augmentation, liposuction, eyelid surgery, tummy tuck and breast reduction. All were up, compared with 2009. Breast augmentation, the most popular cosmetic surgery procedure since 2008, has held fairly consistent during the recession, with the number of surgeries increasing 2% in 2010. Americans spent nearly \$1.2 billion on breast augmentation in 2010, more than any other procedure. Facelifts rebounded in 2010, increasing 35% from 2009. Facelift procedures decreased in 2008 and fell sharply in 2009. But in 2010, Americans spent \$845 million on facelifts. (Wall Street Journal 4/5/11)

## The Clear Choice

If you haven't discovered some of our newest skin care products, you're in for a treat! Revolutionary changes in formulas and technologies have now allowed for products that will literally change the appearance of your skin, beyond what you thought possible from a jar! Ask our MD's, PA's or our master aestheticians what will work for you!

Can't find the time? Buy Online!  
Store.TheStevensInstitute.com

## Dear Charlie:

Is there a product that will really work on my wrinkles?

~ Tony

Dear Tony:

Certainly there are no miracle-cures. However, I suggest you try Peptide Mobilizer by Dermaquest! It contains snake venom (yes, really!) that actually diminishes your fine lines and wrinkles right before your very eyes! Many products make this claim, but this one works more effectively than anything I've ever tested! Within 2 weeks I noticed incredible results, which is why I wouldn't be caught without it! Sssssso, give it a try!

~ Charlie

## Congratulations!

To Dr. Grant Stevens, for the following achievements:

- **Castle Connolly:** The Best Plastic Surgeons in America
- **Newsweek Magazine:** Best Surgeons in America
- **Visiting Professor** at Northwestern University and Washington University in St Louis
- **Associate Clinical Professor** at USC
- **Lectured at the American Brazilian Plastic Surgery Society** meeting
- **Invited lecturer** at the Eurasian Plastic Surgery Society in Istanbul, Turkey
- **Invited lecturer** at the Brazilian Plastic Surgery Society in Sao Paulo
- **Allergan Academy lecturer** in Salt Lake City, Thousand Oaks, Honolulu, Washington DC, Sao Paulo
- **Editorial Board member** Aesthetic Surgery Journal

## Don't Touch That Dial!

Look for Dr. David Stoker in the new upcoming series on ABC: Extreme Makeover: Weight Loss Edition

## WE OFFER

Saturday and late-evening appointments so that you can receive optimal care from our team of experts, all at your convenience!

### 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

## Pucker-Up Special

# 20% OFF

## Permanent Make-up

Brows, Upper & Lower Eyes, Lips **\$1575.**

Eyebrow **\$600.** includes 1st touch-up

Eyebrow Hairstreak Method **\$675.** includes 1st touch-up

Lips, Full **\$600.** includes 1st touch-up

Lips, Liner **\$400.** includes 1st touch-up

Lower Eyeliner **\$425.** includes 1st touch-up

Upper Eyeliner **\$425.** includes 1st touch-up

Upper & Lower Eyeliner **\$650.** includes 1st touch-up

Offer Expires 9/30/2011

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

**DR. GRANT STEVENS**

Building a STRONG PRACTICE  
and BRAND For over 20 years



WE NOW HAVE OUR OWN  
IPHONE APP!  
BEAUTY AT YOUR FINGERTIPS?  
YES! THERE'S AN APP  
FOR THAT!

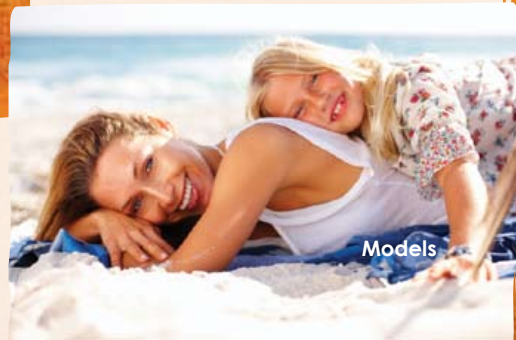


Model

*Are You  
A YUMMY MAMA?*

Now is the time to have that breast augmentation you've always desired! Or perhaps after having children, you simply want your pre-baby body back. Often pregnancy leaves us with saggy breasts or extra skin in the abdomen.

Dr. Stevens, Dr. Stoker and Dr. Spring can discuss your options to achieve fuller, perkier breasts or to regain the flat tummy you once had. Call today to schedule an appointment to discuss what Mommy Makeover options are available to you. Your dream body is just a bikini away!



Models

*...Because Aging Should Be Beautiful!*

*Get The Curves You Deserve!*

When choosing a plastic surgeon, qualities to consider include the surgeon's training, credentials, experience, office, a team of highly qualified personnel and operating facilities. It may surprise you to know that almost any type of medical doctor can legally perform cosmetic surgery and there is little requirement for qualified personnel. Some even represent that they are plastic surgery "specialists." However, only those physicians who have completed an accredited residency program specifically in plastic surgery can call themselves "Plastic Surgeons," while any doctor can call themselves a Cosmetic Surgeon.



Model



Models



Models

*We are  
The World*

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 skin care concerns with the perfect compliment to your skin color and type!

*Like Us?*

Like us on Face Book...



Actual Patient

**DID YOU KNOW THAT OUR PRACTICE OFFERS OVER 100 DIFFERENT COSMETIC PROCEDURES?**

**Breast Reductions and Breast Lifts are one of our Specialties!**

Did you know that Breast Reduction Surgery is typically covered by insurance?

Be sure to log on to [TheLaserBra.com](http://TheLaserBra.com) to view photos and learn more!

**FAVORITE PRODUCT PICKS FROM OUR OWN STAFF OF EXPERTS:**

My 'must-have' product is Peptide Mobilizer by Dermaquest - it eliminates static wrinkles in places that Botox can't address. ~Charlie Sheridan

Summer time means extra sunscreen! TIZO3 Facial Mineral Fusion SPF 40 is non-greasy, waterproof, and makes a delicious primer under any foundation ~Laura Pietrzak, PA-C

*Text Me!*



Models

**WE ARE SOON OFFERING TEXT-MESSAGE APPOINTMENT CONFIRMATIONS. SO, IF YOU'RE A BUSY PERSON ON-THE-GO, YOU WON'T MISS YOUR APPOINTMENT, THANKS TO OUR NIFTY TEXT REMINDERS, SENT DIRECTLY TO YOUR CELL PHONE, THE DAY BEFORE YOUR SCHEDULED APPOINTMENT!**

*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!

**(Coolsculpting, Exilis, Body by Thermage, Smoothshapes)**

**Come see one of our PA's to learn more!**



Model

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

*Polish Your Complexion!*  
**WITH MICRODERMABRASION**



Actual Patient

*Better Brows Now*

**Don't underestimate the importance of beautiful brows. Whether yours are thinning, fading or graying, we help you get them in shape!**

**A stroke of Genius for PERFECT LASHES: LATISSE!**  
Latisse - the first and only FDA approved prescription treatment to grow eyelashes!

*Make-Up  
MADE EASY*

**Ever wake up and wish you looked as fresh as when you have just applied your make-up? If so, why not consider permanent makeup?**

**Permanent makeup has quickly become one of our fastest growing cosmetic options. You can accentuate your eyes, lips and brows, with natural hues that leave you looking naturally beautiful ...every single day from the moment you wake up! Call today, and schedule your procedure with Lilia, our Certified Permanent Make-up artist.**



Models

*Did You know?*

**Perfume is nothing to sniff at!**  
In a study by Alan Hirsch, MD, Neurological Director of The Smell and Taste Treatment & Research Foundation in Chicago, people who smelled green apples, banana, or peppermint several times daily, lost an average of 30 pounds in 6 months!