

# bodynews

## Active FX *great technology with great results!*

Although it's not a facelift, for dramatic improvement on skin texture, tone, acne scars, fine lines and wrinkles, the Active FX, a fractional CO2 laser procedure, is getting great results. By stimulating collagen formation in microscopic columns, there is significant tightening effect (think shrink-wrapping for the skin). This laser uses carbon dioxide laser energy as opposed to erbium laser energy in Fraxel treatments.

Most people first want to know what the down time is and how painful the procedure is. Medications are given for relaxation and a topical numbing agent is applied before the procedure is used for pain control. Most patients find the procedure very tolerable. After the procedure, there is a burning sensation, similar to sunburn, for about two hours. Patients are required to return to the office about three times for follow up to make sure they are healing properly. Specific home care instructions promote optimal healing on how to cleanse and take care of their skin. Overall healing time from this procedure is approximately a week, but most patients are out of the house with light makeup in four days. There is also some redness that lasts about seven days.

Active FX is popular because it only requires one to two treatments and lasts several years. The healing time is minimal in comparison to the results achieved and skin rejuvenation will continue even three to four months after the procedure as the new fibroblasts grow more collagen. Call today and schedule a skin evaluation with Joan or Leigh at 602.263.9639 or visit [bodynewmedspa.com](http://bodynewmedspa.com) to learn more about how Active FX can help reach your results.



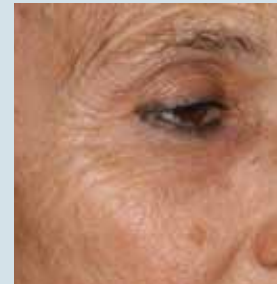
### Results



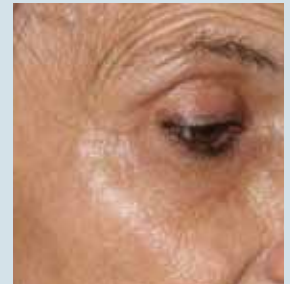
before



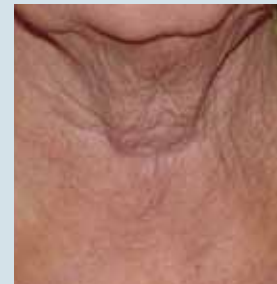
after



before



after



before



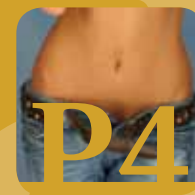
after



Volunteer for the holiday season. Phalloplasty.



Meet Garey Simmonds, M.D. MedSpa Minute. hCG diet.



One FREE area of Liposuction. FREE Laser Hair Removal. Latisse, 2 for \$219. Dysport savings.

# Volunteer for the holidays

People volunteer for a wide variety of reasons, and most importantly is the desire to help others. Volunteering can be a fun and rewarding experience creating memories for your family and others.

## Reasons for Volunteering

- Volunteering is a good thing to do
- When you help others, you ultimately help yourself
- You can make a difference about something you care about
- You will learn a great deal and develop new skills
- You will gain insight about who you are and your abilities
- You will meet interesting people and do challenging things
- You will begin to think in new ways
- You will have the opportunity to broaden your understanding of others and help to break down barriers of misunderstanding
- You will enhance your communication skills
- You can have fun while providing valuable and needed services

To learn more about how you can help this holiday season, visit [volunteermatch.org](http://volunteermatch.org).

## These local charities greatly appreciate your help:

**Salvation Army** [phoenixsalvationarmy.com](http://phoenixsalvationarmy.com)

Each holiday season, the Salvation Army provides thousands of meals for needy families across the Valley of the Sun. With the help of hundreds of volunteers, traditional Thanksgiving and Christmas dinners are served to all who attend and are delivered to home-bound individuals.

**St. Mary's/Westside Food Bank** [firstfoodbank.org](http://firstfoodbank.org)

St. Mary's/Westside Food Bank Alliance serves 13 of Arizona's 15 counties. The food bank is committed to providing food to Arizonans in need through more than 900 partner agencies throughout the state. These agencies serve a wide range of clients, the majority of those being families with children and seniors.

**United Food Bank** [unitedfoodbank.org](http://unitedfoodbank.org)

Established in 1983, United Food Bank began operation in Mesa, Arizona. The mission is to provide access to nutritious food for those who are without, serving as a community bridge between those who want to help and those who are in need. United Food Bank defines its work as 'Neighbors Helping Neighbors'.

**St. Vincent de Paul** [stvincentdepaul.net](http://stvincentdepaul.net)

Each year, St. Vincent de Paul moves over 10 million pounds of food through its food bank, helps thousands of homeless people get off the street, and prepares over 1 million hot meals for the hungry.

## Walk tall and carry a very big stick.

The Valley's premiere cosmetic practice is proud to now offer Penile Augmentation. Augmentation can achieve the following:

- Penile Lengthening
- Penile Widening
- Penile Glanular Enhancement
- Scrotal Lifting
- Circumcision
- Scrotal Webbing

Call today for your complimentary private consultation!

**480.464.8000**



The Valley's Premiere Cosmetic Surgery Center



# Meet *the* Doctor



**Gary Simmonds, M.D.**  
*Facial Plastic Surgeon*

## Lose up to 20 lbs in 30 days!

BodyNew is proud to now offer the hCG Weight Loss Program

- Get rid of stubborn body fat
- Diminish sweet cravings and hunger
- Gain more energy
- Improve skin elasticity, sleep pattern and libido
- Kick start your metabolism
- Break down fat and save lean mass
- Physician supervised

**\$595 all inclusive\***

\*Includes all doctor visits, prescription, and instructions. Patient is responsible for dietary supplements as needed.

Dr. Simmonds has been practicing Aesthetic Plastic Surgery and Reconstructive Surgery in the Scottsdale and Phoenix area since 1996. Dr. Simmonds earned his Bachelor of Science from Baylor University, cum laude and Phi Beta Kappa. He



*rhinoplasty*

received his M.D. from University of Miami School of Medicine with honors. His internships and residencies were completed in Arizona at the Phoenix Integrated Surgical Residency. He subsequently

completed his Plastic and Reconstructive Surgery residency at the University of Miami, and then a fellowship in Craniofacial Surgery at the Australian Craniofacial Unit Women's and Children's Hospital in North Adelaide, Australia.

Dr. Simmonds finds time to hold a staff position as well at the V.A. Hospital in Phoenix, where he is the Chief of Plastics and trains the residents in Plastic and Reconstructive Surgery weekly. He finds this a very rewarding job and loves the challenges that he comes across.

Dr. Simmonds has trained with some of the most respected and well-known surgeons in the world. He is experienced in the latest innovative technologies. He strives to ensure his patients' understanding of plastic surgery, the need of proper training and credentials, and most importantly, a clear understanding of their needs.



*upper and lower blepharoplasty with endo brow lift*

Every facial surgical procedure performed at the Body Sculpting Center includes a complimentary skin analysis and skin care product regimen. Schedule your complimentary consultation today!

## medspa minute



### Welcome back!

**Rhiannon Hertzberg**  
*Licensed Aesthetician,*  
*CMLT*

We are excited to welcome Rhiannon Hertzberg back to our office. She has returned to work after an extended leave of absence to stay at home with her two children. With over 10 years of experience, Rhiannon has effectively treated all skin types and conditions such as acne, rosacea, melasma, environmentally damaged skin, and laxity in aging skin. She has done extensive work with photo rejuvenation, radiofrequency skin tightening, laser hair reduction, laser vein removal, microdermabrasion and various strengths of chemical peels. Rhiannon will work with you to design an individual treatment plan that will help you attain a youthful, radiant appearance. Call today to schedule your appointment and welcome Rhiannon back!

# body savings

## FREE area of Laser Hair Removal\*

**\*Purchase an Active FX package and receive one FREE area of Laser Hair Removal!**

bodynew  
medspa

Offer valid September 15th thru December 31st, 2009. Cannot be combined with other offers or discounts. One offer per customer. Coupon required to receive discount. Active FX procedure must be paid in full to receive offer.



## Latisse

Beautiful, long, lush lashes!  
FDA approved.

**2 for \$219**

bodynew  
medspa

Offer valid September 15th thru October 31st, 2009. Cannot be combined with other offers or discounts. One offer per customer. Coupon required to receive discount.

## Dysport Rebate

**Purchase a Dysport treatment and receive a \$75 mail-in rebate**

bodynew  
medspa

Offer valid September 15th thru October 31st, 2009. Cannot be combined with other offers or discounts. One offer per customer. Valid for single use.

## FREE area of Liposuction\*

**\*Purchase a tummy tuck and receive one FREE area of Liposuction!**



Offer valid September 15th thru December 31st, 2009. Cannot be combined with other offers or discounts. One offer per customer. Coupon required to receive discount. Procedure must be \$4500 or more to receive discount.

### Cosmetic Surgery Facts

# Did you know...?

This is the actual size of the puncture used for liposuction, 2mm. → •

Learn more about liposuction by visiting [bodynew.com](http://bodynew.com).

**Contact Us**  
bodynew@bodynew.com  
480.464.8000



If you would like to save a tree and receive your copy of this newsletter electronically, please email [marketing@bodynew.com](mailto:marketing@bodynew.com)



2255 North Scottsdale Road  
Scottsdale, Arizona 85257  
480.464.8000  
bodynew.com  
bodynewmedspa.com

