



The Physicians and Staff of Paradise Medspa and Wellness would like to thank you for making our business a success!

As a token of our appreciation for your ongoing patronage, we are offering amazing deals on all of the fabulous services you have come to expect from our team here at Paradise!

We welcome your referrals and will continue to reward you with referral points to be used as credit toward future services!

We would also like to wish all of our MOM's a very Happy Mother's Day! You definitely deserve a day in Paradise for all of your efforts, so come and ENJOY \$50 OFF any service through the end of June!*

Thank You!

*see coupon back page

OFFICE HOURS

TUESDAY—FRIDAY
10 am - 6 pm

SATURDAY
10 am - 2 pm

OR BY APPOINTMENT

SUNDAY & MONDAY
Closed

FILLER UP!

Looking through photos of yourself from ten years ago and can't quite put a finger on why you looked so much more youthful back then compared to now? Check out your CHEEKS!

The mid-face takes a hit during our 40's and 50's leading to loss of volume and a deepening of wrinkles around the mouth and jowls. This can also result in a groove under the eyes, called a tear trough deformity, which makes us look more tired and sallow in this area. Putting the VOLUME back into these areas with dermal filler products can instantly restore the youthful contours to your face, resulting in a younger looking you!

Dermal filler products vary from pure gel fillers, such as those that contain hyaluronic acid, like Juvederm XC™, to those that contain additives such as calcium hydroxyapatite designed to increase the longevity of the product, as found in Radiesse®. Other options include Artefill®, a semi-permanent filler which lasts 5-10 years, and Selphyl®, an autologous filler that uses your own natural blood products to restore volume and vibrance to the skin.

Choosing the right filler for the job depends upon several factors, including placement, longevity and cost. For example, Juvederm XC™ is Dr. Weiss' filler of choice for areas such as the tear trough and lips due to its natural look and feel in these more delicate areas of the face. Radiesse® seems to provide a more robust response in the cheeks and deeper facial folds and tends to be a bit less expensive per unit of volume compared to Juvederm. For the patient looking for results that last, Artefill® offers a wonderful alternative with results for up to 10 years. Selphyl® is the newest player on the filler market, this natural alternative, can be injected in its liquid form anywhere on the face, subsequently forming a fibrin gel that stimulates new collagen and growth-factor release, resulting in added volume as well as a healthy glow to the skin.

The key point to remember with any dermal filler is the concept of **FULL CORRECTION**. Full correction is the amount of filler that it takes to achieve *optimal* correction of the folds and contours of your face. It is the point at which you and your doctor feel that you look your best. If full correction is not achieved, it can result in diminished satisfaction from your filler products – your skin will revert to its pre-treatment state more quickly and you will incur a higher expense due to the need for repeat injections at closer intervals. We offer discounts when multiple syringes of dermal filler products are used in one session, so don't let the initial cost deter you

in your effort to achieve the best results – you will actually save money in the long run by spending a little more up front and you'll be happier with your results.

For more information on our various dermal filler options, please call our office at **602.266.8144!**



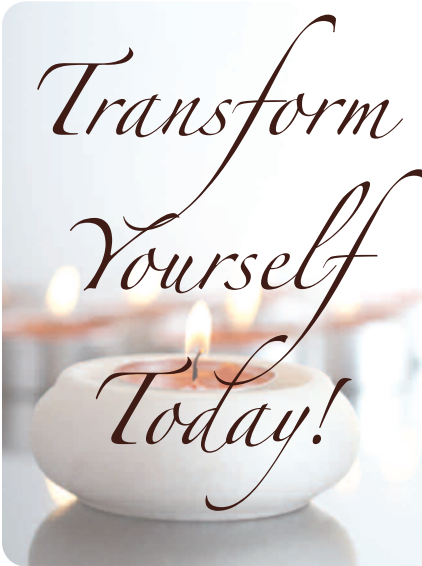
BEFORE & AFTER SELPHYL®



BEFORE & AFTER JUVEDERM™



BEFORE & AFTER ARTEFILL®



BENEFITS OF ACUPUNCTURE

Acupuncture is an age old art used for diagnosis, treatment and even prevention of illness.

It is predominantly used in Asian cultures however, it has found its place in many other countries including the USA. There is plenty of research showing acupuncture to be effective for low back pain, migraine and anesthesia for labor and delivery and much more.

The concept is based upon energetic meridians along which energy flows. These "highways" are connected to organ systems and to each other. When there is an imbalance in the meridian flow, like a traffic jam, a person will manifest a symptom. Unblocking or restoring that balance will lead to resolution of the symptom and assist the body in maintaining wellness.

Most patients seek out an acupuncturist to treat pain however hormone imbalance, irregular menses, fertility and anxiety are other common uses.

For more information, book your acupuncture consultation today!

In Her Own Words...

Experiences of a Paradise Patient



Nine months ago, I came into Paradise Medspa & Wellness to inquire about weight loss. I met with Dr.

Sarna, and we agreed to find out what foods may have been bothering me, and it turns out that I have intolerance to gluten, corn, and dairy. This has changed my life. I had suffered with chronic headaches for years, and this was the first time I was able to have any relief. Because of the changes I have made in my diet, I feel better, have lost 18 lbs, and no longer suffer from debilitating headaches.

My name is Tenny Kerber. I am 38 years old, and am married to Greg, the love of my life. I am a Veteran of the US Navy, and have worked in both the auto glass and home glass industry for 18 years. I had competed in the Mrs. Arizona pageant in 2009

and then competed again this year in February. Dr. Sarna and Dr. Weiss were gracious enough to assist me in my journey. For the first time ever, I agreed to have botox injections in my forehead, and filler in my laugh lines. I can tell you that the difference in the appearance of my face is astonishing. I feel as if I have taken 5 to 10 years off of my face. I am also using the Clarisonic facial cleaning system, along with a cleanser and toner suggested by the staff, and the signs of aging are improving just in two short months.

I also want to share that my husband is fighting Cancer. Every time we would travel, my husband would get terribly ill. On the suggestion of Dr. Sarna, Greg started to have the Myer's Cocktail a day prior to traveling, and he hasn't been ill since.

I am the reigning Mrs. Phoenix for this year, and will continue to represent Phoenix, and the surrounding areas to the best of my ability. Thanks to the doctors and fine staff at Paradise Medspa & Wellness, I will continue to look my best!

—Tenny Kerber

Paradise Medspa & Wellness is a Proud Sponsor of Mrs. Phoenix, Tenny Kerber!

Look *10 Years Younger* TODAY with the **NEW SmartSkin CO2!**

A new laser is sweeping the market and making old skin look new in the process, the new SmartSkin laser by Cynosure. SmartSkin CO2 has shown impressive results for wrinkle treatment, age spots, redness and overall rejuvenation. Patients of all ages are singing its praises. Skin looks younger and tighter with reduced photodamage. The laser is also effective at treating acne scars and other skin irregularities.



The SmartSkin CO2 laser treatment takes approximately 20 minutes, and outstanding results may be achieved in as little as 1 treatment. The SmartSkin CO2 device utilizes a carbon dioxide laser which has been a cornerstone of laser resurfacing for decades, but uses a novel micro ablative technique which is a revolutionary method for laser rejuvenation of the face. By only treating minute segments of the facial area at a time, the SmartSkin CO2 is able to minimize downtime and healing while still rejuvenating the whole area of the skin including the collagen beneath the skin.

For more information about the **SmartSkin CO2** Laser Treatments available at our office, please call us at **602.266.8144!**

MONTHLY *Specials*

April — Spring into Spectacular Savings!

Look 10 Years Younger with SmartSkin CO2! Erase signs of aging and photodamage with this revolutionary treatment for **ONLY \$1200** (face only)
PLUS add the **Laser Eye Lift** for targeted anti-aging for **only \$199!**

Help to **balance your hormones naturally** with Estrofactors by Metagenics!
\$10 OFF this month only!

May — Get a MOTHER of a Deal!

Give your favorite Mother the Gift of Paradise!
All month long, get \$100 Gift Certificates for **ONLY \$80!**

Get ready for summer shorts and bathing suits with **up to 20 pounds of fat loss!**
Receive **\$150 OFF** of our revolutionary HCG Diet Program all month long!

June — Look HOT this Summer!

Save on the Selphyl Liquid Lift! Restore volume, look younger and more vibrant with this amazing treatment!
Save **\$100 OFF** single kits and **\$200 OFF** double kits this month only!

Get healthy and happy with **\$50 OFF** of your Initial **Acupuncture** appointment!

Body Contouring SPECIALS!

BODY: Book your **SmartLipo** or **Vaser Lipo** treatment for TWO or more body areas from now through June 30th and receive **\$1500 OFF** the price of your procedure!

FACE: Book your **SmartLift procedure** – The SMART alternative to facial plastic surgery – for **ONLY \$2500** – Through June 30th!

Call our office to schedule your **FREE** consultation! 602.266.8144

CONGRATULATIONS!

Congratulations to Dr. Kristine Sarna for passing her Integrative Holistic Medicine Board exam in December! She is now Board Certified in Integrative Holistic Medicine, an accomplishment she has been working toward for 6 years.

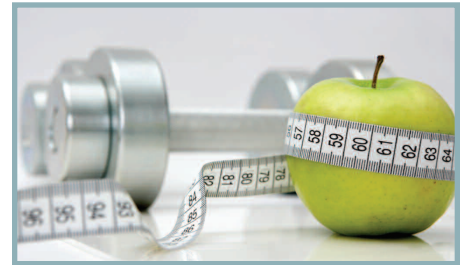
Dr. Sarna is trained in Acupuncture and Nutritional medicine. She has herbal, nutraceutical and homeopathic knowledge and approaches her patients with holistic remedies when possible. Dr Sarna is also trained in Bio-Identical Hormone therapy for men and women and the use of a diagnostic tool called a Bio Meridian Stress Analysis.

She is the Director of Paradise Wellness and offers programs for weight loss, adrenal fatigue, metabolic detoxification, hormone dysfunction, acupuncture and IV/injectable therapies for fatigue.

Make an appointment for a wellness consult to determine what she can do for you.

Way to go Dr. Sarna!

TIPS FOR HEALTHY LIVING



FIGHT THE BATTLE OF THE **Bulge!!**

Unfortunately belly fat has become ever more common in children and adults in America. The amount of belly fat someone has is a direct correlation to their risk of heart attack, diabetes, dementia and even cancer!

Belly fat is not just fluff - the hormones and other inflammatory chemicals produced by this adipose tissue cause many chronic diseases. The most obvious one is insulin resistance or Diabetes. We store toxins that our body comes into contact with in our fat cells. These toxins are known to produce symptoms of fatigue, headache, inflammatory pain and mental dysfunction.

A normal body fat percentage is 25% or less, however most of the patients we analyze at the beginning for our HCG weight loss program are in the upper 30s and 40s!

The best way to decrease your belly fat is to exercise 30-60 minutes daily and to eat a diet low in sugar and carbohydrates. While I would not recommend a high fat diet, healthy fats like avocado, walnuts and olive oil actually encourage our body to store less fat. Sugar on the other hand is stored as fat if not used completely by the muscles. Either you build more muscle to utilize the sugar or you eat less sugar or both.

You can encourage your body to use your current stored belly fat with the **HCG Diet Program** and or consider options like **SmartLipo** to remove it! Either way you will be decreasing your risks of chronic disease and living a healthier and happier life!

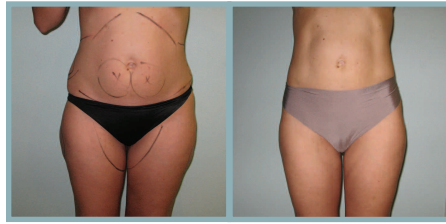


2060 W. Whispering Wind Drive
Suite 170
Phoenix, AZ 85085

phone
602.266.8144

fax
602.266.9670

e-mail
jfales@paradisemedspa.com
www.paradisemedspa.com



BEFORE & AFTER

Get the
body you want
before swimsuit season!

Book your **SmartLipo** or **Vaser Lipo**
treatment for TWO or more body
areas from now through
June 30th and receive

\$1500 OFF

the price of your procedure!

Call for details!
602.266.8144
Paradisemedspa.com

*Valid through 6/30/11.

Happy
Mothers Day!



Dear Mom,

We would like to **THANK YOU** for
all of the hard work you do every
day! Please take this certificate to
Paradise and receive

\$50 off *

of your next service!!

2060 W. Whispering Wind Dr.
Suite 170
Phoenix, AZ 85085

602.266.8144

www.paradisemedspa.com

*Valid for \$50 off any service valued at \$125 or
more, may be used toward initial consultation
fee. Cannot be combined with other special
offers or discounts. Expires June 30th, 2011.



2060 W. Whispering Wind Drive
Suite 170
Phoenix, AZ 85085

See you in Paradise!
DR. REBECCA WEISS & DR. KRISTINE SARNA