

the **now** **HOW TO**

...choose a Medical Spa

Consumer GUIDE

Caree Ludwar opened this state-of-the-art wellness centre four years ago. It is a cutting edge full-service facility offering innovative fitness programs and ground-breaking weight loss treatments, along with anti-aging care.

5 things to know



1. The first thing to do when looking for a reputable medical spa is to reasearch the company and the practitioners. Look for licensed practitioners, a location with a registered nurse on staff and a board certified doctor on the team.
2. Ask people you trust for referrals to their medical spa of choice. If you don't know whom to ask, look for a well-known medical spa that has stood the test of time.
3. Before undergoing any procedure, ask about the training, certification and experience of the person who will be handling your procedure.
4. Check out locations online before visiting in person. It's a great way to learn more about the practitioners, read testimonials and see before and after photos.
5. Visit the location in person before committing to anything. Does the location look clean and sanitary? Do you feel comfortable with the staff? Once you've done your homework, trust your gut instinct.

If cellulite stretchmarks and other visible signs of aging have you worried, contact the Institute of New Beauty. They offer the most advanced medical methods of cosmetic skin rejuvenation with no surgery and minimal discomfort.

You'll not only feel the difference, you'll see the difference!

You'll get fabulous results and the look you've always wanted!

They have a variety of unique and effective programs for weight loss you won't find anywhere else on the Peninsula. Moreover, The Institute of New Beauty supports clients with a certified personal trainer and a nutrition coach. Some of our modern treatments and services include:

Condessa which uses low frequency ultrasound for dissolving fat. The owner, Caree Ludwar, trained on the new Condessa machine in Paris at

the beginning of 2008. It uses ultrasound waves to selectively target fat cells, soften the cell membranes and dissolve them.

Fibropen. They invite women to discover the first medical device using radio frequency like a natural filler treatment. Those afraid of Botox are turning to the Fibropen for wrinkles, folds, acne pits and stretch marks. Endowed with a bipolar electrode, Fibropen gives precise stimulation directly inside a wrinkle. They launched the program in May 2008 and are seeing amazing results.

Proellixe Whole Body Vibration & Nutritional Coaching. Our Proellixe Special Package for \$99 a month (open to all past and present clients) has been extended due to its overwhelming success.

Lipolaser. We are proud to exclusively offer the very first Lipolaser treatment on the Peninsula. Lose your love

handles, belly fat, thighs, hips, arms and more with this non-invasive, safe and painless treatment for spot reduction and body contouring. All of the Hollywood stars have been using it, now you can too! It works by breaking down the accumulated fat deposits to the muscular layer where blood capillary flow is well distributed and naturally excreted. This breakdown of fat cells is known as lipolysis.

Cosmetic Services. The Institute of New Beauty uses Aethyerm & Mesotherapy which is used throughout Europe by doctors to non-surgically repair and rejuvenate the skin. Revolutionary and Painless.

Combine science with technology and fitness or weight loss goals get results! At Institute New Beauty on Martin Drive in White Rock/South Surrey, people are discovering how to look and feel their absolute best.



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