

WANT TO BE YOUR BEST?

TRY *The MedSpa's*

NON-INVASIVE
SPA SERVICES



The MedSpa was established 15 years ago by Drs. Robert Branton and Lorraine Jarrah, to offer ancillary aesthetic procedures as an addition to their busy Internal Medicine practice. In 2007, the aesthetic market was in its infancy. Botox and fillers were just starting to go mainstream. "You didn't have to be famous or be a movie star to get aesthetic procedures. I recognized a market for these procedures. At the time I was 40 years of age with children, and through the years I had earned growing lines and wrinkles on my face. I often said when I turned 40, I was going to use fillers and Botox and not allow the stress to show on my face," says Dr. Jarrah. "With declining reimbursements in internal medicine, we recognized the growing demand to look and feel better." Dr. Jarrah has a comprehensive understanding of medicine, and how disease and aging affects the skin and body and she felt like she could help patients meet their aesthetic goals.

A connection with her patients is especially important to Dr. Jarrah, who feels that this is what sets the MedSpa apart from other facilities offering aesthetic care. She recalls meeting Nancy Ward. "Nancy was one of my first MedSpa clients and we rapidly

became friends. She was a Southern belle with the charm to match. Nancy was one of the most beautiful people I have ever known. Things clicked and I offered her a job. Her personality and charisma were integral in getting this fledgling business off the ground." Nancy lost her battle with cancer this year. "We, the staff and the patients, remember her and love her. Helping to build The MedSpa to where it is today, she is still remembered by my patients for her warmth and kindness. Even during consultations, I would hear laughter coming from her office. She had a knack for developing close friendships. Her presence took our practice to a new level of developing relationships with our customers."

Dr. Jarrah attended courses on aesthetics and had direct hands-on training with the major companies in the aesthetics market as they were also bringing an assortment of various skin care products, botulinum toxins and lasers to the mass market. The financial investment has paid off in the last 15 years. Patients' access to aesthetics is now mainstream and there are medical spas opening all over the country. Dr. Jarrah specializes in injectable fillers, she has performed over 2,500 injections,

and her patients can count on compassionate care and expertise. Applied using layering techniques, injectable fillers like Radiesse, Juvederm, Voluma, Botox and Xeomin can provide patients with a more youthful and natural look. Injection is an art, so you want to find an artist whose work you like. "My philosophy regarding injection technique is to replace what is lost for a subtle, refined look," explained Dr. Jarrah. "A good injector will make sure their patients don't look like they had something done. The goal is to look like you, only better." An example of her concern shows as she explains that she would rather work on what concerns the client than trying to sell services or products. "I would rather have a lifelong customer and friend than a sale."

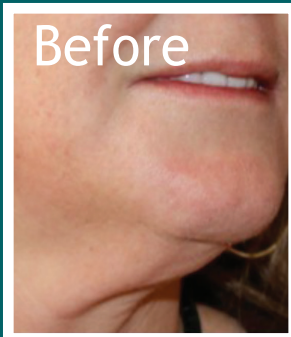
The MedSpa has invested extensively in various laser treatments and CoolSculpting™. Various laser treatments The MedSpa offers include Laser Hair Removal for multiple skin types, laser genesis for redness and pores, Limelight IPL for sun damage and rosacea, skin tightening, and spider vein removal. In addition to laser treatments, The MedSpa offers a variety of chemical peels compounded to meet your needs as well as Dermafrac microdermabrasion and microneedling with rejuvenation serum infusion. Want to eliminate fat without surgery or an extensive recovery period? Cool Sculpting is ideal. It was added to their list of services in 2012 and is a unique procedure to accomplish your goal. It is a great alternative to

liposuction and is effective without being invasive. The procedure is recommended to those who have difficulty losing target areas of fat through diet and exercise alone. Freezing fat cells causes them to eventually die. CoolSculpting® is FDA-cleared to treat nine different areas of the body: visible bulges under the chin and jawline, thighs, abdomen and flanks, along with bra fat, back fat and underneath the buttocks and upper arms. Once they're gone, they're gone for good — fat cells do not regenerate. The treatment process is simple. First, a patient goes to the MedSpa and is assessed to determine whether he or she is a suitable candidate. If CoolSculpting is the right treatment, the sculpting device is applied to the part of the body requiring treatment. Patients often spend the treatment time reading, watching movies, working on laptops or sleeping. Recovery from the procedure is nearly immediate, although a few patients may experience a transient numbness or mild discomfort in the treated area. Patients are free to resume their normal lifestyle as soon as the procedure is complete. Typically, fat reduction is appreciated one to four months after the procedure. Not only does The MedSpa offer services to make you look your best but also services to get you back to feeling good. "When I was in my early forties I started suffering from poor sleep, intermittent sweats, fatigue and brain fog. Starting to gain weight and just not feeling like myself, I was going through premature

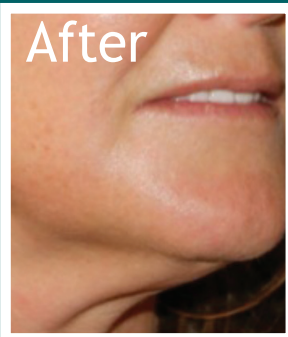
CoolSculpting

Skin Tightening

Before

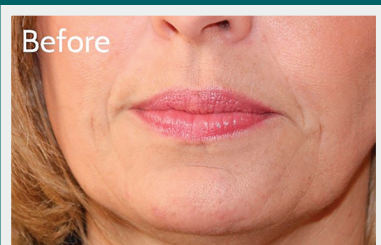


After



Radiesse

Before



After

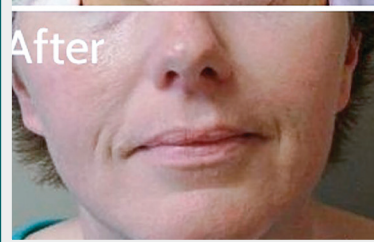


Intense Pulsed Light

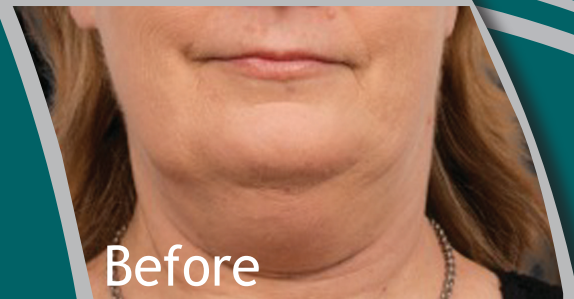
Before



After



Before



After



Before



After



I was unhappy with my neck, and that "gobble look." I had the Cool Mini done on my neck, and after one week what a noticeable difference! Very impressive.

—Susanne

I have suffered from Rosacea for several years and have tried everything from antibiotics to retinoids and all the products at spas and department stores. Nothing made an impact like the limelight and genesis treatments that Dr. Jarrah performed. For the first time in years I have had strangers compliment me on my "beautiful, glowing skin". Thank you Dr. Jarrah!

—Laura

I am absolutely amazed with CoolSculpting! CoolSculpting did more for me in 1 month than diet and exercising did in 2 years. I'll definitely be back for more.

—Sharon

menopause." Dr. Jarrah continued, "As a physician I practiced a healthy lifestyle, had a good diet, exercised regularly and took care of myself spiritually and physically. I finally decided to go on hormones, HRT (hormone replacement therapy). At first it helped, especially with the sleep and fatigue. I felt better but I never did feel like myself. It certainly improved my symptoms, but

the aging process continued with joint pain, back pain, brain fog and just feeling older than I was." In searching for the answer, Dr. Jarrah found Sottopelle™. Sottopelle™ is bio-identical pellet therapy. She had heard about pellet therapy, but being a doctor, was skeptical of anything that had not been studied by the FDA. "After 10 years of

menopause, I finally decided to get 'pelleted'. As people age, they develop diseases such as hypertension, high cholesterol, diabetes, etc. which I frequently treat with medication. But when it comes to menopause for women or andropause for men, we tell patients that they need to suck it up and accept it, that it's part of aging," Dr. Jarrah shared. "I underwent Sottopelle™ BIOHRT. It took a month to see any improvement but when it kicked in, it made a world of difference. Pellet implants consist of low dose estradiol and testosterone that release slowly for 3 to 6 months, 24/7. It is the only HRT method that can release more hormones when the body needs it. Best of all, it is manufactured in the United States and it is formulated from Mexican yams and completely natural!" Sottopelle™ is not only available to women. Men also suffer from andropause. The decline of testosterone is known as andropause, sometimes referred to as the male version of menopause. Beginning at age 30, a man's body makes less and less testosterone and around 40-55 the levels drop dramatically. The most common complaint is low sexual desire or libido and any man that has erectile dysfunction should get his testosterone checked. Men may also start to have signs and symptoms of lower testosterone

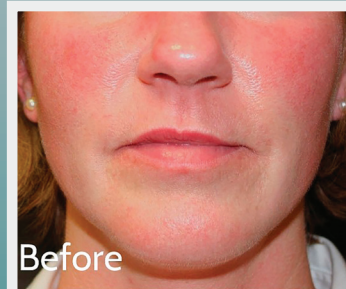
levels such as lower energy, decreased muscle mass and bone density, fatigue, brain fog, and depression. Conventional male hormonal treatments are administered by injections or rubbing gels onto your body. Commonly, these treatments use synthetic hormones that are not real hormones, but rather imperfect mimics of natural hormones. Millions of men are suffering and

trying pharmaceutical drugs to regain their sex drive and clear up their brain fog without realizing that bio-identical hormones are even an option. Bio-identical hormones have been studied extensively and safely used since 1935, without the negative side effects that synthetics have been known to produce.

"As a doctor, I could help our patients live happier and healthier lives. I also found it important to recognize what people see in the mirror reflects how they feel about themselves. People want to look good and feel good."

— Dr. Jarrah

Rosacea Treatment



Dr. Jarrah shared, "I am now a decade post-menopausal and have undergone my own menopause makeover. Fillers and Botox has returned youthfulness to my face and laser treatments have improved the quality of my skin. CoolSculpting™ has smoothed out bulges gained over the years and now Sottopelle™ has given my life back. Though we cannot stop the clock, we should strive to be our best self. Offering a comprehensive array of services to make you look and feel better is what The MedSpa is all about."



Nancy Ward 1939-2022

The MedSpa

1205 Pemberton Dr.
Suite 101, Salisbury, Md.
410-548-7578 • The-Med-Spa.com