

## MOREGLOW MED SPA NEWS & HOLIDAY OPEN HOUSE

*Your Weekly Newsletter by  
Dr. Nick Sieveking*

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### **Are all Med Spas Equal? Certainly Not!**

Med spas differ dramatically in their oversight, training, and approach. Many are directed by physicians from non-surgical specialties — pediatrics, gynecology, dermatology, psychiatry, or family medicine. While these physicians may have “MD” after their name (requirements vary by state), it’s to your advantage to choose a MedSpa supervised by a board-certified plastic surgeon.

Plastic surgeons are uniquely trained in both surgical and non-surgical rejuvenation, including injectables, lasers, chemical peels, stem cell therapies, nutraceuticals, and regenerative skincare. This dual expertise allows for safer, more natural, and longer-lasting results. Since we offer both advanced surgical expertise and state-of-the-art non-surgical technologies to rejuvenate your appearance, you can expect an honest assessment and a personalized treatment plan every time.



## Featured Non-Invasive Therapies

### Laser Systems

- Tetra CO<sub>2</sub>
  - CoolPeel: Light CO<sub>2</sub> resurfacing; ≤5 days downtime
  - Deka: Aggressive CO<sub>2</sub> resurfacing; ~2 weeks downtime
- Sciton mJoule
  - ClearV (1064 nm): Treats facial and leg veins
  - ClearSilk: Reduces redness, rosacea, fine lines, acne scars, and dullness
- Lumenis Diode (809 nm)
  - Laser hair removal for medium to large, brown-to-black hairs

### Non-Laser Energy-Based Treatments

Ultherapy – Focused Ultrasound

- Tightens face, neck, and décolletage by stimulating collagen and elastin
- Downtime: Minimal | Pain: Mild to moderate



**BroadBand Light (BBL) – Sciton**

- Advanced IPL for pigmentation, redness, vascular lesions, and acne
- Downtime: Few hours of redness | Pain: Mild, quick pulses



### **Virtue RF Microneedling**

- Combines microneedling with RF energy for tightening and texture improvement
- Results: Firmer skin, fewer wrinkles, improved tone
- Downtime: 1–3 days redness; 5–7 days mild pinkness



### **DiamondGlow®**

A relaxing, no-downtime dermabrasion treatment that exfoliates, extracts, and infuses customized SkinMedica® serums for an instant glow. Combine with Dermaplaning to gently remove dead skin and fine hair, revealing smoother, brighter skin. Most patients enjoy monthly treatments.

### **Injectable Treatments**

#### **Wrinkle Reducers**

Botulinum toxins (Botox®, Dysport®) temporarily relax muscles by blocking acetylcholine, softening wrinkles and fine lines. Always seek an experienced injector — results and safety depend on precision and expertise.

#### **Dermal Fillers**

Hyaluronic Acid Fillers (HA): Add youthful volume, smooth wrinkles, and enhance lips or contours. Effects last ~12 months.

Radiesse®: Calcium hydroxylapatite microspheres stimulate collagen for deeper folds and longer-lasting rejuvenation.

Sculptra®: Poly-L-lactic acid that gradually rebuilds collagen and facial volume over several months — ideal for restoring structure lost to aging or rapid weight

loss.

### **PDGF (Platelet-Derived Growth Factor)**

Stimulates natural repair and collagen production to:

- Reduce fine lines and wrinkles
- Improve skin thickness and tone
- Minimize acne scars
- Accelerate post-procedure healing

### **LúmEnvy™ Brightening Therapy**

A next-generation micro-diffusion serum containing salmon DNA, glutathione, hyaluronic acid, vitamin C, and niacinamide. This rejuvenating blend improves tone, texture, and pigmentation for luminous, hydrated skin, applied via our Glowpin delivery system.

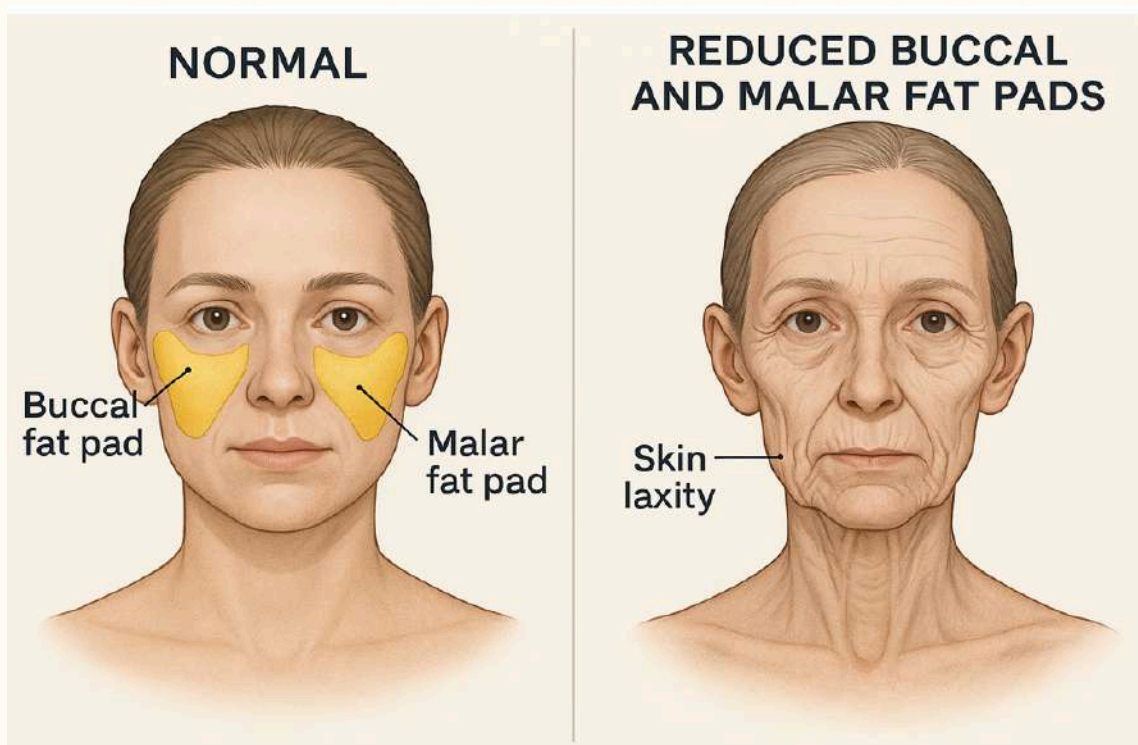
### **Clinical Focus: GLP-1 and Facial Fat Loss (“Ozempic Face”)**

GLP-1 receptor agonists such as Ozempic® and Wegovy®, used for diabetes and weight management, can cause noticeable facial volume loss and skin laxity — often called “Ozempic face.”

Common changes include:

- Hollow cheeks and temples
- More visible wrinkles and fine lines
- Sagging skin around the jowls and neck
- Thinner skin with visible veins

We can provide solutions to these side effects with various collagen stimulators that we offer, such as Radiesse®, Sculptra®, and more.



At Sieveking MoreGlow MedSpa, we offer tailored treatments to restore structure and vitality:

- Sculptra® to rebuild collagen and volume naturally
- Hyaluronic acid fillers for immediate correction
- Ultherapy or RF microneedling to tighten and lift skin

And when appropriate, Facial Cosmetic Surgery remains the gold standard for lasting rejuvenation — explore our Facial Gallery to see natural results.

### **Experience the Difference**

At Sieveking Plastic Surgery & MoreGlow MedSpa, you'll always receive:

- ✓ Board-certified expertise
- ✓ Honest recommendations
- ✓ State-of-the-art technology
- ✓ Natural, balanced outcomes

Rediscover your most confident, youthful self — the natural way.



**Reserve Your Spot NOW for Our Annual Holiday Event!**

- Special holiday pricing on all med spa services & products
- FREE CoolPeel laser hand peel for event attendees
- Champagne toast and hors d'oeuvres
- Product giveaways with onsite skin care representatives available
- Raffles
- Membership packages

(Can't make the event? No problem! Call us to see how you can take advantage of these special discounts and complimentary hand treatment!)

RSVP

## Our MoreGlow Med Spa Experts



**Susie Cody, RN, CANS**  
Aesthetic Nurse Specialist

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Susie has been an RN in the aesthetic industry for over 25 years. She has served as a national trainer for Galderma and an in-house trainer for multiple successful medspas in California. She is also a Certified Aesthetic Nurse Specialist (CANS), which is a highly specialized training in nonsurgical aesthetic procedures to integrate and apply knowledge, skills, and judgment. Additionally, she has advanced training in cosmetic lasers and devices, injectables, PDO thread lifts, PRF, medical grade skin care and more. Susie prides herself on being honest with her patients and delights in giving them beautiful and natural looking results.



**Jennifer Hammond**  
Clinical Aesthetician and Certified Laser Specialist

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Jennifer has served as a licensed medical aesthetician and certified laser specialist for over five years. She has advanced training and certifications in many skin treatments, including experience with Microneedling, Ultherapy, and CoolSculpting. She is a firm believer in establishing a gentle exfoliation routine so her clients get the most out of their product use. She enjoys getting to know her clients and seeing their joy during their skin journey. Her motto is "It's much easier to prevent than to correct... but it's never too late to start new habits!"

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**Stay Tuned!**

**Be on the lookout for next week's newsletter: *Are You Inflamed?***

Schedule Appointment



**more** *glow*  
*Med Spa*  
*at Sieveking Plastic Surgery*



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