

EVERLAST WELLNESS MEDICAL CENTER

COMPANY PROFILE

Beauty & Beyond

wellness medical center

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Executive Summary

Today's healthcare landscape is rapidly evolving, and transformation is underway across all aspects of the healthcare industry. There are unprecedented challenges to adapt - from complying with new government requirements and mandates; implementing value-based reimbursement; technology acquisitions, investments and implementations; addressing rising consumable cost; increasing patient's needs; demands for greater transparency around the quality and cost of care to heightened pressure of business competitions in the healthcare industry.

With these mounting challenges, **Everlast Wellness Medical Center** remains resolute with the commitment of championing excellence in dermatology and aesthetic healthcare. The facility unceasingly strives to provide the highest standards of health care to its clients which resulted to a significant increase in the number of patients visiting the facility - leading to double the number of visits by of 1st Qtr. 2019 compared to 1st Qtr. 2018. The resounding success can be attributed not only because we have the finest facility and a cutting-edge technology, but more so, we have superb team whose collective efforts generates resilient results where our client's best interest, aesthetic and dermatologic care is served.

Accordingly, with the sudden surge of patients coming to the facility, **Everlast** needs to respond to the rising clamor of our patients to expedite availability and delivery of services due to numerous demands and expectations from the community we serve.

Driven by its passion and commitment shared across the organization, Everlast Management has taken a great stride of understanding the community needs and expectations of customers by engaging into SWOT Analysis; review of Patient Satisfaction Survey Report; and developed a robust action plan that is aligned to the core objectives and operational activities of the center ultimately gearedtowards placing our patients in the center of care for which will be presented in this document.



EVERLAST WELLNESS MEDICAL CENTER

Established in 2015

Everlast Wellness is an aesthetic wellness clinic that specializes in dermatological and anti-aging treatments and procedures. Our mission is to serve the local community with the highest level of health and wellness encompassing the body, mind and spirit with the support of our team of medical experts that have over 10 years of experience in the aesthetic medicine sector.



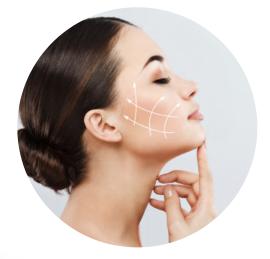
Our Mission

Everlast Wellness' mission is to provide options for a beautiful, younger, more attractive, and all-natural look. Our services include comprehensive advice to boost self-esteem, encourage a healthy lifestyle, and contribute to the individual's quality of life and wellness.

Our Vision

Everlast Wellness would be a world class holistic center, offering excellence and innovation in the Cosmetic, Aesthetic, and Anti-aging healthcare fields.

We aspire to provide the local community with the highest level for our valuable patients in UAE.









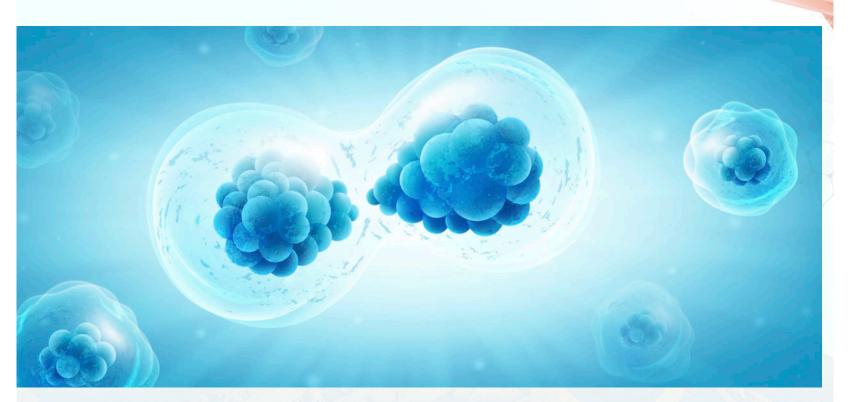
EVERLAST RESEARCH & DEVELOPMENT



RESEARCH & DEVELOPMENT

The role of R&D in Everlast

Due to the rapid growth of technological advancements and the high demand placed on medical professionals to develop and test the effectiveness of newer, less invasive, or even non-invasive, treatment methods to address their medical needs, the role that R&D plays within Everlast is vital in exploring countless pathways and technologies to diagnose and deliver the highest form of dermatological and aesthetic-related solutions within the community.



RESEARCH & DEVELOPMENT



Through the combination

of our theoretical teachings conducted at Everlast's Academy and our hands-on practice done within Everlast's Wellness Center, we as Everlast Group are able to provide solid treatment solutions that can be implemented not only within our local community, but also on a global scale.



EVERLAST AFFILIATED ACADEMY



Our unwavering sense

Of ethical responsibility to supply the citizens of Abu Dhabi with the best quality of healthcare, well-being, and academic services that serve to uplift the awareness of a healthy lifestyle shows our commitment to the current community and has been integral to the success that allows **Everlast Academy** to fulfill our local communities growing requirements and expectations.

Our vision and dedication

To this cause have allowed us to build a relationship of mutual trust and respect with the local community; our loyal business partners acknowledges our in-progress efforts and appreciates our devotion to their health and our efforts to elevate the level of knowledge with regards to all or any aspects.

With the goal /

A safe and healthy Abu Dhabi community, Everlast Academy considers it their social responsibility to support the Abu Dhabi government in its 2030 objectives towards private sector improvement additionally as elevate the level of information and education for the community members.



Everlast Academy

Will be setting the standards of Dermatology, Aesthetic, and Plastic Surgery together with Healthcare Authorities.

Everlast Academy

Can support Medical Tourism to transform Abu Dhabi into a global destination of Medical tourism specifically for Dermatology, Aesthetic, and plastic surgery.

EVERLAST AFFILIATED



Everlast Academy

Is a **Learning Academy** with Worldwide recognition and reputation

We offer help

And advice to students.



We believe

That education and learning is a **fundamental right** and everyone should have access to quality higher education.



We work

In the best interests of both **students** and our **partner universities** and colleges.



In view of this, we strive to create opportunities

For those who have real aspirations and honest intentions, and after qualification, excellent quality of learning, offering our Students a widerange of career prospects.





International standards.

Our activities

Also include International universities and Well-Known research companies.





In addition

To the professional **code of conduct**, we observe ethical, moral, and personal values Maintain high standards in our work.





everlast TISSUE RE-ENGINEERING SCOPE

SCAR MANAGEMENT

New approaches of treating Acne Scars using Growth Factors



METHODS

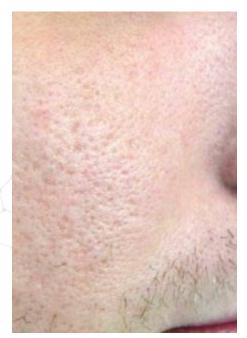
We provide evidence of a new therapeutic strategy: growth factors administration for the treatment of HTS. The scar elevation index (SEI) and epidermal thickness index (ETI) was also significantly reduced.

RESULTS

Histological reveal that growth factors exhibited significant amelioration of the collagen tissue. growth factors regulated extracellular matrix (ECM) synthesis and degradation via interference in the collagen distribution, the a-smooth muscle actin (a-SMA) and transforming growth factor-1 (TGF-b1) expression. In addition, growth factors reduced scarring and promoted wound healing by inhibiting TGFb1/SMAD-dependent pathway. The levels of fibronectin (FN), tissue inhibitor of metalloproteinase-1 (TIMP-1) collagen I, and collagen III were evidently decreased, and matrix metalloproteinase-1 (MMP-1) and apoptosis cells were markedly increased.



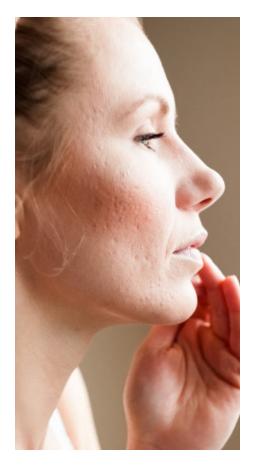




CONCLUSION

These results suggest that growth factors possess favorable therapeutic effects on hypertrophic scars in vitro and in vivo, which may be an effective cure for human hypertrophic scars.

Acne vulgaris is a chronic inflammatory condition characterized by comedo, papule, cyst, nodule and post inflammatory hyperpigmentation. Meanwhile, it is also induced by adverse event of drugs. Among them, acneiform folliculitis is a side effect of epidermal growth factor receptor (EGFR) inhibitor, which is an anticancer agent, and its incidence may occur in upward of 75 ~ 100% of cases. The main method of acne vulgaris treatment is oral antibiotics, retinoids, topical medication and so on. However, it is limited in that teratogenicity caused by retinoids and antibiotic resistance increased by using antibiotics. In this study, we aimed to evaluate the clinical efficacy and safety of topical recombinant human (rh) EGF in treating facial acne vulgaris. Twenty three Koreans (age: 10 ~ 29 years) with mild to moderate acne vulgar participated in the study and applied topical rhEGF cream (trouble control EGF) with 3 products (trouble control clarifying cleansing foam, trouble control all-clear filling toner, redroll calming moisture) on their face twice daily for four weeks. Several assessment methods were applied: Acne lesion counts score by investigator's global assessment, efficacy and satisfaction score by subjects. Skin sebum output level, hydration level and redness level were also measured at each visit. At the final visit, skin sebum level, transepidermal water loss, skin redness statistically decreased and acne lesions (comedone, papule) were statistically reduced. No severe side effects were observed during the study. In conclusion, topical rhEGF seems to be an effective and safe adjuvant treatment option for mild acne vulgaris.



SCAR MANAGEMENT POST-SURGICAL SCARS

Intervention with Laser Therapy for Surgical Wound Healing

MATERIALS & METHODS

18 patients received low energy CO2 FL treatment within one week after their sutures were removed. This was for incisions made during neck or facial surgery. For a total of 1-3 sessions, the treatments were done once every 3 to 6 months. We applied a topical cream containing recombinant Human Epidermal Growth Factor to the incisions. This helped facilitate wound healing. The Vancouver Scar Scale (VSS), as well as a satisfaction survey (the Quartile Grading Scale) were used to evaluate the outcome. Randomly, 15 patients who hadn't received treatment in the past year following neck and face surgery were chosen to be the untreated control group.





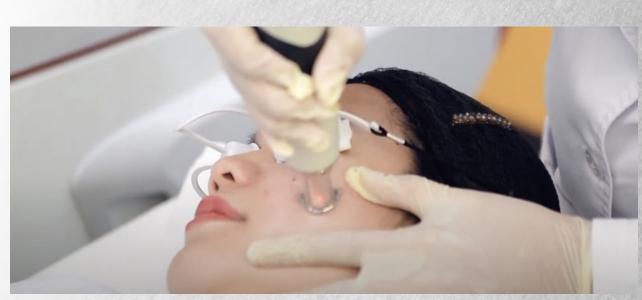
RESULTS

The laser treatment left 18 patients with no scarring. Two patients had good results (11.1%) and 16 of the treatment group (88.9%) showed great satisfaction. After treatment, the VSS scale and satisfaction scores of the treatment groups were respectively 1.11 (88.9%) and 3.89 (3.39), respectively. The VSS scale for the control group was 3,07 and the satisfaction score 1.93, respectively. Significant differences were found in VSS scales and satisfaction scores between the treatment and control groups (P 0.01). We did not observe any adverse effects.



Early intervention with CO2 FL on surgical scars has resulted in satisfactory results.

CONCLUSION



SCAR MANAGEMENT POST-TRAUMATIC SCARS



There are multiple sources of injury, such as sharp objects penetrating through the skin, friction or scraping that would cause traumatic scarring. The resulting wounds could heal in myriads of ways depending on the location and size of injury of each trauma patient. The outcomes range from minimally visible scarring to extreme thickening and tightening of the skin that may result in disfiguring or abnormal movement.

Traumatic scars may have an adverse effect on the patient's physical, psychological, and social wellbeing, especially if the type of scar limits their ability to participate in normal daily activities. One's self-perception may be hindered due to their disfigurement, causing possible feelings of depression and anxiety to arise.





Recent advancements in dermatological treatments have provided patients with an optimistic outlook to improve their traumatic scars. Common treatment methods include topical and injected corticosteroids, cryotherapy with liquid nitrogen, and irradiation. Furthermore, dermal fillers may be used to treat atrophic scars while the latest technology in ablative and nonablative fractional lasers aid in the substantial skin resurfacing of some traumatic scars cases.

SCAR MANAGEMENT



Coming in contact with hot objects, chemicals, radiation and electricity can lead to skin burns. The body's natural response is to repair itself from this injury by producing collagen. As the skin begins to heal, a thick, discolored area starts to form called scars.

The most common type is known as a hypertrophic scar, meaning that the scar in the area of the original burn has elevated, and this kind of complication can negatively impact the function of the patient's extremities as well as their body image. Hypertrophic scars develop within the first few months after sustaining the injury and are often red or purple in color and are raised above the surface of the skin.





The introduction of a deep ablative modality of treatment can help vaporize the raised scar and significantly reduce their thickness, allowing the burned tissue to be aesthetically enhanced. This can be seen with the use of Fractional Carbon Dioxide Laser, which has proven to be an ideal tissue regeneration and remodeling treatment solution.



WHAT EVERLAST ACHIEVED AS AN ALTERNATIVE TREATMENT FOR HYPERTROPHIC SCARS USING GROWTH FACTORS

Treating Hypertrophic Scars using Growth Factor



BACKGROUND

Hypertrophic scars are one of the most common problems of skin injury and result due to excessive cutaneous wound healing. These lead to cosmetic and functional deformities, uneasiness, mental stress, and dissatisfaction of patient. Therefore, their control and prevention by surgical and non-surgical means remain a significant issuer for the otolaryngologist.

ΟΒЈΕСΤΙΥΕ

To assess the ability of growth factors for instance fibroblasts, myofibroblasts or hepatocyte growth factor isolated from hypertrophic scar site or normal scars in minimizing the wound matrix.





METHOD

Growth factors were administered to the wound site immediately or few days after the operation. The drugs were administered into the skin via needles or washing after dermo-stitches.

RESULTS

The wound was analyzed and compared before and after the treatment. The growth factors showed a remarkable reduction in hypertrophic scaring and minimized the widening of scars.

CONCLUSION

Scars developing due to wound fibroblasts can cause severe consequences and hence needs to be treated. Various growth factors like fibroblasts, hepatic growth factors, myoblasts, etc. have found to produce a profound effect on scar reduction and can be employed as antiscarring therapy. These can be used as advanced therapeutic approaches to limit pathological scar formations. However, further investigation needs to be done as growth factors extracted from several regions caused varied degrees of wound contraction.

SCAR MANAGEMENT

Combination treatment of Picosecond Laser and PDRN for Scars

The exact pathophysiologic mechanisms leading to scar formation have not been fully elucidated but it has been proposed that the formation and progression of scars can result from a combination of fibroblastic activity, extracellular matrix components, growth factors, cytokines, immunologic and other mechanisms such as tissue hypoxia, an alteration in the fatty acid composition of the fibroblasts or high levels of nitric oxide.

Treatment for scars is challenging as, currently, there is no single universally accepted treatment modality for scars. The choice of treatment depends on various factors like affordability and age of the scar. Standard treatments include excisional surgery, radiation, pressure therapy, cryotherapy, silicone gel sheeting, intralesional corticosteroids, Interferon, Fluorouracil and PDL Laser. Patients can receive these treatments as monotherapy but most often, a combinational approach is taken. (Alster & Tanzi, 2003).

Among the newer treatment options is the picosecond laser, with a pulse duration 10 times shorter than the traditional q-switched nanosecond devices. This extremely short pulse creates more photomechanical shock than the nanosecond pulse, with a higher specificity for its target



combined with less heat generation in the epidermal and dermal layers than with longer pulse durations. Pico Lasers cause more rapid heating and greater fragmentation of melanin particles (Levin, et al., 2016) and stimulate neocollagenesis and neoelastinogenesis without ablation, even after multiple passes (Tanghetti, 2016). This is regarded as a safer and more effective treatment option without the risks of thermal diffusion to the surrounding tissues and consequential post-inflammatory hyperpigmentation (PIH) that nanosecond pulse durations can result in. Currently, Pico lasers have shown consistent efficacy against wrinkles and acne scarring (Dierickx, 2018), tattoo removal (Brauer, et al., n.d.), pigmented lesions (Chan, et al., 2015) and photo aging in hands and neck (Wu, et al., 2015).





PDRN has been proven to be efficacious as an anti-inflammatory agent in other inflammatory conditions such as periodontitis (A, et al., 2013) and arthritis (Bitto, et al., 2011) and as an inducer of therapeutic angiogenesis in Peripheral arterial occlusive disease (PAOD) of lower extremities (Altavilla, et al., 2009).



From the above observations, it can be postulated that a combinational approach, which includes Pico Laser inducing photomechanical rupture of melanosomes and scar tissue, combined with PDRN, an anti-inflammatory and angiogenetic agent, can result in a synergistic effect, where both of these treatment modalities work towards the breakdown of scar tissue and subsequent regeneration of new skin.

OTHERS



MATERIALS & METHODS

The author systematically reviewed several different studies and case reports available on different search engines. The data was analyzed for any new unconventional tools or techniques that is using Stromal vascular fraction in scar reduction.

RESULTS

Scar tissue consists mainly of myofibroblasts formed by fibrillar collagen. Factors that are essential for myofibroblast activation include the availability of active growth factors such as TGF β 1 and PDGF; activation of inflammatory signaling; and mechanical response to stress.⁴ Results of studies have been done on animals showed that collagen in the group that had SVF was arranged more regularly with a broader gap between collagens. And also the mRNA expressions of TGF- β and Smad3 in the SVF group were significantly down-regulated.⁵ another experiment showed that SVF contains EGF and VEGF cytokines which enhance the ability of keratinocyte cells to migrate and proliferate cells and have obvious effects on depressed scars for clinical use.⁶ Trials have been done on human showed also a huge improvement and significant increase in scar tissue score for all the patient who had the SVF injection.⁷

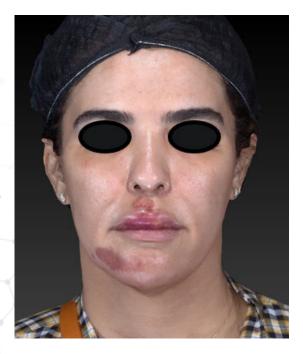


DISCUSSION

SVF injections improve tissue regeneration by adding stem cells and growth factors to boost Results in scar revisions or in tissue grafts. Important SVFrelated scoring gains suggest SVF 's worth as an element of traditional scars administration.⁷



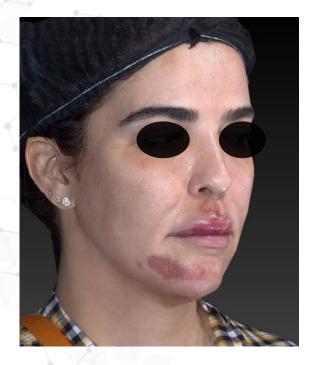
TREATMENT **RESULTS** -



BEFORE TREATMENT



AFTER 2 DAYS



BEFORE TREATMENT



AFTER 2 DAYS



AFTER 1 MONTH

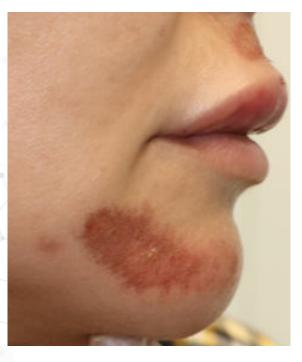


AFTER 1 MONTH

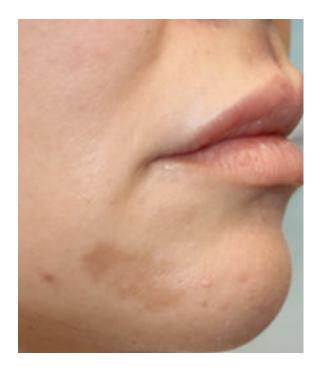


AFTER 2 MONTHS

TREATMENT **RESULTS** -



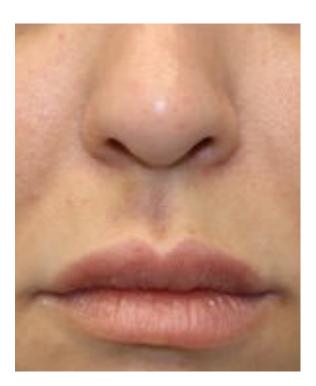
BEFORE TREATMENT



AFTER 1 MONTH

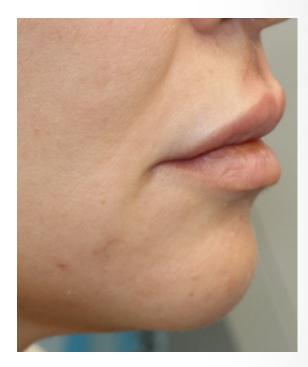


BEFORE **TREATMENT**

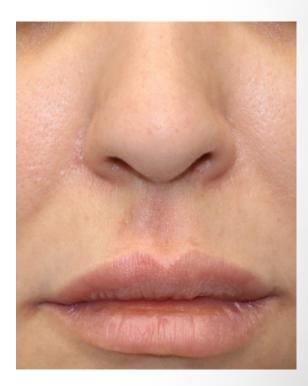


AFTER 1 MONTH

Everlast | Company Profile



AFTER 2 MONTHS



AFTER 2 MONTHS

TREATMENT **RESULTS**

SCARLESS WOUND HEALINGS





BASELINE

AFTER DEBRIDMENT AND SVF







AFTER 5 DAYS

AFTER 8 MONTH 12 DAYS

BURN MANAGEMENT

First Degree Burn Management



It is of paramount importance to accurately identify the severity of a patient's burn injury by classifying the burn as either minor, moderate or major. These classifications are made based on the depth of the wound, the thickness of the patient's skin, the location of the injury and the comorbid conditions.

When it comes to classifying a burn as first degree, the physical characteristics of the burn would appear to be dry and red yet blanched with the application of pressure. The typical causes of a first degree burn would be overexposure to ultraviolet light as well as briefly coming in contact with an open flame.





Putting these factors into consideration, one would identify this type of burn as superficial in depth and would take about 3 to 6 days to heal without potential scarring.

As for the treatment method to be applied, first degree burns require to run cool water over their injury and not ice. For sunburns, aloe vera gel should be applied while for thermal burns, the patient should apply an antibiotic cream and cover the burn lightly with a gauze and take over-the-counter pain medications to ease the pain from the injury sustained.



BURN MANAGEMENT

Second Degree Burn Management



As mentioned prior, in order to accurately classify the degree of a burn, certain features and causes are taken into consideration so as to determine the appropriate way to manage the case and setting expectations with respect to healing time and scarring.

In order to classify a burn injury as second degree, the appearance of the burn would include blisters that are moist, red and weeping yet blanched when pressure is applied. The occurrence of second degree burns are typically as a result of a spill or splash of a scalding fluid or a brief exposure to an open flame.





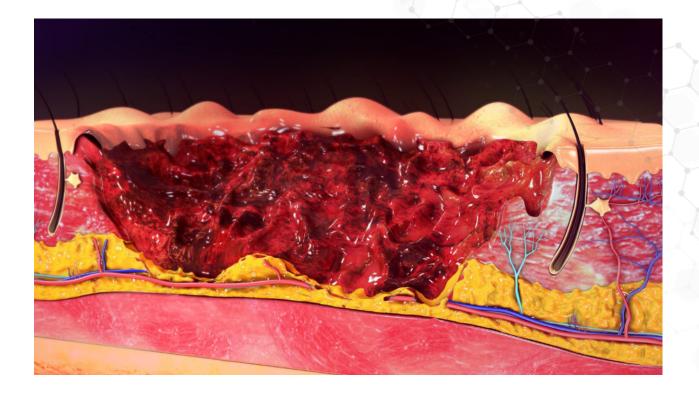
With respect to the aforementioned characteristics and causes, the depth of the burn injury can be concluded as a superficial partial-thickness burn and would require between 1 to 3 weeks of healing time with potential pigmentation changes.

In order to treat second degree burns, the healthcare professional managing the patient's case may advise the same treatment method as first degree burns; however, they might prescribe a stronger antibiotic cream so as to kill bacteria and reduce pain and swelling in the burned area.



BURN MANAGEMENT

Third Degree Burn Management



Burns that have visibly destroyed the epidermis and dermis are classified as third degree burns, given that the depth of the burn is viewed as full thickness. In such burn cases, the injury may have also damaged the underlying bones, muscles, and tendons. Additionally, the burn site would appear charred and the patient would have potentially lost sensation in the damaged area due to the destruction of their nerve endings.

Burns with a surface area that is 10% and above of a child's body and affects 15 to 20% of an adult's body are considered to be major injuries and accordingly, they would require immediate medical attention via hospitalisation and extensive rehabilitation.





Due to the severity of third degree burns, these cases often require skin grafts to replace the damaged tissue with healthy skin. Ideally, the source of the skin would be from an uninjured part of that person's body however, should the person not have enough healthy skin for a graft, other treatment approaches are explored to replace the old, damaged skin. In addition, treatments also include extra fluids (via IV) to stabilize the patient's blood pressure and prevent shock and dehydration.





BURN MANAGEMENT

Everlast Achievements: Stromal Vascular Fraction Injection for rapid and scarless wound healing

Cutaneous fibrosis or Scars develop as a result of suboptimal wound healing after serious tissue injuries such as extreme burns, trauma, and major surgery leading to prolonged inflammatory responses and pathological fibroproliferative responses in wounds. The latest studies have investigated molecular regulators at each phase of wound healing, including the phases of inflammation, proliferation, and remodelling.¹ Here we reviewed the current literature that illustrate molecular pathways that can be concentrated on novel methods to address different successful scar reduction pathways at the same time.²



One of these novel methods for scarless wound healing is Stromal Vascular Fraction (SVF) which is a component of the lipoaspirate obtained from liposuction of excess adipose tissue. Lipoaspirate, the waste product of liposuction (cosmetic surgery), contains a large population cells called adipose-derived of stem stem cells (ADSCs), which share a number of similarities with bone marrow stem cells, including the capacity for multilineage differentiation.³ Our objective is to review and evaluate that have used the stromal vascular fraction in order to have a scarless wound healing and to identify the current gap in the techniques of preparation and use of SVF.





FACIAL ASYMMETRY MANAGEMENT

Minimally Invasive Treatments on Facial Asymmetry

MATERIALS & METHODS

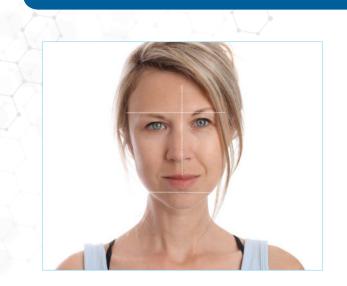
Eight subjects with dynamic facial asymmetry for more than a year have undergone combination treatments of minimally invasive procedures such as thread lifting, Botulinum Toxin A and fillers. Assessments were made through patient history, physical examination and 3D imaging. Results gathered are compared to immediately after the procedures, after 2 weeks, a month and 3 months along with the measurement of Facial Disability Index (FDI) and patient satisfaction through Patient Reported Outcomes.





RESULTS

Depressed and atrophic areas have immediately benefited from the volumizing effect of fillers. Botulinum Toxin A on the other hand has significantly improved facial muscles synkinesis after 2 weeks. The lifting effect of threads greatly improved facial asymmetry compared to preoperative state immediately after the procedure. Better results were noted after a month and after 3 months.



CONCLUSION

Facial Asymmetry as a common issue became an aesthetic issue in overall population and minimally invasive treatments would be great adjunct for the improvement of this condition. Practitioners in this field should focus on the maintenance of patient's dignity and preservation of self-value.

FACIAL ASYMMETRY MANAGEMENT PALSY ASYMMETRY CONDITION

Innovative methods for non-surgical correction and management of Bell's Palsy

BELL'S PALSY Affects almost 40 persons per 100,000 worldwide, with 40,000 to 60,000 new cases diagnosed each year in the United States alone. Long-term facial sequelae are common in people who undergo facial paralysis, making it difficult for them to effectively Display facial expressions. with such people, the inability to convey facial expressions can lead to disappointment and sadness. Partially or completely drooping of the face, accompanied by other symptoms, is one of the most prevalent side effects of severe facial paralysis. Partially or completely drooping of the face, paired with moderate or severe facial weakness, is one of the most prevalent side effects of severe facial paralysis.

This face sagginess, along with muscle weakness, makes it difficult for the patient to smile, and such patients are usually misinterpreted as being in pain or discontent. Degenerative muscular alterations in the implicated face muscles are caused by severely damaged facial nerves, especially in late middle-aged patients. Such unexpected changes could involve one side, or in some cases, a soft, feminine, and youthful face may become more masculine.



The patient's eyebrow may descend, lips may lose volume, jowls, and wattles may appear, the jawline may become squared, and the neck tissue may fall. These changes are often accompanied by hemifacial contracture and synkinesis. After severe facial paralysis, this hemifacial phase is marked by skin/soft tissue laxity, inferomedial fall of the malar fat pad, and facial volume loss.



Other modifications include a longer lower eyelid complex with orbital fat pseudoherniation, a hollowed appearance of the lower eyelids, and a pronounced nasojugal fold with a deepened nasolabial fold. Thread lifting may be a viable option for facial paralysis.

Among older patients, the complication of drooping skin after facial paralysis due to loose superficial muscular aponeurotic system (SMAS) layers in the face is commonly observed. Botulinum toxin injection plays an important role in providing temporary relief of the over contracted muscles in some patients when it's injected and seems to be a useful treatment option in cases of acute traumatic third nerve palsy in the short term. The role of dermal fillers is to compensate for the volume loss due to the muscle atrophy that occurred.

M E T H O D S

A 47 years old female patient diagnosed with paralysis in her left side of the face due to a cut in the facial nerve that happened after having surgery to remove a brain tumor. The patient was treated by static suspension face-lift procedure using barbed sutures, then after 8 days, they have undergone dermal filler injection in the facial areas that have been affected by volume loss and neurotoxin injection for the side that has the most muscle contraction to loosen the muscles. all the resulting changes were reviewed. The technique used for suture placement is described in detail, as are the author's tips for achieving the best aesthetic and functional results. The patients had preoperative indications for physiotherapy and rehabilitation procedures (local massage and mirror therapy).

FACIAL ASYMMETRY MANAGEMENT PALSY ASYMMETRY CONDITION

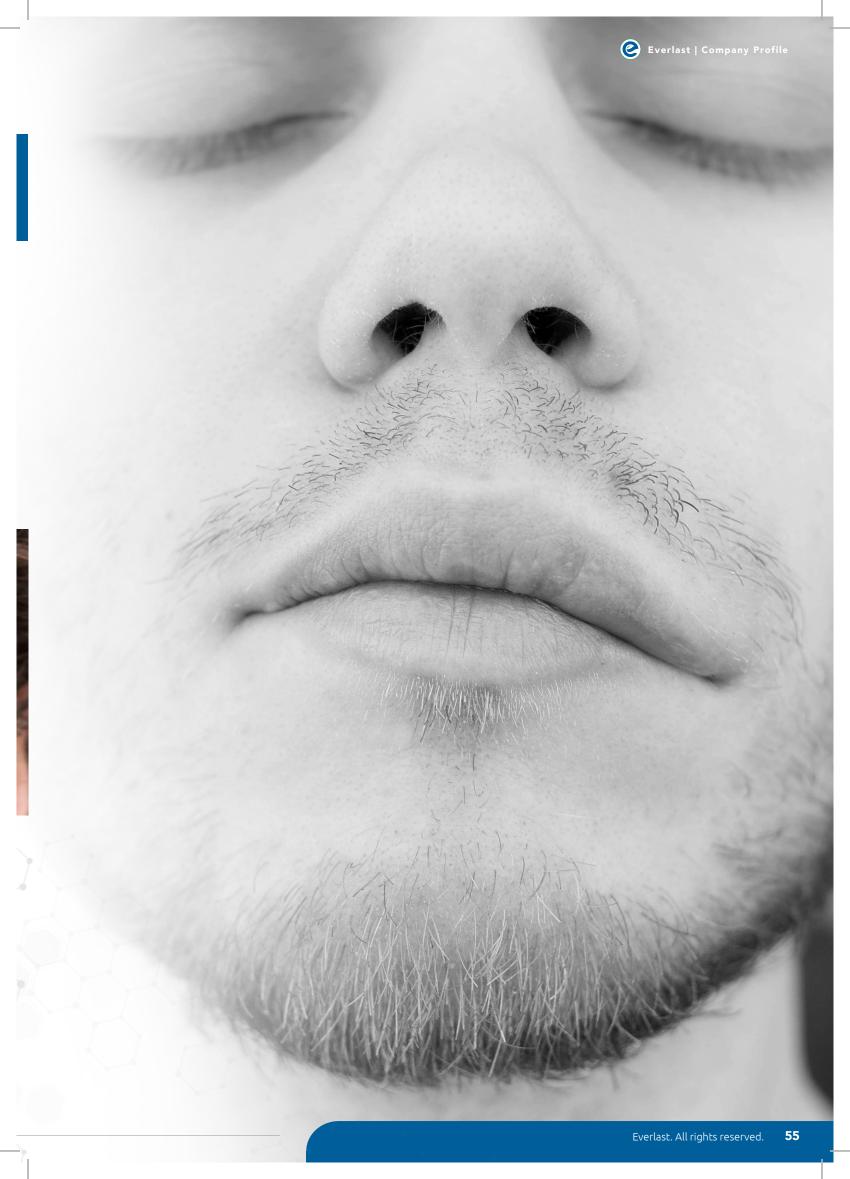
RESULTS

The cosmetic outcome improved in all cases, with significant amelioration of the preoperative facial asymmetry. Oral competence was enhanced by elevating the oral commissure and reinforcing the cheek, while a reduction of the symptoms related to lagophthalmos was achieved through increased support and decreased pull on the inferior eyelid.



This protocol proved to be a good alternative to other static reanimation procedures due to its straightforward techniques, availability, good outcomes, low complication rate, and ability to perform minor adjustments and corrections at any time.

CONCLUSION



FACIAL EXPRESSIONS

FIG 1 BASELINE PICTURE FOR THE PATIENT BEFORE THE TREATMENT.

BEFORE



KISSING

LIFTING EYEBROWS

FIG 2 PATIENT PICTURE AFTER THREADS, NEUROTOXIN AND DERMAL FILLER INJECTION.

AFTER



KISSING

LIFTING EYEBROWS

FACIAL EXPRESSIONS

FIG 1 BASELINE PICTURE FOR THE PATIENT BEFORE THE TREATMENT.

BEFORE



BLOWING

ANGRY

FIG 2 PATIENT PICTURE AFTER THREADS, NEUROTOXIN AND DERMAL FILLER INJECTION.

AFTER



BLOWING

ANGRY

FACIAL EXPRESSIONS

FIG 1 BASELINE PICTURE FOR THE PATIENT BEFORE THE TREATMENT.

BEFORE



SMILING

SAD

FIG 2 PATIENT PICTURE AFTER THREADS, NEUROTOXIN AND DERMAL FILLER INJECTION.

AFTER



SMILING

SAD

FACIAL ASYMMETRY MANAGEMENT POST AESTHETIC PROCEDURE CORRECTION



Facelift surgeries as well as Blepharoplasty (surgical removal of excess skin above and below the eyes) have yielded high satisfactory results for most patients who seek facial rejuvenation surgery and they are generally well adjusted in terms of their expectations. Unfortunately, in some cases, complications may occur at any stage between pre-op assessment and post-op care that would result in aesthetic deformities including facial asymmetry or facial palsy.



The aforementioned deformities are common and may be the result of injuring the facial nerve branches during flap dissection if the dissection is too deep. Additionally, the redraping of skin flaps at the end of the procedure, as well as the posterior pulling to create a swept look, if not executed carefully may cause distortions to facial features.

In order to correct such deformities, the careful administration of paralytic agents like Botox can be used on the non-paralyzed side to improve facial symmetry. Patient cases that experience persistent contour deformities can enhance their appearance by injecting dermal fillers or fat to restore natural looking and desirable results.

FACIAL ASYMMETRY MANAGEMENT WRONG INJECTION CORRECTION



The most common and sought after aesthetic treatments are injectables such as Botox and Fillers. Such treatments have become increasingly popular amongst those who desire to pause signs of aging or add volume to enhance their facial features. Unfortunately, mishaps can happen as a result of the wrong choice of dosage, lack of experience or training in administering these injections, and mismatching the type of product used with the particular needs of the case.





These mishaps become visible in the form of asymmetrical facial features such as overly plumped and unnatural cheeks, exaggerated voluminous lips, a drooping eyelid, or overarching eyebrows. There are myriad ways of correcting these errors and restoring natural-looking facial features. The most important aspect to keep in mind is avoiding the repetition of that bad experience, which is why patients must go to a licensed, trained, board-certified professional.

While this may seem counterintuitive, injecting botox into the stronger side of the face in order to limit muscle contraction will aid in loosening the muscles and restoring facial symmetry. Furthermore, for dermal filler correction, if the fillers are hyaluronic-acid based, then they can be dissolved whereas if they are not, expert injectors can artfully reinject botox and fillers to adjust the overall contour of the face.

FACIAL ASYMMETRY MANAGEMENT NERVE TREATMENT CORRECTION



The facial nerve is the 7th cranial nerve and carries nerve fibers that control facial movement and expression. The facial nerve has five main branches, which are: frontal (or temporal), zygomatic, buccal, marginal mandibular, and cervical. Each of these branches provides input to a group of muscles of facial expression.

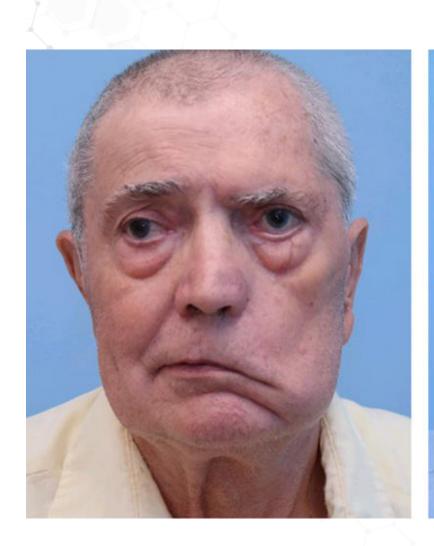
- Frontal (temporal): The muscles of the forehead
- Zygomatic: The muscles involved in forceful eye closure
- Buccal: The muscles involved in moving the nostril, upper lip, spontaneous eye blinking, and raising the corner of the mouth to smile.
- Marginal mandibular branch: The muscles involved in depressing the lower lip
- Cervical: lower chin muscle (platysma), often tensed during facial hair shaving. It also lowers the corner of the mouth



The injury sustained by the patient shown has clearly resulted in neurological damage that has caused their facial features to lose symmetry as seen in the before images. However, with the support of a custom combination treatment that includes thread lift, neurotoxin, and dermal fillers, the after images show a great improvement in the patient's facial expressions.



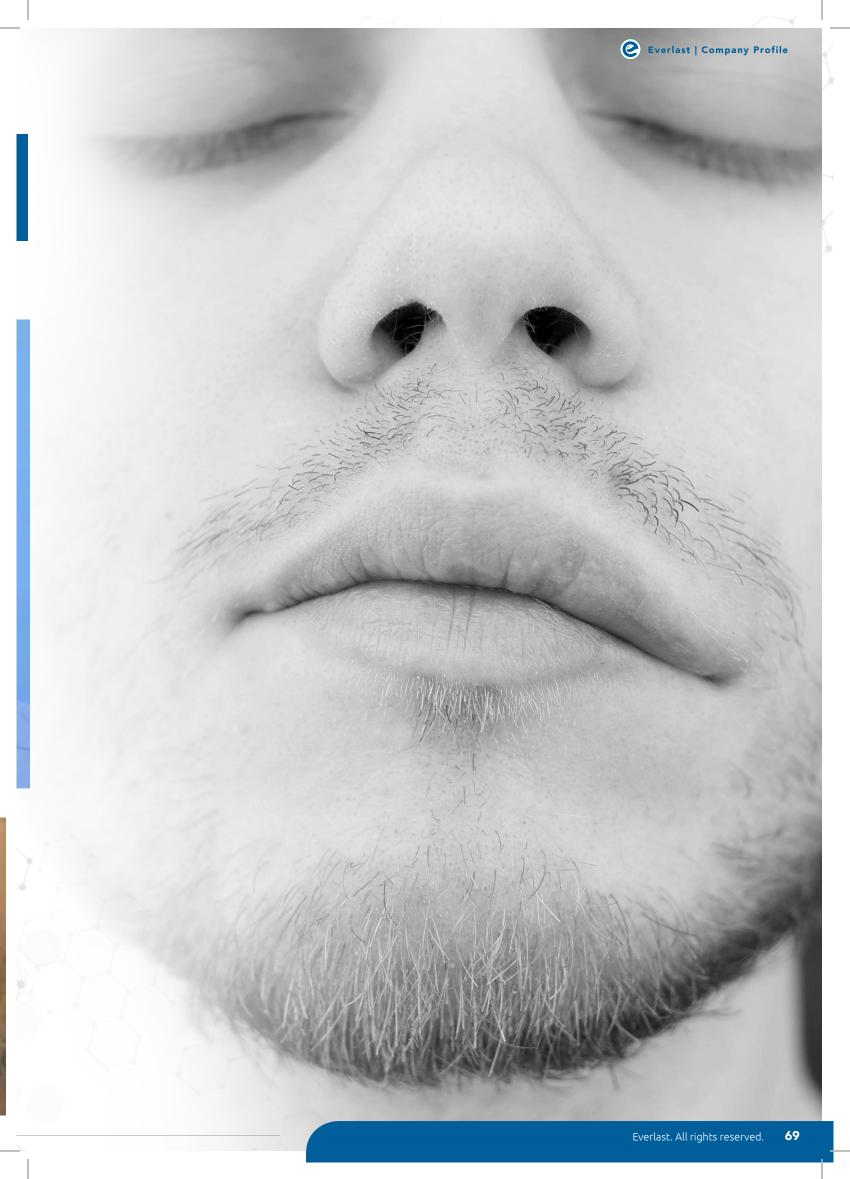
FACIAL ASYMMETRY MANAGEMENT OTHERS





Paresis of the facial nerve after stroke causes functional and aesthetic defects, manifested by facial asymmetry with muscle impairment of the lower half of the face, drooping of the corner of the mouth, dribbling from the corner of the mouth, and asymmetrical smile. The appropriate pathway to treat stroke cases is by forming a systemic protocol with the support of a team of medical experts which includes a neurologist and a physical therapist.





VITILIGO MANAGEMENT





The gradual spread of smooth white patches across the skin of a person's extremities and face is a skin disorder known as "Vitiligo". This condition occurs when melanin-producing cells are destroyed by the body's immune system, causing the skin to lose its pigment. The amount of skin impacted varies between patients where loss of pigment can range from a few focal points to widespread depigmentation.



While there is no cure for vitiligo, medical treatments that create a uniform skin tone do exist and achieve so by either restoring color (repigmentation) or eliminating the remaining color (depigmentation). Common treatments include repigmentation therapy, light therapy and surgery.



PSORIASIS MANAGEMENT





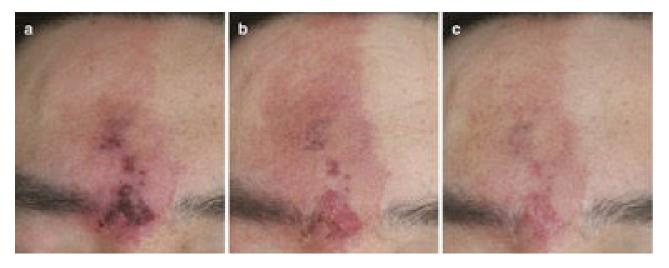
Psoriasis is a chronic autoimmune that results in the buildup of skin cells due to a sped-up skin production process. The typical life cycle of a skin cell is one month while in people with psoriasis, the production of new cells may form in just a matter of days. Because of this, skin cells don't have time to fall off. Scales typically develop on joints, such elbows and knees however, they may develop anywhere on the body.



The most common symptoms of psoriasis include red, raised, inflamed patches of skin, whitish-silver scales or plaques on the red patches, and dry skin that may crack and bleed. While Psoriasis has no cure, there are treatments that aim to reduce inflammation and scales, slow the growth of skin cells, and remove plaques. These treatments include applying topical ointments and creams, oral or injectable systemic medications, and light therapy.



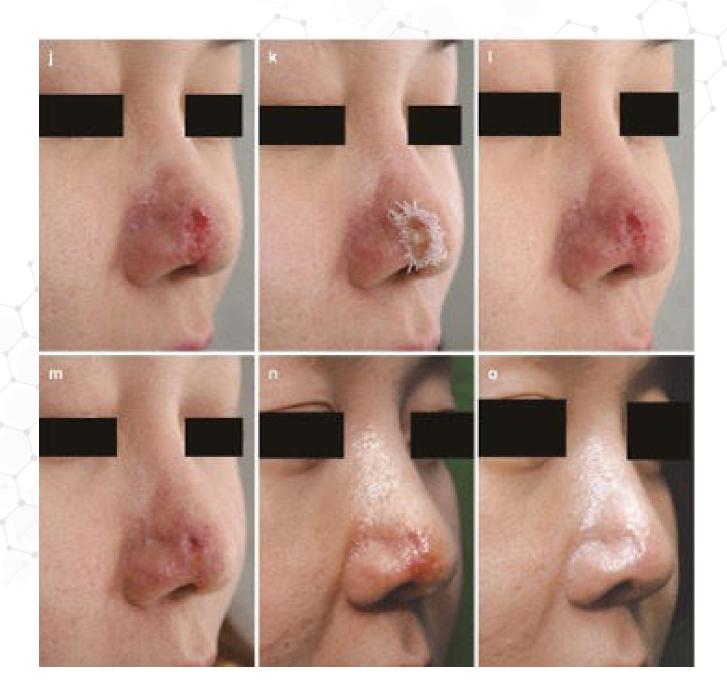
RECONSTRUCTIVE TREATMENT / MANAGEMENT NECROSIS TREATMENT / MANAGEMENT CASES





In some surgical cases, such as breast cancer patients receiving a mastectomy, the breast skin may potentially not heal properly because the network of blood vessels that supply blood to the tissue were damaged. When the blood flow to the skin diminishes, portions of the skin on one or both breasts can wither and scab. This breakdown of tissue is called "necrosis."

Some symptoms of necrosis of the breast skin include the skin turning dark blue or black and eventually developing scabs and/or open wounds, which is why it is extremely important to work with your care team to make sure you get the proper treatment for necrosis. If the size of the impacted area is large, the skin may need to be surgically replaced using a skin graft, meaning that a sample of healthy skin will need to be taken from another place from your body. After the skin has healed and any infection has cleared, you could have another surgery to correct any distortion to the breasts that occurred because of the skin necrosis.



ACCIDENT TREATMENT / MANAGEMENT MANAGEMENT CASES



BASELINE

AFTER DEBRIDMENT AND SVF

Car accidents can lead to significant facial trauma, leaving delicate structures like the nose crooked, bent or scarred and the face deformed. Cuts and abrasions sustained elsewhere may also refuse to completely fade and may be unsightly, especially when they are visible on the face. Scar revision is an option to minimize the extent or visibility of scars.





AFTER 5 DAYS

This can be accomplished with the use of various techniques depending on the shape, breadth and depth of the scar and the area of the face on which the scar is located.

AFTER 8 MONTH 12 DAYS



RECONSTRUCTIVE TREATMENT / MANAGEMENT POST CANCER TREATMENT / MANAGEMENT CASES





Radiation therapy is a cancer treatment. It uses X-rays to destroy cancer cells and shrink malignant tumors. Radiation therapy is effective on many different types of cancer. A common side effect is a skin condition called radiation dermatitis, also known as X-ray dermatitis or radiation burns.

During the first week or two of radiation treatment, you may notice a faint redness and your skin may become itchy or tender. After three to four weeks, your skin may become dry and peel, or you may notice moist areas. Later effects of radiation may include darkening or thinning of the skin.



People can treat the symptoms of radiation dermatitis at home using soothing skincare routines. Healthcare teams may also provide creams and other treatments such as light and laser therapy can be considered to improve the patient's condition.

C



IMMUNITY **RE-ENGINEERING**



IMMUNITY RE-ENGINEERING

What are Vitamins and Minerals?

Vitamins are organic nutrients that are essential for life. Our bodies need vitamins to function properly. We cannot produce most vitamins ourselves, at least not in sufficient quantities to meet our needs. Therefore, they have to be obtained through the food we eat.

A mineral is an element that originates in the Earth and always retains its chemical identity. Minerals occur as inorganic crystalline salts. Once minerals enter the body, they remain there until excreted. They cannot be changed into anything else. Minerals cannot be destroyed by heat, air, acid, or mixing. Compared to other nutrients such as protein, carbohydrates and fat, vitamins and minerals are present in food in tiny quantities. This is why vitamins and minerals are called micronutrients, because we consume them only in small amounts.

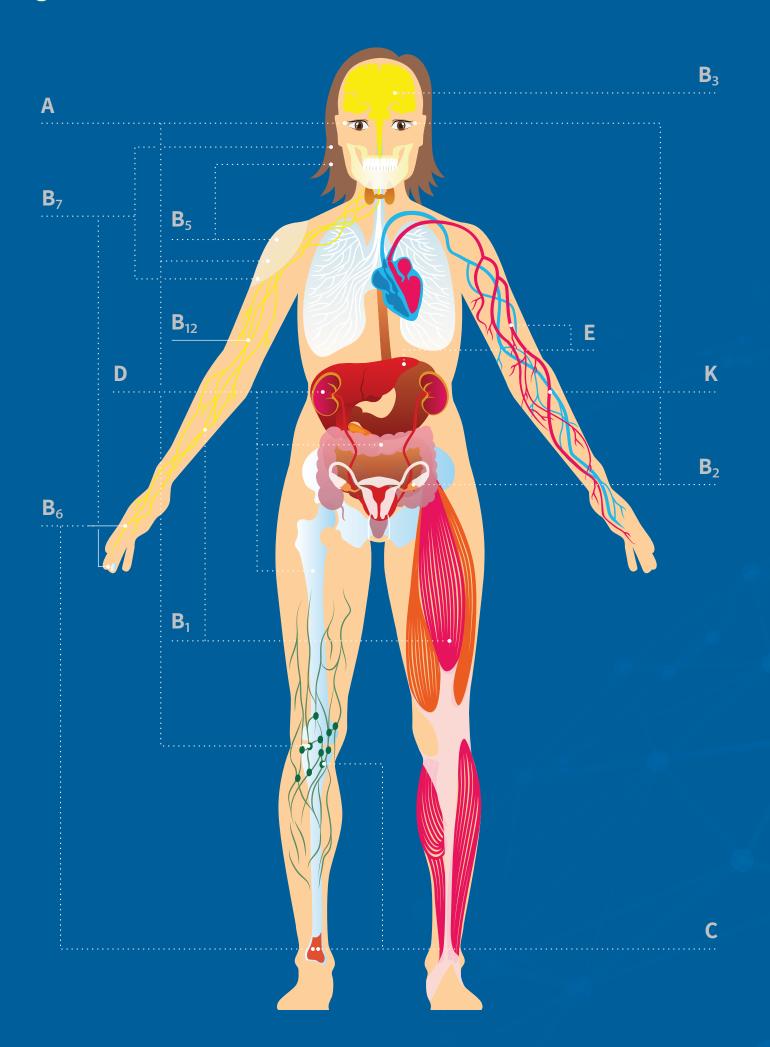
Each of the vitamins and minerals known today has specific functions in the body, which makes them unique and irreplaceable. No single food contains the full range of vitamins and minerals, and inadequate nutrient intake results in deficiencies. A variety of foods is therefore vital to meet the body's vitamin and mineral requirements.

Of the known vitamins, four are fat-soluble. This means that fat or oil must be consumed for the vitamins to be absorbed by the body. These fat-soluble vitamins are A, D, E and K. The others are water-soluble: these are vitamin C and the B-complex, consisting of vitamins B_1 , B_2 , B_6 , B_{12} , niacin, folic acid, biotin, pantothenic acid and choline.

Minerals are divided into two categories: macrominerals and trace minerals/trace elements. As implied by their name, macrominerals are required by the body in larger quantities (more than 100 mg daily) than trace elements. To meet our requirements for some macrominerals we need to consume sufficient and varied food. The trace minerals are so named because they are present in relatively small amounts in the body. If we were to pool the requirements for trace minerals, they would produce only a bit of dust, hardly enough to fill a teaspoon. Yet they are no less important than the macrominerals or any of the other nutrients. The trace mineral contents of foods depend on soil and water composition and on how foods are processed.

There are over two dozen minerals that are used by the body in various roles. In this booklet, we highlight only the minerals whose intake might become inadequate if access to a diverse diet is restricted.





VITAMINS AND ASSOCIATED BODY FUNCTIONS

Vitamin A

Eyes, immune system, skin, genes, growth

Vitamin D Skin (formed in), intestines, kidneys, bones

Vitamin E Antioxidant, blood cells, stored in live

Vitamin K Blood (clotting)

Vitamin B₁ Energy metabolism, nerve and muscle activity

Vitamin B₂ Energy metabolism, growth and reproduction, vision

Vitamin B₃ Energy metabolism, neurological processes

Vitamin B₅ Skin and hair, wound healing, blood lipid profile

Vitamin B₆ Nerve activity, blood formation, DNA

Vitamin B₇ Hair, nails, skin

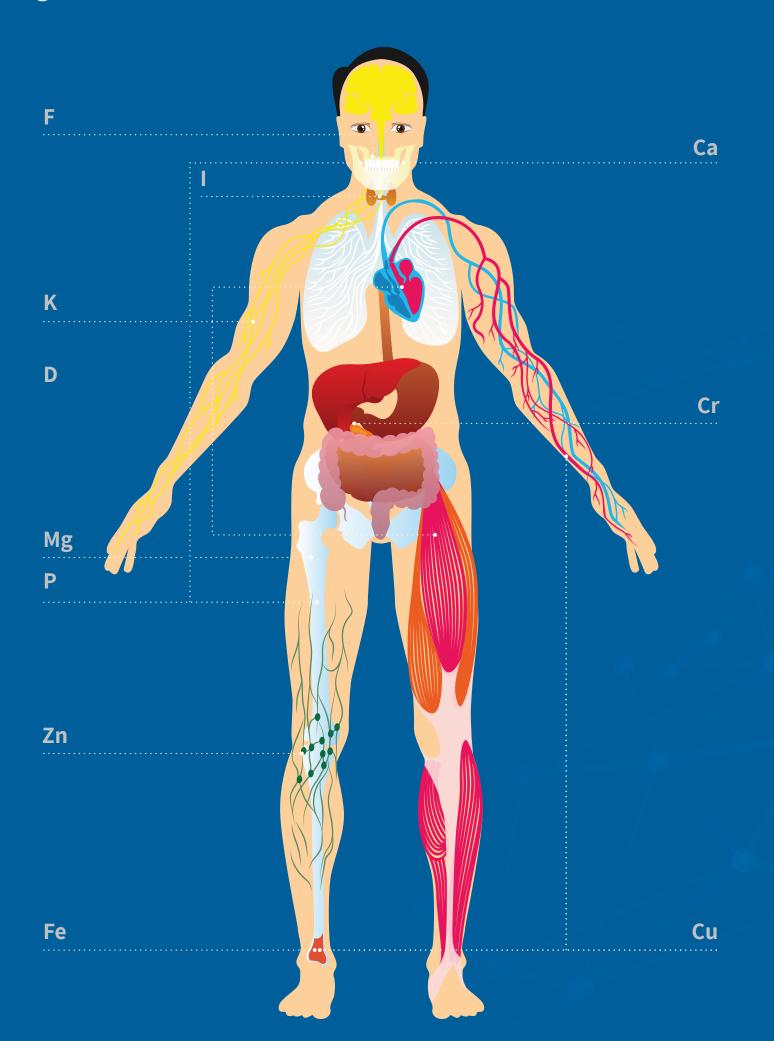
Vitamin B, DNA synthesis

Vitamin B₁₂ Nerve activity, neurotransmitters

Vitamin C Antioxidant, iron absorption, immune system

Choline

Nerve activity, gene expression



MINERALS AND associated body functions

Calcium (Ca) Eyes, immune system, skin, genes, growth

Magnesium (Mg) Bones, energy metabolism

Phosphorus (P) Bones, teeth, energy metabolism, genes

Potassium (K) Nerve and muscle activity, blood pressure

Chromium (Cr) Metabolizing starches and fat, insulin activity

Copper (Cu) Energy metabolism, blood formation

Fluoride (Fluorine, F) Teeth and bones

lodine (I) Thyroid function

Iron (Fe) Blood production

Selenium (Se) Antioxidant

Zinc (Zn) Gene expression, immune function

COVID IMMUNITY RE-ENGINEERING

- The Everlast Wellness healthcare enterprise has served the community of Abu Dhabi for the past 4 years via its medical center and continues to do so with additions of a new branch and establishment of Everlast Academy, while we further our Vision of "Wellbeing for all".
- Our unwavering sense of social responsibility to provide the residents of Abu Dhabi with the highest quality of healthcare and wellness services that serve to uplift the awareness of a healthy lifestyle show our commitment to this community, and has been integral to the success that allows Everlast Academy to meet our local communities growing needs and expectations.
- Our vision and dedication to this cause has allowed us to build a relationship of mutual trust and respect with the local community; our loyal clientele recognizes our ongoing efforts and appreciates our devotion to their health.
- With the goal of a safe and healthy Abu Dhabi community, Everlast Academy considers it their social responsibility to support the Abu Dhabi government in this local and global health crisis.
- We believe that our role as pioneers of wellness healthcare in Abu Dhabi puts us in a unique position to serve the community of Abu Dhabi during this global epidemic. In this proposal, we outline how we intend to stand with and support the government of Abu Dhabi in their stride to contain and combat Covid-19.
- In line with our goals, Everlast Academy has stepped up to the task and will shoulder the responsibility of introducing a "Wellness Program", which is clinically supported by international scientists and evidence-based practices, as outlined in this portfolio.
- Everlast Academy aims to propose the implementation of "High Dose Vitamin C Preventive Therapy to the citizens of Abu Dhabi as part of our plan to holistically increase the immune system- fighting ability of the human body and maintain a quality of life.
- In this project, Everlast Academy has coordinated with an internationally recognized orthomolecular scientist from Japan, Dr. Atsuo Yanagisawa, President of International Society for Orthomolecular Medicine and Japanese Society for Orthomolecular Medicine.
- Everlast Academy management strongly aspires that through our collaborations with Dr. Yanagisawa and clinical expertise of Everlast doctors with the combined and synergized efforts, support and approval of the Department of Health and Abu Dhabi Government; we will be able to implement a Preventive Therapy of Vitamin C to the residents of Abu Dhabi against our fight to Covid-19.

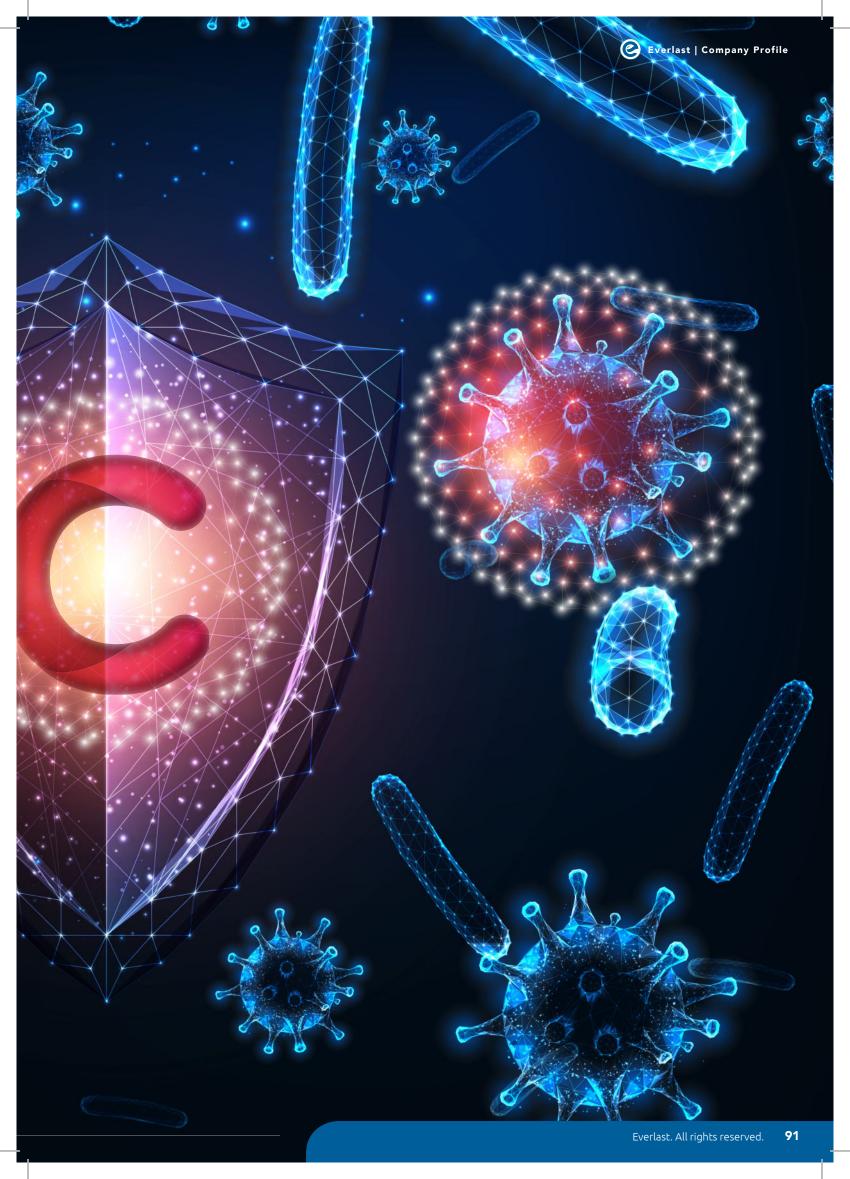
The proposed formulated IV therapies with optimal dosages of key elements and vitamins for optimal absorption, maximizing the overall efficacy of each and every infusion has proven to be functional, safe and cost-effective method of securing the welfare of the community. These dosages are safe and effective in boosting the body's natural immune system in fighting off viruses, infections and a myriad of other illnesses.

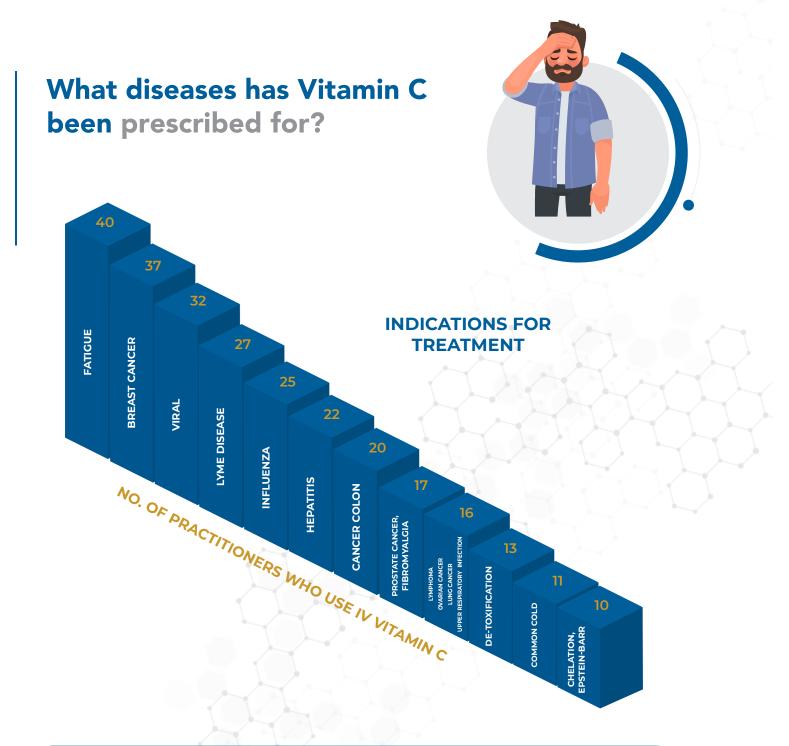
- Vitamin C therapy has been historically used against various diseases such as pneumonia and kidney diseases, and has even shown efficacy in other cases of viral epidemics such as the recent SARS Epidemic and the Common Cold Epidemic of the 1900's. Humans have benefitted from Vitamins C's ability to increase the body's defenses and reduce the recovery time when under attack.
- This Vitamin is an antioxidant and acts to "clean up" the body from damaging free radicals. We advocate for the use of Vitamin C in our program due to the various proven comprehensive benefits of the Vitamin outlined in this proposal. This safe and effective vitamin can serve as preventive measure for healthy residents of Abu Dhabi, who wish to take an extra layer of precaution and arm themselves against outside pathogens. This positive intervention can serve the community at large, protect the young and old with minimal change in their usual lives.
- We hope to forge this program in collaboration with the Government of Abu Dhabi and continue our legacy of Health and Wellness in the region.

With our modest and humble deeds, we aspire your acceptance and collaboration towards our proposal.



Clinical Studies of VITAMIN C





Of 199 survey respondents (out of 550), 172 practitioners administered IV vitamin C to 11,233 patients in 2006 and 8876 patients in 2008.

Average dose was 28 grams every 4 days, with 22 total treatments per patient. Estimated yearly doses used (as 25 g/50 ml vials) were 318,539 in 2006 and 354,647 in 2008.

Common reasons for treatment included infection, cancer, and fatigue.

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2020 Covid-19

China is conducting a clinical trial of 24,000 mg/day of intravenous vitamin C to treat patients with coronavirus and severe respiratory complications.

Participants will receive IV Vitamin C for 7 days straight at Zhongnan Hospital of Wuhan University.



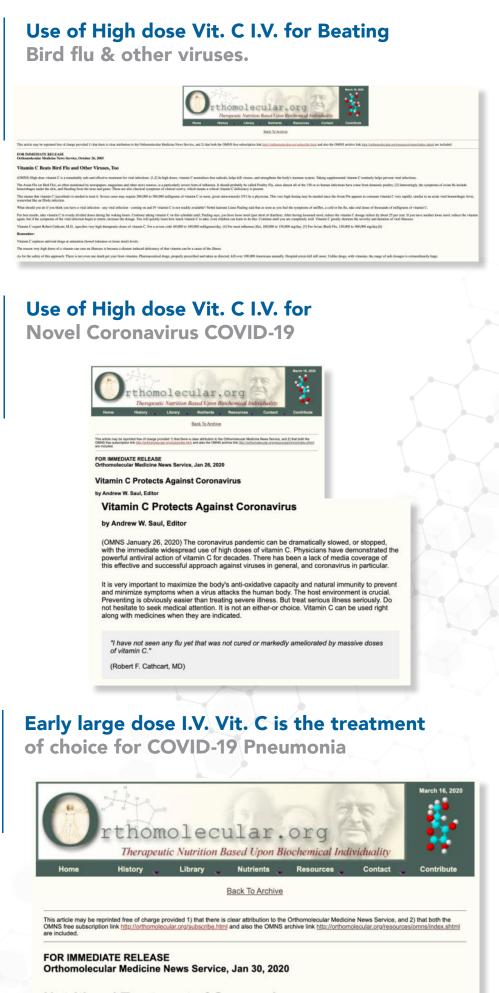
To fight a dangerous virus for which there is no existing medical treatment,

You must rely on your own immune system.

It is well established that you need vitamin C to make your immune system work well, or to even work at all. Inadequate vitamin C intake is a worldwide problem that can be immediately and economically fixed. With even modest amounts of supplemental vitamin C, deaths will decrease. In One study, a mere 200 mg of vitamin C/day resulted in an **80% decrease in deaths among severely ill, hospitalized respiratory disease patients.**



Chinese Center for Disease Control and Prevention CCDC Weekly / Vol. 2



Nutritional Treatment of Coronavirus

by Andrew W. Saul, Editor



Hospital-based I.V. Vit. C treatment for

COVID-19 and related illness.



FOR IMMEDIATE RELEASE Orthomolecular Medicine News Service, Feb 2, 2020

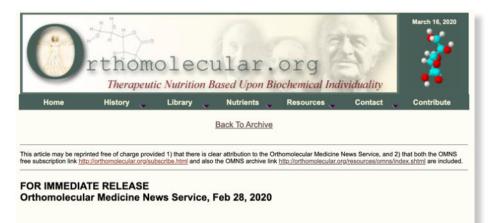
Hospital-based Intravenous Vitamin C Treatment for Coronavirus and Related Illnesses

by Andrew W. Saul and Atsuo Yanagisawa, MD, PhD

COVID-19 Patients in China to be treated with High-Dose Vit. C



Use of High dose Vit. C I.V. for COVID-19



Vitamin C and COVID-19 Coronavirus

by Damien Downing, MBBS, MRSB and Gert Schuitemaker, PhD



International Society For Orthomolecular Medicine Proposed Prevention Therapy of NOVEL Coronavirus

(COVID-19) Infection

Safety of High-dose

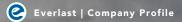
Vit. C. I.V.

- (OMNS December 16, 2019) The 36th annual report from the American Association of Poison Control Centers shows ZERO DEATHS FROM ANY VITAMIN.
- The AAPCC report shows NO DEATHS FROM ANY DIETARY MINERAL supplement.
- There were NO FATALITIES FROM AMINO ACIDS, creatine, blue-green algae, glucosamine, or chondroitin.
- There were NO DEATHS FROM HERBS.
- This means no deaths at all from blue cohosh, echinacea, ginkgo biloba, ginseng, kava kava, St. John's wort, valerian, yohimbe, ma huang/ ephedra, guarana, kola nut, or yerba mate. And, there were no deaths from energy drinks.
- While the Orthomolecular Medicine News Service considers a number of these items to be improperly classified as dietary supplements, they are nonetheless specified by AAPCC as causing zero fatalities.
- There were NO DEATHS FROM ANY HOMEOPATHIC REMEDY, Asian medicine, Hispanic medicine, or Ayurvedic medicine. None.
- Throughout the entire year, coast to coast across the entire USA, there was not one single death from a vitamin, mineral or any other nutritional supplement. If supplements are allegedly so "dangerous," as the FDA, the news media, and even some physicians still claim, then where are the bodies?



Loading & Maintenance Preventive Dose for High Risk

Recommended Preventive Loading Dosage and Reconstitution	
 Vit. C. I.V. 25g Sterile water-250 mL 50% Vitamin C- 50 mL (25g) 0.5M Magnesium sulfate- 20 mL Add Vitamin B complex Drip for 40-60 min 	
Essential Vitamins	Recommended Preventive Maintenance Dose
Vitamin C	Vitamin C: 3,000 milligrams (or more) daily, in divided doses. (1000mg every 8 hours)
Vitamin D3	Vitamin D3: 2,000 International Units daily. (Start with 5,000 IU/day for two weeks, then reduce to 2,000)
Zinc	20 mg daily
Magnesium sulfate	400 mg daily (in citrate, malate, chelate, or chloride form)
Selenium	100 mcg (micrograms) daily



EVERLAST CLINICAL DERMATOLOGY (TISSUE CORRECTION)

Everlast Wellness Dermatology Department offers patients comprehensive services for medical skin conditions, as well as beauty procedures related to the skin. The secret to Everlast's dominance as the top choice is the amalgamation of scientific excellence with a touch of personal care.

Our board certified clinical dermatologists understand that beauty is skin deep and that underlying cause must be treated. Acne, Rosacea, Urticaria, Eczema, Psoriasis, Vitiligo, Dermal Lesion and Pigmentation disorders are just a few of our areas of expertise. Our holistic approach to treating your skin concerns will leave you looking and feeling like the best version of yourself, once again.

everlast clinical dermatology (tissue correction)

WHAT IS MILIA?

Milia are small, dome-shaped, non-harmful, bump-like superficial protein formations which are usually white and yellow in color on the skin surface. These are commonly found in the cheeks, face and anywhere in the body.



WHAT IS MILIA TREATMENT?

Everlast's Milia Treatment is a permanent, non-surgical procedure which aims to remove Milia in different parts of the body. From manual extraction to medical grade facials, cryotherapy or even minimally invasive procedures, we got you covered.

everlast clinical dermatology (tissue correction)

WHAT IS URTICARIA?

Urticaria, also known as hives, is characterized by raised, red or skin colored itchy bumps, sometimes accompanied by swelling of the subcutaneous or interstitial tissue that may be painful or warm. It may appear in any part of the body.



HOW DO THE TREATMENTS FOR URTICARIA WORK?

Our clinical dietitian and wellness physician will work closely with you to plan your specific program which may include clinically approved pharmacologic supplements and medications, avoidance of triggers and other lifestyle modifications to keep your immune system well and avoid hypersensitivity reaction. Lab tests and food allergy tests are also carried out to fully implement a program that is not just specific but also extremely safe.

EVERLAST CLINICAL DERMATOLOGY (TISSUE CORRECTION) ELECTROCAUTERY & CRYOTHERAPY FOR WARTS AND SKIN TAGS TREATMENT

WHAT IS ELECTROCAUTERY AND CRYOTHERAPY?

Electrocautery and Cryotherapy are specialized removal of unwanted or harmful tissue in any parts of the body without bleeding. It is commonly applicable in the removal of benign moles, warts, skin tags, and skin lesions.



HOW DOES ELECTROCAUTERY WORK?

Electrocautery and Cryotherapy treatments are both fast and simple. Depending on assessment findings either of the treatments may be considered. In Electrocautery, an incision is performed using a small probe with a mild current to break or seal a tissue. In Cryotherapy, a pen compacted with the latest technology of extreme cold temperature is placed in the skin surface dropping the temperature which causes in the destruction of the concerned treatment site

EVERLAST CLINICAL DERMATOLOGY (TISSUE CORRECTION) PIGMENTATION DISORDER TREATMENT

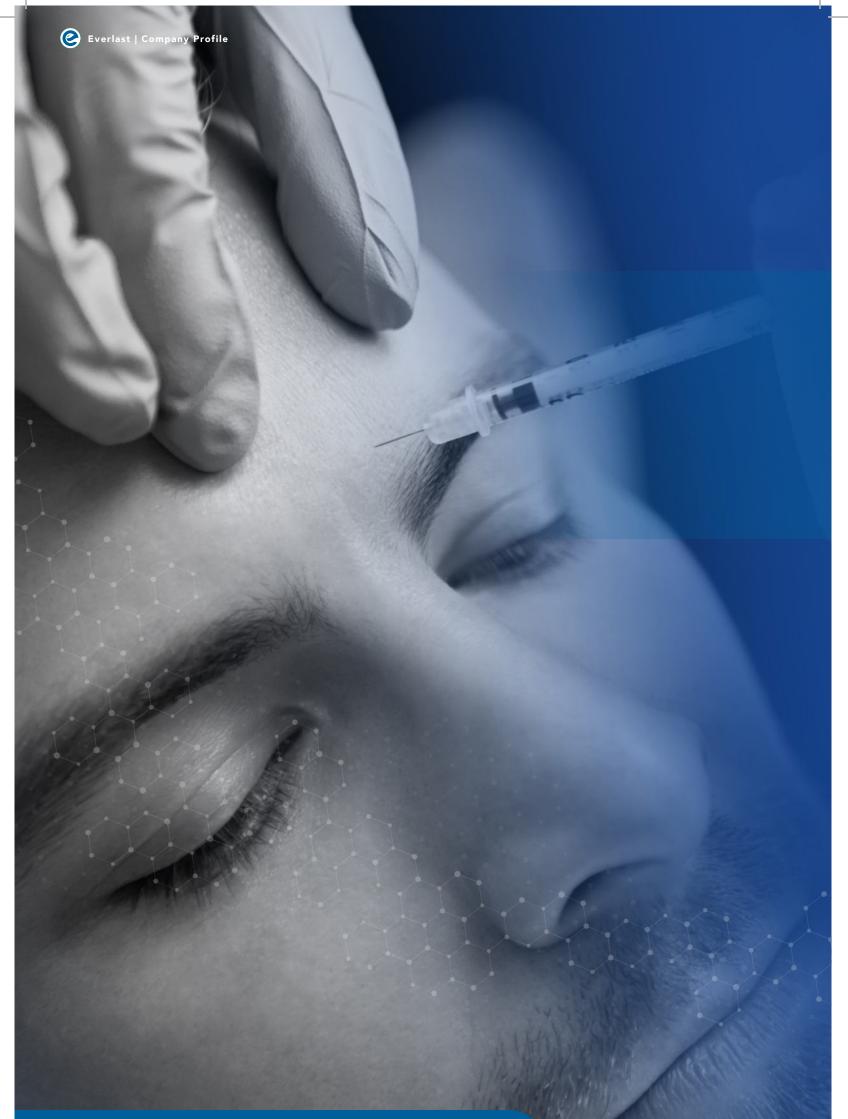
WHAT IS SKIN PIGMENTATION?

Pigmentation of the skin is characterized by discoloration, pigmentation and diffusion of melanin production which creates an appearance of blotchy, lighter or darker areas on some parts of the body.



HOW DOES SKIN PIGMENTATION WORK?

Minimization and reduction of size and triggering factors of the unwanted appearance of skin pigmentation is the major goal of the treatment. A therapeutic treatment plan after an extensive assessment which involves laser, energy based technologies, clinically proven and approved medications, medical grade facials and peels are just part of the treatment options that we'll work on to address your pigmentation concerns.





everlast INJECTABLE TREATMENTS

EVERLAST INJECTABLE TREATMENTS MESOTHERAPY FACE

WHAT IS MESOTHERAPY?

A medical aesthetic procedure that uses multiple micro-injections to introduce the purest form of Hyaluronic Acid into the mesodermal layer of the skin. Mesotherapy enhances volume and improves plumpness and firmness in the areas of the face and neck. It can be used for acne scars and wrinkles as well. EWMC being known for synergistic and effective treatment combinations, uses Meso Botox and other Meso supplements to promote total face rejuvenation.



HOW DOES MESOTHERAPY FOR FACE REJUVENATION WORK?

Mesotherapy uses micro superficial injections of either Hyaluronic acid, Botulinum Toxin A or other supplements such as vitamins and minerals into the mesodermal (middle layer of the skin) to boost cell activity, stimulate the production of collagen and elastin, treat artificial and total face rejuvenation.

EVERLAST INJECTABLE TREATMENTS PLATELET RICH PLASMA (PRP) FACIAL REJUVENATION

WHAT IS PLATELET RICH PLASMA?

PRP or Platelet Rich Plasma uses your own platelets, a component of your blood for faster recovery and wound healing of injured tissues, damaged skin and other intracellular injuries. A facial using PRP is commercially known as the "Vampire Facial".



HOW DOES PLATELET RICH PLASMA WORK?

Blood is drawn from you which will then be centrifuged. Plasma Centrifugation is the process of separating plasma from other blood components using a machine that rotates at a very high speed. The result will be a Platelet Rich Plasma. Once pure Plasma is obtained, it will be injected to the concerned area. Plasma contains growth factors that help injured tissue or damaged skin heal faster through stimulation of the body's natural repair process. This leads to the stimulation of collagen and elastin synthesis promoting total skin rejuvenation.

EVERLAST INJECTABLE TREATMENTS BOTULINUM TOXIN INJECTION (BOTOX)

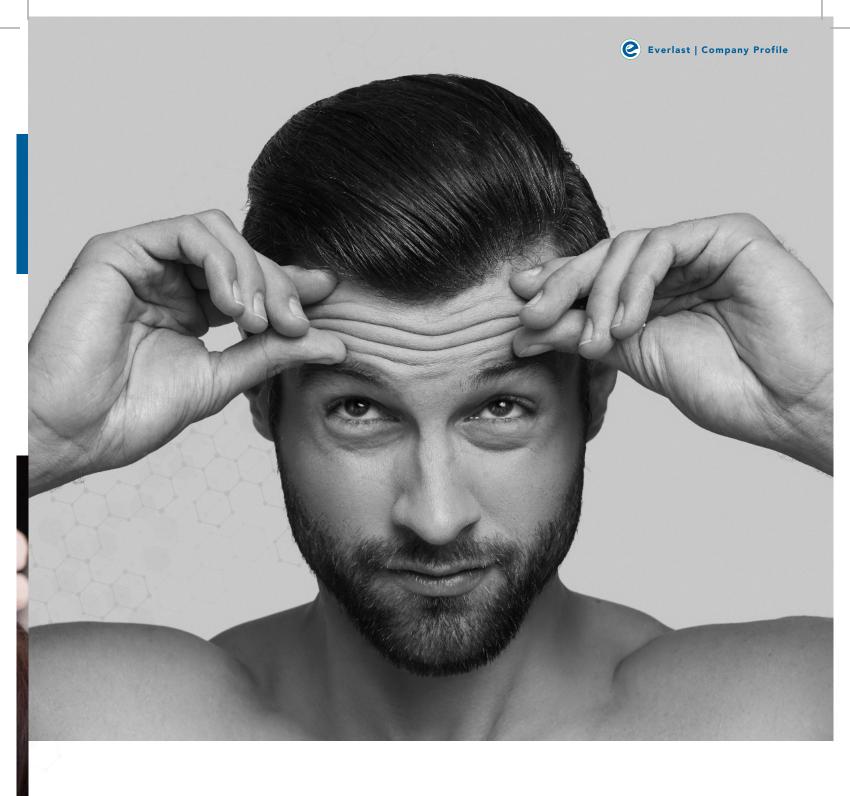
WHAT IS BOTOX TOXIN A INJECTION?

Botulinum Toxin A injection is one or if not the most popular aesthetic cosmetic procedure currently. It is basically an anti-wrinkle treatment. It is widely used to temporarily relax muscles causing wrinkles mainly on the forehead, in between the brows and the sides of the eyes.



HOW DOES BOTULINUM TOXIN A INJECTION WORK?

Botulinum Toxin A Injections prevent muscles to contract which causes it to relax. This helps in the prevention of the formation of new lines or wrinkles and softens existing ones. Botox Injection works in the treatment muscle only leaving surrounding areas not affected, maintaining normal facial expression.





EVERLAST INJECTABLE TREATMENTS BOTULINUM TOXIN INJECTION FOR HYPERHIDROSIS (BOTOX)

WHAT IS HYPERHIDROSIS?

Hyperhidrosis is the excessive sweating of a certain part of the body, underarm, hands, feet etc



HOW DOES BOTULINUM TOXIN A INJECTION WORK AGAINST HYPERHIDROSIS?

Botulinum toxin A is a FDA approved drug that temporarily blocks the nerve which causes excessive sweat. When Botulinum toxin A is injected to the problem area, it paralyzes the hyperactive nerve thus stops sweating.

EVERLAST INJECTABLE TREATMENTS DERMAL FILLER FOR FACE AND BODY VOLUME RESTORATION

WHAT IS A DERMAL FILLER?

Dermal Fillers are tiny injections of gels, usually Hyaluronic acid, that temporarily adds volume and structure to the face. It also promotes temporary improvement of facial wrinkles, acne scars and marks, skin pigmentations and even stretch marks. This treatment option is fast and proven effective in achieving smoother, plumper and younger looking skin.



HOW DOES DERMAL FILLER FOR FACE & BODY VOLUME RESTORATION WORK?

Dermal filler uses a gel-like product that acts as a scaffold under the skin providing framework and structure. The support that Dermal fillers give promotes a more defined physical feature. This treatment stimulates the natural collagen and elastin formation beneficial for the long term improvement of the skin.

EVERLAST INJECTABLE TREATMENTS STEM CELLS THERAPY FACE FOR TISSUE REGENERATION AND REPAIR

WHAT IS A STEM CELL TREATMENT?

A medical aesthetic treatment that uses Active Growth Factors to hasten recovery, improve skin quality, increase collagen and elastin production and generally enhance the results of aesthetic procedures. Stem cells treatment works best with several non-surgical procedures like Laser resurfacing, Micro-needling, Mesotherapy, Fillers to build collagen, Hair mesotherapy and to any other treatments that promote tissue regeneration.



HOW DOES STEM CELLS FOR TISSUE REGENERATION & REPAIR WORK?

In a Stem Cell treatment, a gel serum with active growth factors is applied on the face. A device with very fine spikes is then maneuvered by the doctor to promote deeper penetration of the serum resulting in a smoother and fresher looking skin.

EVERLAST INJECTABLE TREATMENTS LIPODISSOLVE FOR SUPERFICIAL DEPOSITS FATS REDUCTION

WHAT IS A LIPODISSOLVE TREATMENT?



Lipodissolve is a revolutionary aesthetic treatment that dissolves unwanted fats by introducing a specially prepared medical solution via micro injections. It is an effective alternative for liposuction.

HOW DOES LIPODISSOLVE FOR SUPERFICIAL DEPOSITS OF FATS WORK?

The solution is introduced to the target area, disrupting the fat cell, which then causes it to burst leading to the release of fat components. Through the body's natural inflammatory process, debris is cleaned and is spontaneously followed by the repair of the tissue injury. Collagen formation is stimulated leading to a firmer and denser skin.

EVERLAST INJECTABLE TREATMENTS SCLEROTHERAPY TREATMENT FOR VARICOSE VEINS

WHAT IS SCLEROTHERAPY?

A medical treatment that removes varicose veins through the introduction of a specialized medical solution that causes the collapse of the problem vein.



HOW DOES SCLEROTHERAPY TREATMENT FOR VARICOSE VEINS WORK?

Sclerotherapy uses a tiny needle to introduce a specialized solution directly into the varicose vein which irritates the vessel walls. The irritation causes swelling eventually collapsing the vein. Natural inflammatory process of our body cleans and absorbs the dead pigments resulting in a clearer, varicose vein free skin



EVERLAST INJECTABLE TREATMENTS FAT TRANSFER FOR HAND & FACE REJUVENATION

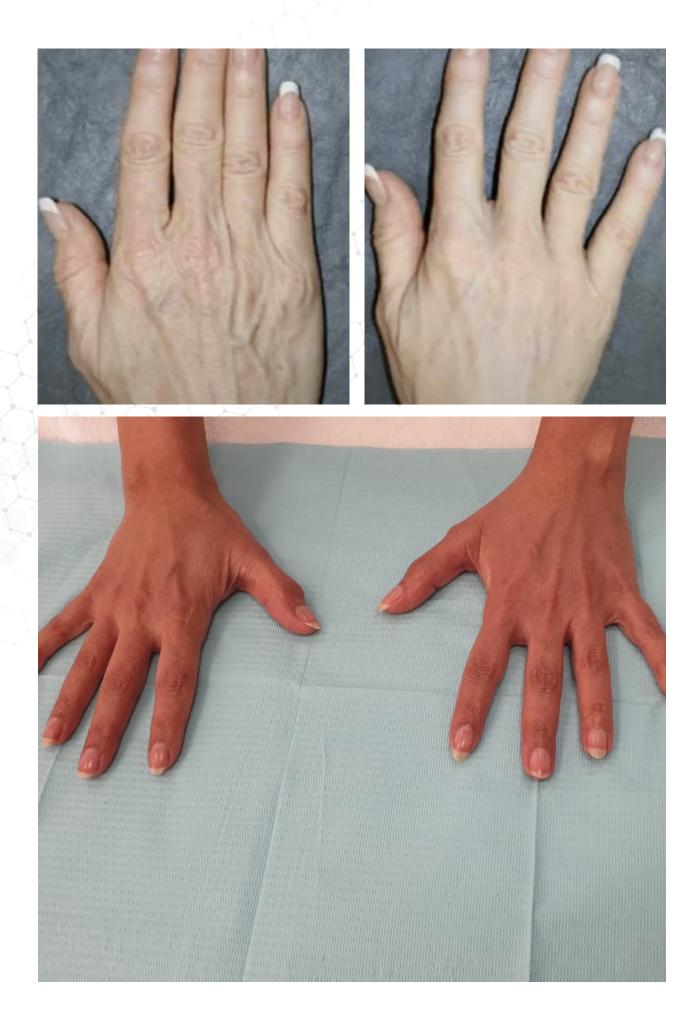
WHAT IS FAT TRANSFER?

Sometimes called fat grafting, Fat Transfer is a natural alternative to fillers and other volumizers to fill in areas where fat has diminished. Effects are natural looking, denser, long lasting and plumper rejuvenated skin.



HOW DOES FAT TRANSFER FOR HAND AND FACE REJUVENATION WORK?

Using the sterile technique, your own fat is collected using a special suction cannula. Fat transfer requires centrifugation to remove impurities through a machine that spins at very high speed. Fat is then introduced to the concern area by the surgeon and makes sure it is proportionally distributed according to requirement. Incisions made are dressed well to promote fast healing.



A HILL

EVERLAST SKIN CARE TREATMENTS

Our skin care treatments like Medical Grade Facials and Chemical Peels, Depigmentation Treatments, Hydrodermabrasion Treatments, Deep Facial and Body Cleaning, Microneedling and Skin Rejuvenation using radio frequency technology have allowed us to identify ourselves as the topof-the-list medical center for dermal and aesthetic treatments. Close to 11,500 treatments have been performed by our internationally trained medical staff and we continue to do more every day. Our patients leave our clinic beaming with healthier looking skin and new found confidence.

EVERLAST SKIN CARE TREATMENTS FACIAL AND BODY CHEMICAL PEEL

WHAT IS A FACIAL AND BODY CHEMICAL PEEL TREATMENT?

The facial and body chemical peel is the one of the oldest aesthetic procedures. This effective resurfacing procedure exfoliates dead skin cells, removes facial and body pigmentations, improves skin tone and texture, and lightens scars and wrinkles for a smoother and fresher looking skin. A choice between light, medium and deep chemical peel may be considered depending on the desired results.



HOW DOES FACIAL AND BODY CHEMICAL PEEL WORK?

A medical peeling solution is applied and properly distributed esp. to problem areas. Folds and narrow areas of the face are given equal attention as well. A retinol component is then applied that will help in collagen stimulation and skin rejuvenation. Finally, a calming cream is applied as anti-inflammatory with organic extracts for damage prevention and healing.

EVERLAST SKIN CARE TREATMENTS DEPIGMENTATION TREATMENT

WHAT IS A DEPIGMENTATION TREATMENT?

An aesthetic procedure that removes and lightens skin pigmentations caused by sun damage, aging, hormonal changes, scars and even Melasma by directly blocking the cause of the pigmentation using active ingredients.



HOW DOES DEPIGMENTATION TREATMENT WORK?

Medical solutions with active ingredients are applied evenly to the skin. Depending on the goal of the treatment and kind of solutions used, masks are left to stay for 4-8 hours. After the required time of mask placement is completed, it is then washed and the recommended cream is applied for specific timings of the day

EVERLAST SKIN CARE TREATMENTS HYDRADERMABRASION TREATMENT

Hydracool plus is a revolutionary multifunctional machine that offers a variety of treatments using the synergy of four technologies in one platform.

AquaB Technology – enables water molecules to penetrate the skin directly, thus providing a deep cleansing. It also helps improve the skin texture and removes blackheads.

VibroX Technology - this anti-aging facial technology enriches the oxygen in blood circulation and revives skin cells for rejuvenation, skin tightening, and the reduction of wrinkles and fine lines. The VibroX treatment wand uses vibration, CO2 microdermabrasion and red LED to produce a multitude of CO2 bubbles which enables our SRS cosmeceuticals to penetrate deeper into the skin.

Collagen+ Technology - Radio Frequency or RF evenly heats collagen, which encourages skin regeneration and lifts sagging skin.

UltraB Technology - this feature breaks down the molecular structure of skin moisturizing and hydrating products into smaller molecules enabling them to penetrate deeper into the skin.

The combination of these technologies and actions makes this professional hydra cool plus machine the perfect all-in-one treatment that cleanses, exfoliates, tightens, and hydrates your skin.



EVERLAST SKIN CARE TREATMENTS FACIAL AND BODY INTENSIVE CLEANING



WHAT IS A FACIAL AND BODY DEEP CLEANING TREATMENT?

Deep cleaning is a complete rejuvenation treatment that combines the use of the latest machines and the manual cleaning and extraction. This treatment does not just work deeply to remove impurities and dead skin cells but also aids in oily and clogged pores, acne problems, pigmentations and other skin concerns.

HOW DOES FACIAL AND BODY INTENSIVE CLEANING WORK?

The deep cleaning starts with a gentle cleanser or scrub to cleanse the skin surface and is then followed by the exfoliation process. A steam with specially prepared solution will be used to open the pores and work on the clogged ones. Manual extraction of black and whiteheads will be done after to make sure the goals of the deep cleaning is met. Organic masks are then laid specific on your skin concern. The treatment is completed with the application of a moisturizer & SPF cream to keep you moisturized and protected from the sun.

EVERLAST SKIN CARE TREATMENTS MICRONEEDLING FACIAL TREATMENT

WHAT IS A MICRONEEDLING FACIAL TREATMENT?

An aesthetic procedure that uses microneedles to improve skin texture & large pores, increase collagen synthesis, lighten scars and pigmentations and generally bright rejuvenated face. Microneedling is performed either through the latest laser machine or a mechanically maneuvered hand piece.



HOW DOES MICRONEEDLING FACIAL TREATMENT WORK?

In a mechanically microneedling hand piece, thousands of micro wounds are made by gently moving the pen-like machine in different directions and areas of the face. When lasers are used, the machine is directed to the desired treatment area where microneedles deliver fractionated radiofrequency to create hundreds of micro injuries to both the dermis and epidermis and promote collagen synthesis.

EVERLAST SKIN CARE TREATMENTS FRACTIONAL RADIOFREQUENCY FOR SKIN RESURFACING



WHAT IS A FRACTIONAL RADIOFREQUENCY (RF) FOR SKIN REJUVENATION?

A unique and emerging facial rejuvenation option that uses radiofrequency waves or dermal puncture with radio frequency to improve the appearance of pigmentations, wrinkles, scars, stretchmarks and uneven skin tone and deliver a smoother, firmer and younger looking skin.

HOW DOES FRACTIONAL RADIOFREQUENCY (RF) FOR SKIN REJUVENATION WORK?

A specialized portable hand piece with micro-pins is introduced to penetrate the skin. Radiofrequency then flows through the pins to deliver thermal energy to deeper layers of the skin promoting the body's natural healing process. The laser almost works the same with the prior option. It works exclusively in the target areas, emitting energy to both minimally ablate the skin and heat it spot by spot without affecting the surrounding areas. These actions stimulate the production of new collagen and generally improves any blemish or pigmentations and address texture concerns.

EVERLAST SKIN CARE TREATMENTS

WHAT IS AN LED FACE MASK?

A LED Face Mask is a specially designed face mask that delivers color light therapy as an anti-aging, acne reducing skin treatment.



WHAT CAN A SKINCARE TREATMENT USING A LED FACE MASK DO FOR ME?

- Rejuvenates skin, leaving it looking healthy and radiant
- Diminishes the signs of aging such as fine lines and wrinkles.
- Treats sun damaged skin
- Helps get rid of acne
- Effectively treats inflammation that leads to psoriasis, rosacea, and eczema.
- Promotes healing, making it a great post care treatment after receiving a more aggressive laser skin treatment.

WHO IS THE LED FACE MASK BEST SUITED FOR?

Color light therapy is ideal for men and women who are experiencing signs of aging due to collagen and elastin breakdown and slower cellular renewal that comes with age.



HOW DOES A LED FACE MASK WORK?

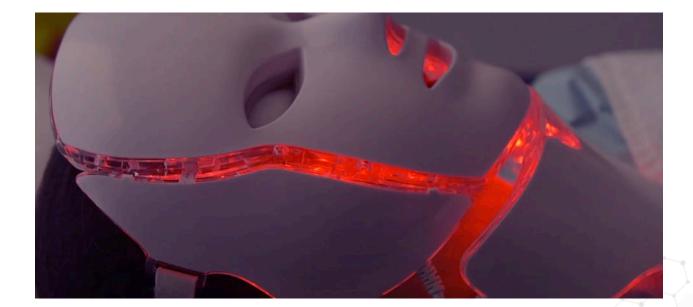
The LED Face Mask emits special wavelengths of light, which can include blue light wavelengths, red light wavelengths, and near infrared light wavelengths that penetrate the skin. These specially calibrated lights can stimulate the skin's production of collagen, get rid of acne causing bacteria and rejuvenate the skin's healing process.

HOW CAN A LED FACE MASK GET RID OF ACNE?

LED Face Masks use different wavelengths of light to treat specific skin maladies. With color light therapy, blue wavelengths are used to kill the inflammation causing bacteria that leads to acne, known as Propionibacterium Acnes. The blue light works in collaboration with infrared light that is also emitted during a skin treatment with an LED Mask. Infrared light emits gentle heat, which causes the oil glands in your skin to shrink. By eliminating acne causing bacteria and making the skin less oily, a LED Face Mask distinguishes itself to be a very effective treatment for getting rid of acne.

WHAT OTHER BENEFITS DOES BLUE LIGHT PROVIDE?

- Helps normalize oil production
- Has a deep cleansing effect.
- Protects against infection.
- Reduces congested skin.
- Ideal for people with adult acne that are unable to take, or have not responded to prescription acne medications.



WHAT ARE THE BENEFITS OF COLOR LIGHT THERAPY USING RED LIGHT?

Red light is primarily used to diminish the signs of aging. Red Light is clinically proven to stimulate the body's natural production of elastin and collagen, the proteins responsible for keeping the skin firm and toned, and providing the skin with laxity. Red light can also improve skin tone, correct hyperpigmentation, and leave the skin glowing.

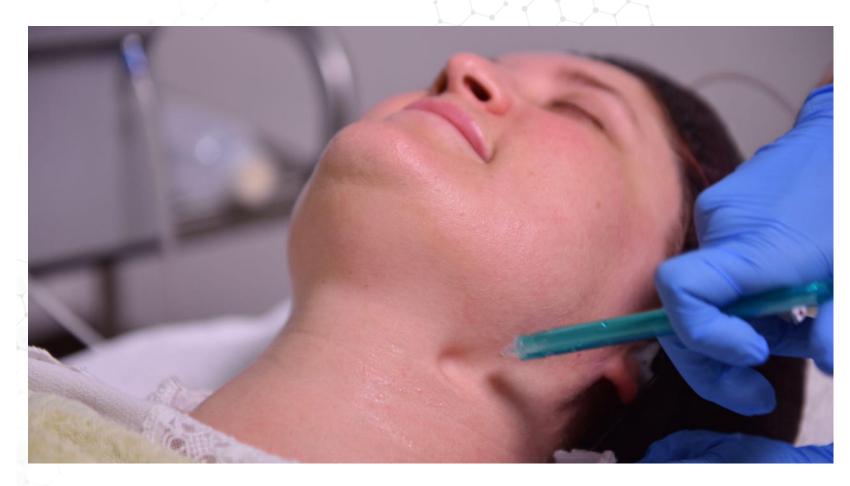
WHAT ARE THE BENEFITS OF COLOR LIGHT THERAPY USING NEAR INFRARED LIGHT?

The near infrared light is used for skin rejuvenation. It stimulates oxygen flow and blood circulation to the skin, which helps in scar healing and reduces pain. Click here to learn more about getting rid of acne scars.

HOW LONG DO LED FACE MASK RESULTS LAST?

Most patients enjoy their results for 180 days. However, optimal results are obtained when patients maintain their improvements with scheduled LED Facials, spaced 4 to 6 weeks apart.

EVERLAST SKIN CARE TREATMENTS MULTI-FUNCTIONAL MULTIPOLAR MESOTHERAPY SYSTEM



WHAT IS A MESOJET TREATMENT?

An advanced aesthetic treatment that administers antioxidants and minerals into the skin through a powerful, noninvasive and super fine stream of liquid - 7 times smaller than the tiniest needle, for a hydrated, tightened and rejuvenated skin. It's also known as the "Needle Free Mesotherapy"

HOW DOES MESOJET TREATMENT WORK?

The treatment starts with the lymphatic drainage followed by the exfoliation to ensure effective penetration of the supplements to be introduced. A powerful machine converts vitamins and minerals into accelerated liquids which are then infused as micro droplets through a specialized hand piece that stretches the skin and broadens the epidermis for effective serum absorption.



everlast ANTI-AGING PROGRAMS

They say age is just a number, but everyone wants to look and feel young. Our Anti-Aging programs have got everyone talking! By combining the expertise of specialists and dieticians, we have made it easier to manage the aging concerns of our clients. Customized diet programs, Thyroid Functions tests, Vascular analysis, Fat analysis, Assessment of Hormones, Vitamins & Minerals, Body Function Assessment and even Sleep and Stress Control programs will testify to Everlast's holistic approach in ensuring you feel fitter and healthier, and take years off of your actual age.

The diet was derived from our ancestral pre-agricultural eating habits. The specific diet composition of the hunter-gatherers facilitated a life of optimal weight with low risk of chronic diseases such as Diabetes and Cardiovascular diseases.

Paleo Diet

WHAT COMPRISES A SPECIAL DIET PROGRAM?

- High protein meal
- High fiber intake
- Low carbohydrate and lower glycemic index intake
- Moderate to higher fat intake mostly monounsaturated and polyunsaturated fats with balanced Omega-3 and Omega-6 fats
- Lower sodium and higher potassium intake
- Net dietary alkaline load that acid dietary balance
- High antioxidants, plant phytochemicals, vitamins and minerals intake

WHO WILL HELP ME PLAN MY SPECIAL DIET PROGRAM?

A licensed clinical dietician at Everlast will conduct an in-depth analysis to provide you with a meal program according to your specific needs and desired end results. The program will allow customizability whilst we continuously monitor and guide you so you can achieve those desired goals.

The thyroid is a small gland located in the lower-front part of your neck. Thyroid function test measures how well your thyroid gland is working. This includes measuring the levels of Thyroid hormone and Thyroid Stimulating Hormone.



HOW DOES THE THYROID FUNCTION TEST WORK?

A specialist physician will locate the brachial tendon using a standard clinical hammer. A specialized spring loaded reflex hammer is then cocked and placed on the tendon on the surface of skin by pushing a button. The attached sensing device detects the length of time the brachioradialis muscle relaxes after it contracts. The software combines the actual results, the previously answered questionnaire and other lab findings to come up with figures that represent the thyroid gland performance and recommend bioidentical hormones to correct deficiencies and imbalances.

A vascular systemic analysis is a non-invasive imaging examination that allows a physician to conduct a hemodynamic analysis of coronary blood flow and function based on parameters like the stiffness of the arterial walls of the heart and the vessels. Not only does this assist the physician in early diagnosis of Cardiovascular diseases, it gives a detailed account of the effects the current lifestyle, eating habits and smoking on vascular function.

HOW DOES VASCULAR SYSTEM ANALYSIS WORK?

Everlast uses a state-of-the-art scanning and imaging machine with a clipper that attaches to the index finger and displays resulting analysis on a screen for the interpretation of the doctor.

EVERLAST ANTI-AGING PROGRAMS FAT ANALYSIS FOR BODY FAT MEASUREMENT

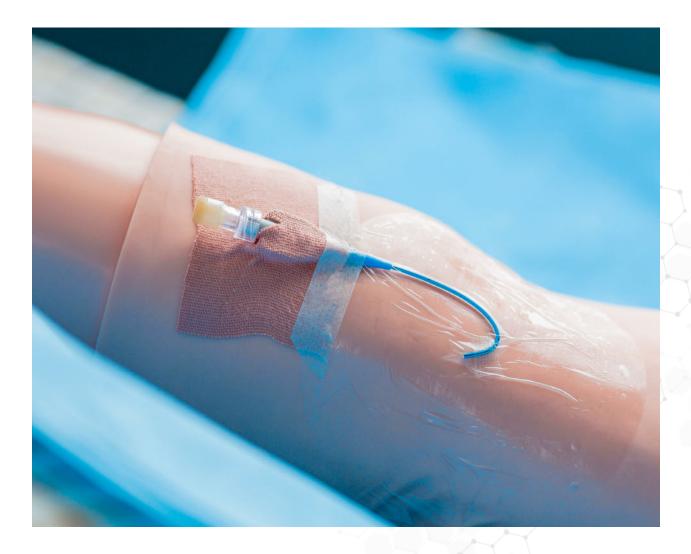
This new and comprehensive body analysis machine gives us accurate compositions of segmental lean mass including range references for body fat, weight, skeletal muscle mass, lean body mass, body fat percent, body and BMI.

HOW DOES FAT ANALYSIS FOR BODY FAT MEASUREMENT WORK?

The patient is requested to place the bare soles of his/her feet on the marked position on the base of the device and stand, lightly grasping the two easy-grip handles which are designed to precisely measure body composition by relaying multiple electrical voltages, giving an accurate reading of the four limbs and trunk. The whole procedure takes up to 2 minutes.

EVERLAST ANTI-AGING PROGRAMS ASSESSMENT OF HORMONES VITAMINS AND MINERALS

An in-depth analysis to identify and quantify essential body hormones, vitamins and minerals, and their synergistic effects in the patient's body to better address and understand the presenting complaint, and to diagnose and treat underlying hormonal deficiencies that may lead to diseases.



HOW DOES HORMONAL ASSESSMENT WORK?

Using the venipuncture method, blood will be drawn from the patient by a qualified nurse and sent for analysis. An electronic report is then conveyed to the physician for further discussions.

EVERLAST ANTI-AGING PROGRAMS ASSESSMENT OF BODY FUNCTION

A thorough assessment consisting of an all-inclusive rigorous analysis of different body functions and their efficiency ranging from blood sugar level, electrolyte kidney function, liver to fluid and electrolyte balance. A deviation from optimal range may be indicative of underlying undiagnosed illness.

HOW DOES ASSESSMENT OF BODY FUNCTIONS PROCEDURE WORK?

Using the venipuncture method, blood will be drawn from the patient by a qualified nurse and sent for analysis. An electronic report is then conveyed to the physician for further discussions.



High stress levels can make sleeping difficult as they drastically increase the body's physiological and psychological arousal in ways that are incompatible with the state the body and mind need to enter restorative sleep. This can lead to sleep disorders.

Our clinically structured one-on-one analysis of your sleeping pattern, common stressors and coping mechanisms in managing stress will identify and treat stress related sleep disorders.





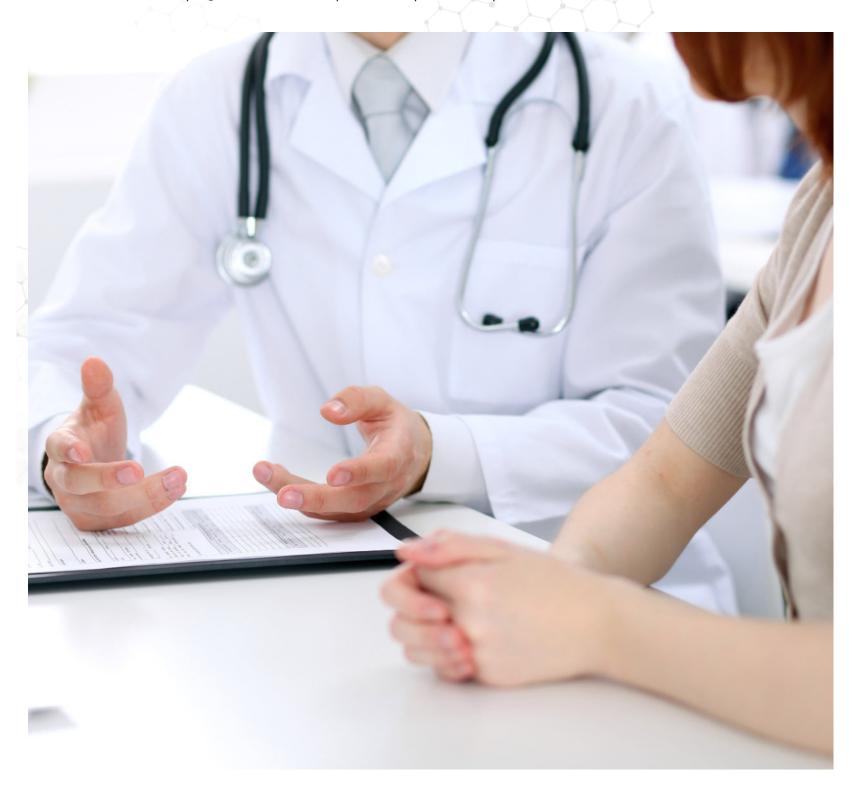
SLEEP APNEA

Sleep apnea is a sleeping disorder that can lead to serious health problems, such as high blood pressure and heart trouble, if untreated. Untreated sleep apnea causes breathing to stop repeatedly during sleep, causing loud snoring and daytime tiredness, even with a full night's sleep



HOW DOES SLEEP AND STRESS CONTROL PROCEDURE WORK?

Following an examination, a questionnaire will be filled out to guide our Specialist on the current issues or contributors of the sleep disturbance or challenging stress. Then, a confidential and well-informed discussion will be conducted by our wellness and anti-ageing physician. After which, a tailor-fit program to address the patients sleep and stress problems will be devised.



DNA, or deoxyribonucleic acid, is the hereditary material in humans and almost all other organisms. Nearly every cell in a person's body has the same DNA.



The information in DNA is stored as a code made up of four chemical bases: adenine (A), guanine (G), cytosine (C), and thymine (T). DNA bases pair up with each other, A with T and C with G, to form units called base pairs. Each base is attached to a sugar molecule and a phosphate molecule, forming a nucleotide. Nucleotides are arranged in two long strands that form a spiral called a double helix. An important aspect of DNA is that it can replicate, or make copies of itself. Each strand of DNA in the double helix can serve as a pattern for duplicating the sequence of bases. This is critical when cells divide because each new cell needs to have an exact copy of the DNA present in the old cell. DNA can be analysed to determine genetic links to diseases in the attempt of identifying the genetic factors that lead to an increased risk of suffering with illnesses such as rheumatoid arthritis, breast cancer and type 2 diabetes.

Types of DNA analysis include:

- DNA sequence analysis to detect single nucleotide and insertion/deletion polymorphisms (SNPs and DIPs, respectively, associated with cancers and many other genetic disorders)
- DNA fragment analysis to detect and quantify genetic variations. DNA fragment analysis using capillary electrophoresis has many applications: detecting deletions and duplications, prenatal testing to detect aneuploidy, rapid identification of known mutations associated with specific diseases (e.g. cystic fibrosis), which quickly provides valuable information to guide genetic counseling for preimplantation genetics; and detection and monitoring of donor genotype after bone marrow transplant for treatment of blood disorders such as leukemia.





EVERLAST ANTI-AGING PROGRAMS CHROMOSOME ANALYSIS

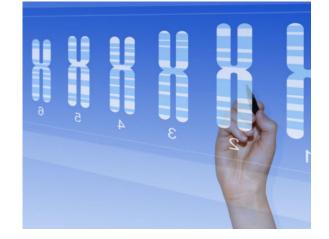
Chromosomes are thread-like structures within each cell nucleus and contain the body's genetic makeup. Each chromosome contains thousands of genes in specific locations. These genes are responsible for a person's inherited physical characteristics and they have a profound impact on growth, development, and function.

Chromosome analysis or karyotyping is a test that evaluates the number and structure of a person's chromosomes in order to detect abnormalities.

It requires experience and expertise to perform properly and to interpret the results. While theoretically almost any cells could be used to perform testing, in practice it is usually performed on amniotic fluid to evaluate a fetus and on lymphocytes (a white blood cell) from a blood sample to test all other ages.

Alternatively, white blood cells may be obtained from bone marrow aspirations to look for changes in individuals suspected of having hematologic or lymphatic diseases (e.g., leukemia, lymphoma, myeloma, refractory anemia).



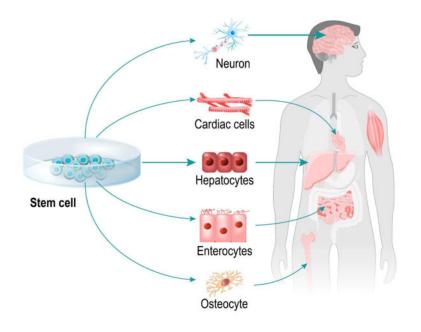




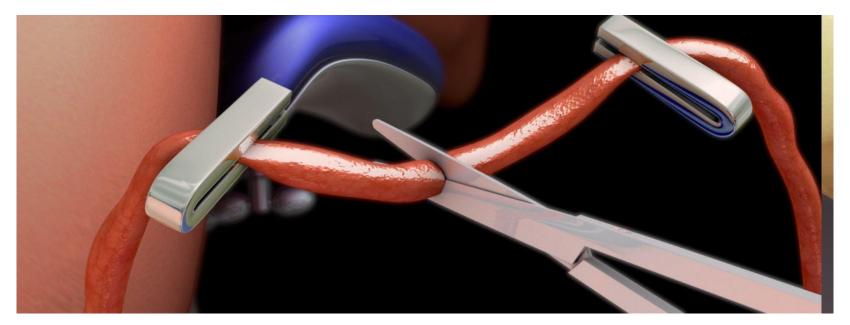
Stem cells are undifferentiated cells that can turn into specific cells, depending on the body's needs, showing great potential for treating some diseases that currently have no cure.

Stem cells can be extracted and used from three main sources: umbilical cord, bone marrow, and fat cells.

- Umbilical cord blood: Stem cells can be harvested from the umbilical cord after delivery, with no harm to the baby. Some people donate the cord blood, and others store it.
- Bone marrow: These cells are taken under a general anesthetic, usually from the hip or pelvic bone. Technicians then isolate the stem cellsfromthebonemarrowforstorage or donation.



• **Fat cells:** Adipose-derived stem cells are harvested from adult fat tissue in a minimally invasive process where the patient is put under a local anesthetic and liposuction is performed to remove unwanted fat in a part of the body. These fat cells are then centrifuged in order to extract the stem cells.





Due to stem cells not serving one specific purpose, they have the ability of taking up the role of any type of cell, allowing them to serve as a solution for myriads of issues including:

- **Tissue regeneration:** Tissue regeneration is probably the most important use of stem cells as it eliminates the waiting time for finding an organ donor to undergo a transplant. Moreover, they can be used to make new skin tissue to repair a severe burn or another injury by grafting skin tissue onto the damaged skin, allowing for a new layer of skin to grow back.
- **Cardiovascular disease treatment:** Through the implantation of stem cells, new networks of blood-perfused vessels, which are deemed as good as natural ones, made it possible to help treat people with cardiovascular and vascular diseases.
- **Brain disease treatment:** Damage caused to brain cells that leads to uncontrolled muscle movements in diseases, such as Parkinson's, have the potential of being replenished by using stem cells. This could retrieve the specialized brain cells that stop the uncontrolled muscle movements.
- **Cell deficiency therapy:** People with type I diabetes could receive pancreatic cells to replace the insulin-producing cells that their own immune systems have lost or destroyed.
- **Blood disease treatments:** Adult hematopoietic stem cells are routinely being used to treat diseases, such as leukemia, sickle cell anemia, and other immunodeficiency problems.





WHAT IS THE

everlast HAIR TREATMENTS

We know how much your hair means to you. It's your way of expressing individuality. Hence, we take our hair treatments equally seriously. With more than 3200+ hair treatments done using Mesotherapy, Platelet Rich Plasma (PRP) and Stem Cells, we've established ourselves as the unparalleled go-to treatment center for treating all hair concerns and giving you back the confidence that comes with healthy hair and the ability to flaunt it again.

EVERLAST HAIR TREATMENTS

WHAT IS MESOTHERAPY HAIR?

An aesthetic hair restoration procedure that introduces major vitamins, active ingredients, organic enzymes and other minerals directly to the scalp to stimulate hair growth, scalp tissue regeneration and total rejuvenation.



HOW DOES MESOTHERAPY HAIR WORK?



Using a highly specialized mechanical device, superficial micro-perforations are made to deliver a nutrient rich solution to the scalp tissue. This process promotes blood circulation and direct nutrient distribution to the hair follicle and surrounding tissues. Results will be a denser and more voluminous hair, with a healthier scalp.

EVERLAST HAIR TREATMENTS PLATELET RICH PLASMA (PRP) THERAPY

WHAT IS PLATELET RICH PLASMA (PRP) HAIR?

A hair procedure which uses your own blood platelets with growth factors to promote growth of a denser and healthier hair.



HOW DOES PLATELET RICH PLASMA (PRP) HAIR WORK?

Blood is drawn from you and then placed in a centrifuge to separate blood components. Platelet Rich Plasma (PRP) is obtained in a syringe. The growth factors rich plasma is then expertly and strategically distributed in the hair scalp to maximize results giving special attention to areas with thinner hair.

EVERLAST HAIR TREATMENTS STEM CELLS THERAPY

WHAT IS STEM CELLS THERAPY HAIR?

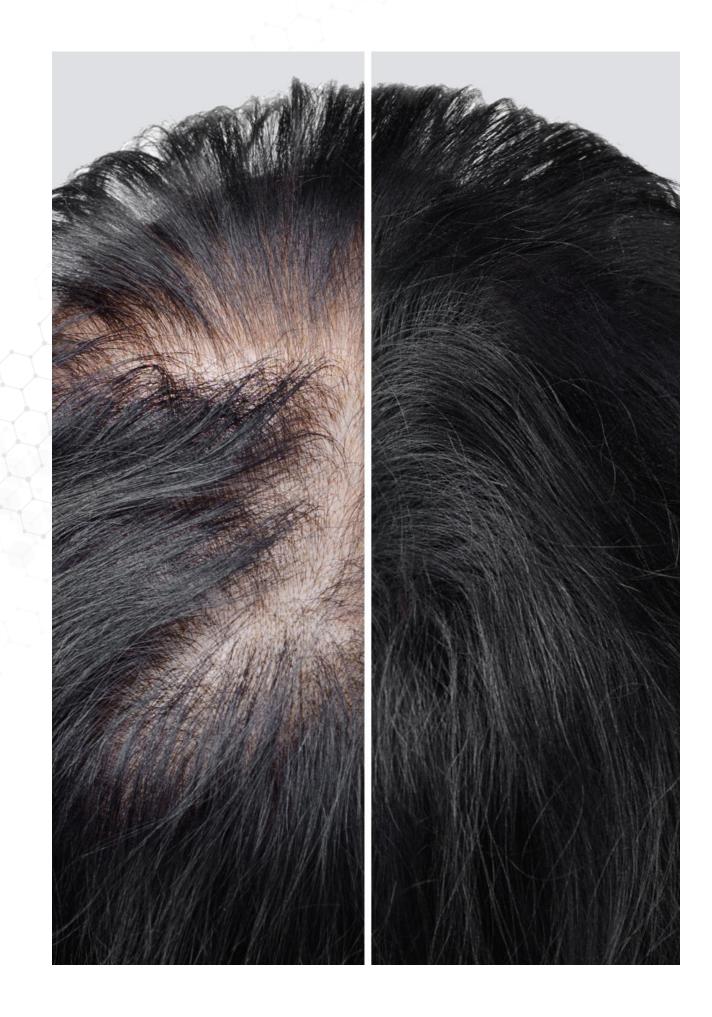
An emerging aesthetic therapy that aids in the improvement of hair follicles and surrounding tissues, scalp nourishment, and the reduction of hair loss by delivering a pro healing stem cell serum with growth factors through micro-channels.

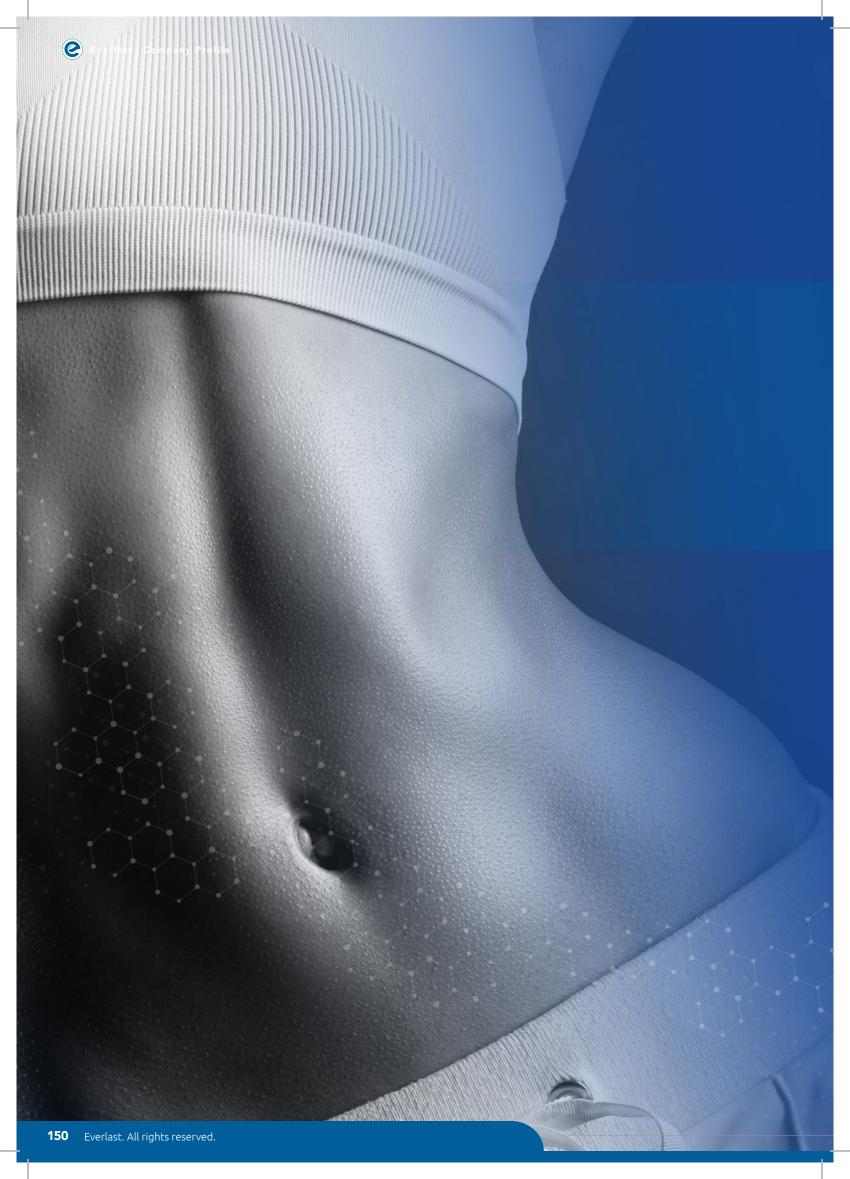


HOW DOES STEM CELLS THERAPY HAIR WORK?

The stem cell rich serum introduction is enhanced by the derma pen. The device creates very tiny superficial injuries for optimal absorption and promotes faster wound healing. A more nourished scalp and hair follicle is achieved







everlast BODY TREATMENTS

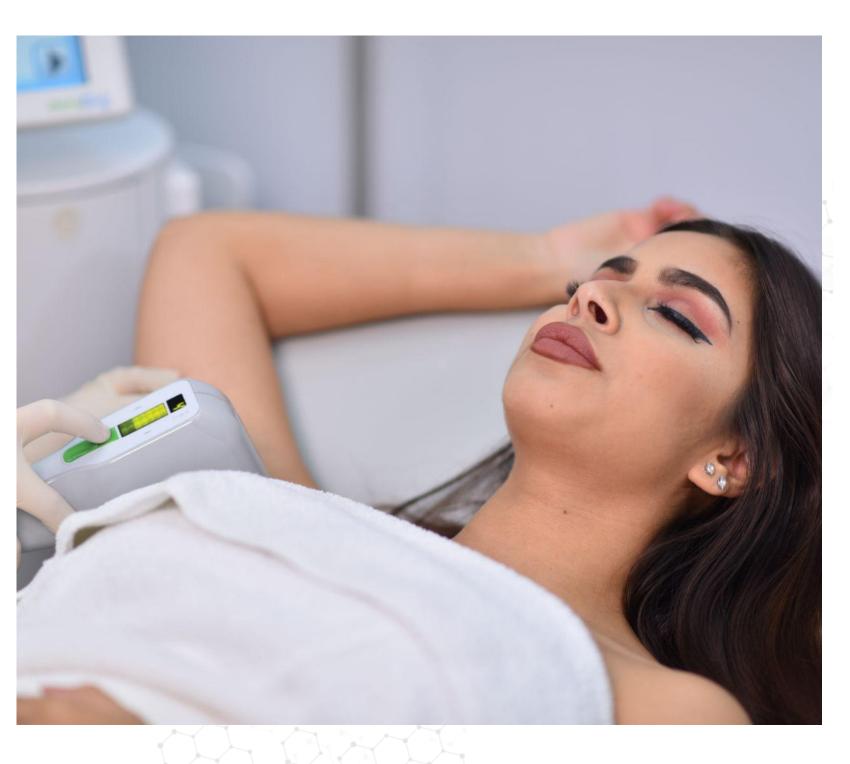
Achieving your target weight and body shape is usually considered as a grueling task. But at Everlast, we employ a plethora of obesity and body treatments, ensuring your journey is not just 'good', it's the best. With continuous research, we have safely done 3000+ treatments for all ages in the region. Some clinics may see skin tightening, fat reduction, slimming, cellulite and stretchmarks management, dark circles, hyperhidrosis etc. as just common treatments, but with us, we understand that these procedures give confidence and happiness to our patients. You won't be going through this journey alone, our specialists and nurses will be right there with you, all the way.

In Everlast Wellness Medical Center, we aim to use the safest and most advanced techniques for body treatments.

EVERLAST BODY TREATMENTS HYPERHIDROSIS TREATMENT

DON'T I NEED SWEAT GLANDS?

Not in your armpits! Of the 2 million sweat glands throughout your body, your underarms only contain 2% of those glands. miraDry stops sweating in the underarm, but you continue to sweat elsewhere, allowing your body to cool down normally while exercising or in hot environments.



WHAT RESULTS CAN I EXPECT?

You can expect an immediate and lasting reduction in sweating. Once removed, sweat glands do not come back or regrow. An average of over 80% sweat reduction is achieved in one treatment. Results vary from person to person. Most patients achieve their goals in one treatment. About 25% – 35% of patients have a second treatment to improve their results. Very rarely (<3% of patients) there is minimal improvement in sweating.

WHAT IS MIRADRY?

A non-invasive aesthetic procedure that treats axillary hyperhidrosis or excessive underarm sweating while also eliminating odour-producing glands.

HOW DOES IT WORK FOR HYPERHIDROSIS?

The procedure uses thermal energy that creates heat on the area to eliminate sweat and odour glands. It targets the area where the sweat glands are placed and destroys them while cooling the area simultaneously to make the process as comfortable as possible for you.

WHAT IS THE PROCEDURE LIKE?

The underarm is numbed with local anesthesia. The procedure is then performed and is completely comfortable for most patients. There are no incisions or cuts. The procedure takes about an hour from beginning to end.



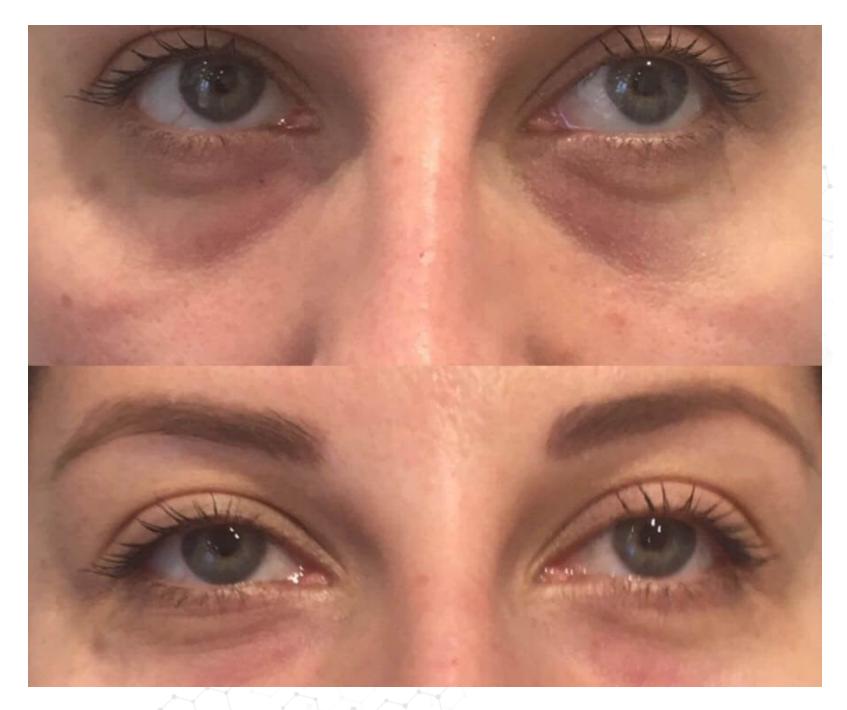
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EVERLAST BODY TREATMENTS CARBOXYTHERAPY FOR DARK CIRCLES UNDER EYES, STRETCHMARKS AND CELLULITE

WHAT IS CARBOXYTHERAPY?

Carboxy therapy is a medical aesthetic minimally invasive clinically proven and simple technique to rejuvenate and improve the appearance of cellulite, dark under-eyes circle and stretch marks though the introduction of tiny amounts of carbon dioxide gas underneath the skin via small needle.



HOW DOES CARBOXYTHERAPY WORK?

A tiny needle attached to a machine is inserted to the concern area to release a very small controlled amount of carbon dioxide. The presence of CO2 tricks the body of an oxygen deprived environment causing the red blood cells to rush to the area. When the blood cells reach the location, more oxygen and nutrients are delivered to the skin stimulating the production of collagen which revitalizes the skin's texture and firmness, and thus improving the appearance of skin.

WHEN SHOULD ONE START CARBOXYTHERAPY?

As one ages, the skin's elasticity declines dramatically and gravity constantly pulls on our faces. Changes related to sun damage gravity become more pronounced and one of the earliest signs of facial aging is the development crow's feet at the age of thirty, a double chin and flabby jowls at the age of forty and under eye bags at the age of fifty.Previously there was no alternative to surgical face lifts and eye lifts or blepharoplasties. The choices were fairly black and white; surgery or eye bags. Both areas were very difficult area to treat non-surgically. Now with the advent of novel devices such as Carboxytherapy and skin tightening lasers and lights ,virtually any patient in their thirties or above can be a candidate for a little tightening and firming around the eye and jowl area and the younger the patient the better the result. Eight out of ten patients get noticeable improvement in skin laxity around the eyes after the first two treatments of carboxytherapy and most will see an improvement in skin color, luminosity and texture. If thirty-year-olds opt for preventative non-invasive procedures such as Carboxytherapy, a new trend will develop resulting in a much different type of ageing than older generations.

HOW CAN CARBOXYTHERAPY GIVE BACK A YOUTHFUL APPEARANCE AND HELP THE AGEING PROCESS?

There are different types of skin and we all age differently. No matter how well we look after our skin, the inevitable ageing will take place. One can maintain the "perfect skin" by keeping one's skin firm and taught with collagen to avoid the inevitable sagging that takes place over time. Tighter, firmer skin supports the face and prevents the other soft tissues in our face and the muscles from sagging. The new concept today is to start with tightening and collagen rejuvenation treatments early so as to avoid or postpone surgical solutions for as long as possible. 4 - 6 treatments of Carboxytherapy are needed 2 - 4 weeks apart. At least one yearly cycle is recommended.

CAN ALL SKIN TYPES BE SAFELY TREATED WITH CARBOXYTHERAPY?

Carboxytherapy safely treats all skin types without significant pain or down-time. It can erase years off one's face and is one of the most effective methods of achieving a significant aesthetic improvement within 2 to 6 months when the effects of collagen stimulation and remodeling become evident. A medical consultation prior to treatment is essential.

EVERLAST BODY TREATMENTS REJUVENATION & SLIMMING

Endermologie is a non-surgical aesthetic procedure that uses a mechanized device with two motorized rollers and regulated suction that fights all un-aesthetic manifestations such as wrinkles, sagging skin, localized resistant fat, cellulite appearance, and more. It can also improve circulation, relieve minor muscular aches, improve skin tone and skin radiance.



HOW DOES ENDERMOLOGIE FOR REJUVENATION AND SLIMMING WORK?

Endermologie is a machine-assisted massage system. It works by reactivating adipose tissue by pulling the skin into a mechanical rolling device. Tissue that traps the fat cells is softened and blood and lymphatic circulation is encouraged.

EVERLAST BODY TREATMENTS RADIO FREQUENCY FOR FAT REDUCTION AND SKIN TIGHTENING

WHAT IS RADIOFREQUENCY FOR FAT REDUCTION AND SKIN TIGHTENING?

Radiofrequency treatment is a safe and effective non-invasive aesthetic procedure that delivers radiofrequency waves to heat the deeper skin for both skin tightening and fat reduction without causing ablation to the skin.



HOW DOES RADIOFREQUENCY FOR FAT REDUCTION AND SKIN TIGHTENING WORK?

A cooling gel, oil or glycerine based liquid is applied to the desired area before to facilitate smooth treatment without burning it. Radiofrequency waves are delivered on the skin and generate heating to disrupt the fat cells which causes cell death that can be eliminated through natural ways. Radiofrequency also stimulates collagen and elastin production to provide a tighter and younger looking skin.



WHAT DOES RADIOFREQUENCY LIPOLYSIS DO?

The goal of radiofrequency lipolysis is to reduce the volume of fat in a fatty bulge. Some patients may opt to have more than one area treated or to retreat an area more than once.

EVERLAST BODY TREATMENTS FRACTIONAL RADIOFREQUENCY FOR STRETCH MARKS

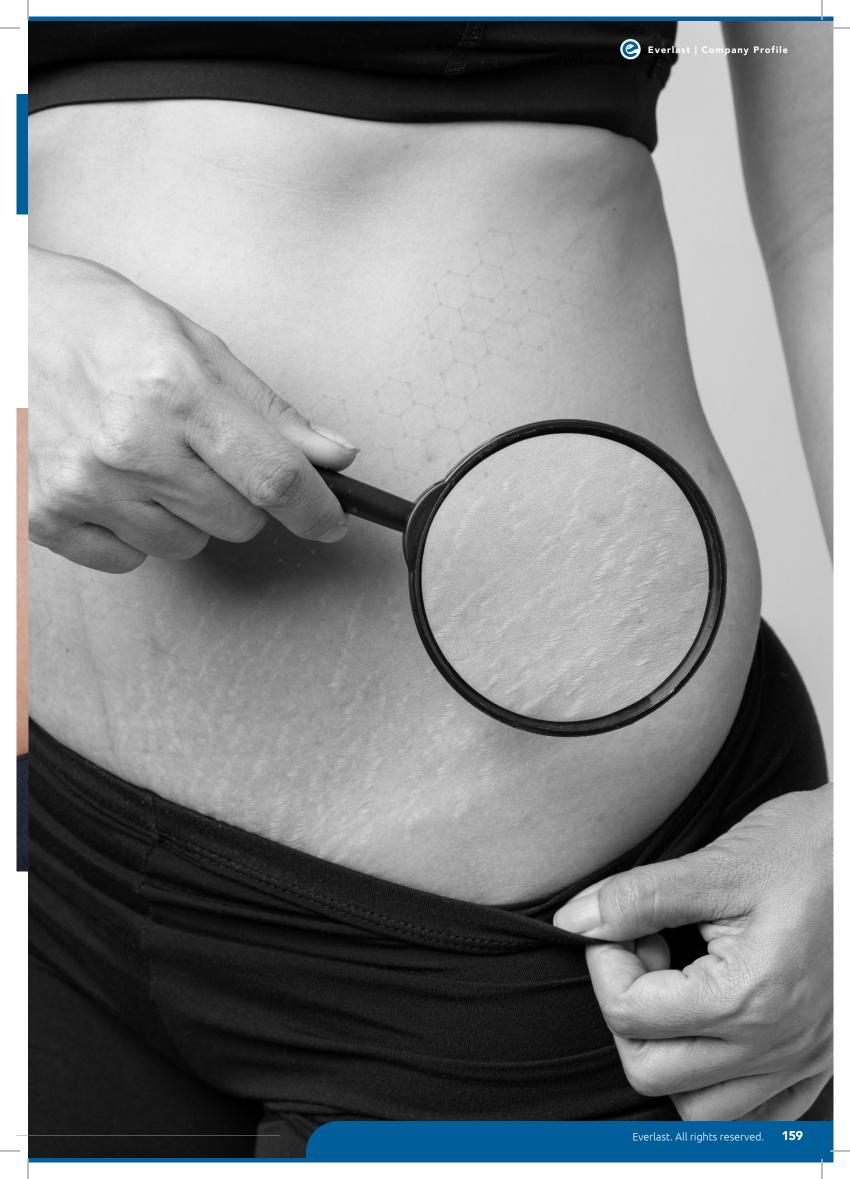
WHAT IS THE RADIOFREQUENCY TREATMENT FOR STRETCH MARKS?

Radiofrequency treatment is a safe and effective non-invasive aesthetic procedure that delivers radiofrequency waves to heat the deeper skin and improve the appearance of stretch marks.



HOW DOES IT WORK?

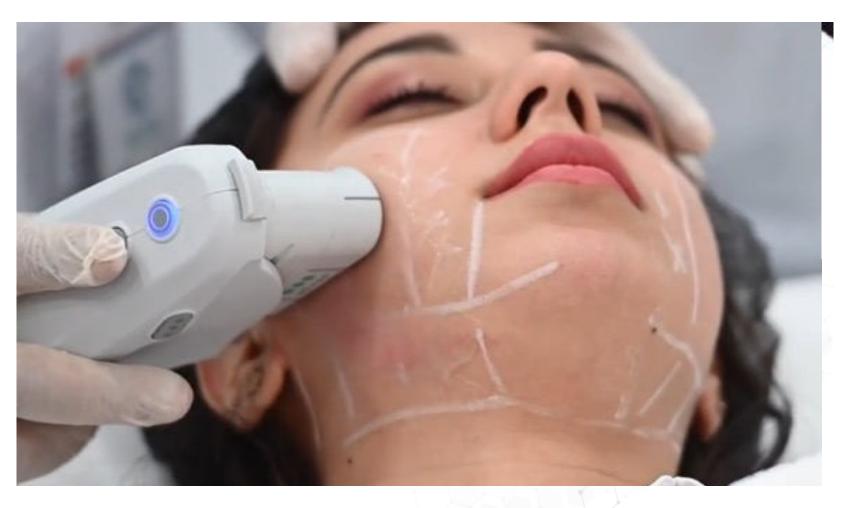
Radiofrequency waves are delivered on the skin and generate heating which creates microdermal wounds which then causes the activation of the body's natural wound healing process. It works exclusively in the target areas without affecting the surrounding areas. This action stimulates the production of new collagen and generally improves texture concerns.



EVERLAST BODY TREATMENTS NON-SURGICAL SKIN TIGHTENING & LIFTING

WHAT IS NON-SURGICAL SKIN TIGHTENING AND LIFTING WITH ULTHERAPY?

Micro-focused Ultrasound is a non-invasive medical aesthetic procedure used to lift, tone and tighten facial and neck skin, as well as improve the appearance of the décolleté which gives patients a fresher, natural look without disturbing the skin's surface.



HOW DOES MICRO-FOCUSED ULTRASOUND FOR SKIN TIGHTENING AND LIFTING WORK?

Microfocused Ultrasound energy stimulates the body's natural healing and cell regeneration process, which in turn boosts collagen and influences an uplifted effect. The treatment uses precise ultrasound energy to target the deep structural layers of the skin without disrupting the skin's surface.

WHAT IS UNIQUE ABOUT ULTHERAPY?

Ultherapy is the only non-invasive treatment cleared by the FDA to actually lift skin. During this treatment, the layers of the skin are visualized with ultrasound imaging, allowing the energy to be delivered very specifically to the appropriate tissue level.

CAN ULTHERAPY REPLACE A FACELIFT?

Ultherapy treats the deep foundational layer addressed in cosmetic surgery but won't duplicate the results of a facelift. It is a great alternative, however, for those not interested in surgery who are looking for gradual and natural looking improvement. It can also be used to postpone or extend the effects of cosmetic surgery.



HOW DOES ULTHERAPY DIFFER FROM LASER TREATMENTS?

Ultherapy uses sound energy, ultrasound, which is used extensively in medicine. Ultrasound energy has unique properties that allow it to bypass the surface of the skin to treat specific depths not matched by other non-invasive devices. The energy stimulates collagen production resulting in a clinically significant lift over 3-6 months. This is in contrast to laser treatments which cannot reach the deeper skin layers at high enough temperature without injuring the overlying skin. A laser is more effective at improving more superficial color and texture.

HOW SUCCESSFUL IS THE ULTHERAPY PROCEDURE?

In clinical trials over 80% of treated patients were satisfied with their improvement in the lower face, neck, and chest. 60-80% of patients treated above the brow felt they achieved a noticeable brow lift. Unfortunately, despite the collagen generation, some patients will not be able to visually appreciate the results of their treatment.

EVERLAST BODY TREATMENTS PLASMA INDUCED RADIOFREQUENCY FOR SKIN TIGHTENING

WHAT IS J-PLASMA?

A minimally invasive procedure which creates significant tightening of the tissues for body contouring in a very precise and safe manner and the improvement of textural irregularities.



HOW DOES HELIUM PLASMA WITH RADIOFREQUENCY FOR BODY CONTOURING WORK?

Small incisions are created as the entry of the treatment and exit of the "to be " introduced gas. The treatment uses radiofrequency energy that energizes an electrode where helium plasma is generated and allows heat to be applied to the tissue using a handpiece. The slim handpiece is inserted subdermally to deliver cold plasma and instantly tighten and improve the skin's elasticity.

HOW DOES J-PLASMA WORK TO REJUVENATE SKIN?

J-Plasma is a one-of-a-kind non-surgical treatment that is able to renew aged skin for a youthful appeal. Using radiofrequency energy and inert helium gas, J-Plasma works to extract layers of older skin. Once older layers of skin have been relieved, a renewed, smoother surface can be seen. A local anesthetic is applied to provide additional patient comfort during this exciting experience.



WHY CONSIDER J-PLASMA REJUVENATION?

J-Plasma can help tighten the skin around numerous regions of the face for a youthful complexion. Additionally, J-Plasma can address a variety of aging skin flaws including

- Wrinkles and fine lines
- Scarring
- Dark spots
- Uneven texture
- Dull tone

Those who receive J-Plasma rejuvenation will likely experience minimal discomfort and less postprocedure concerns as opposed to more surgical measures.





EVERLAST COMPREHENSIVE BODY ENHANCEMENT PROGRAM

EWMC being a leader and innovator in the fields of Clinical Dermatology, Aesthetic Medicine and Plastic Surgery, tirelessly works to provide quality and relevant healthcare programs. Our goal of sharing holistic health to everyone is realized through constant furthering of scientifically proven knowledge harnessing it with deliberate competent execution. One of the latest innovative programs that we are offering is the Comprehensive Body Enhancement Program.

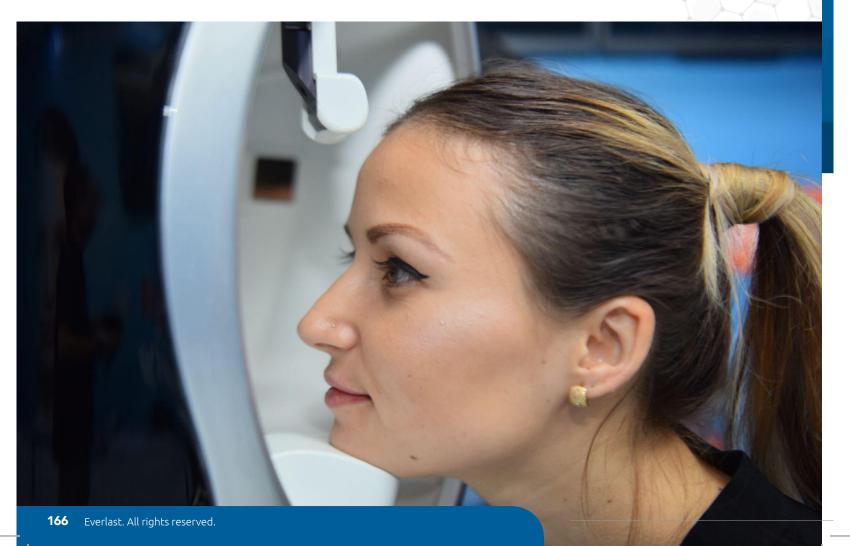
everlast comprehensive body enhancement program PROFESSIONAL CONSULTATION

WHAT IS A COMPREHENSIVE BODY ENHANCEMENT PROGRAM?

The Comprehensive Body Enhancement Program is an elite program that is specifically planned and evaluated per client's needs. It is a series of procedures that aim to reach that total body goal. It offers a holistic approach in the treatment of health and aesthetic concerns and the promotion of a more sustainable and healthier lifestyle.

HOW DOES THE COMPREHENSIVE BODY ENHANCEMENT PROGRAM WORK?

It's a journey with EWMC that may cover multiple procedure combinations depending on the individual's need. This makes it extra personal since patient journeys will be tailored fit and unique from each other.





Your journey in EWMC starts here. All treatments commence with a consultation to make sure that we address your real concerns, not just the superficial ones. Whether it's medical or aesthetic, our physicians will comprehensively discuss the problem, encourage your involvement for the treatment framework and conscientiously implement programs then evaluate its results.

When necessary, our doctors will collaborate with specialists like our Consultant Aesthetic Dermatologist and Plastic Surgeon to address your needs.

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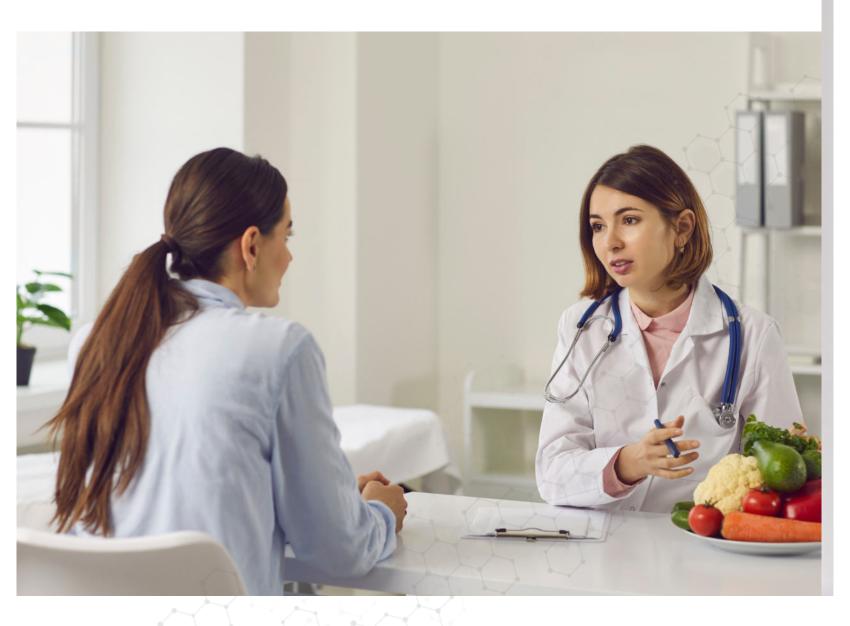
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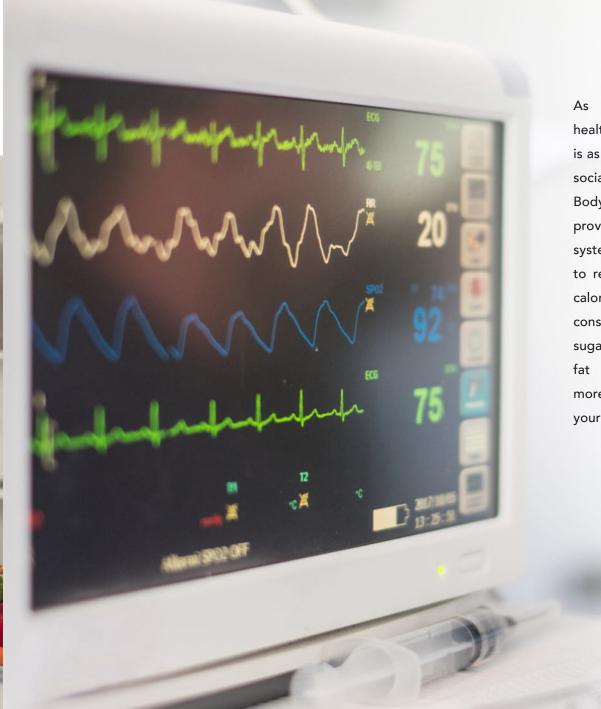
EVERLAST COMPREHENSIVE BODY ENHANCEMENT PROGRAM NUTRITIONAL TREATMENT PROGRAM

Diet and nutrition plays a very important role in maintaining total wellbeing. Whether it's about ageing, lifestyle, metabolism or weight issues, our in-house dietitian got you covered.

Customized health programs will be recommended based on your health needs. Program includes diet modification, vitamins and minerals evaluation and supplementation, fat analysis, thyroid function assessment and more, outlined to promote a healthier living.



EVERLAST COMPREHENSIVE BODY ENHANCEMENT PROGRAM DIGITAL MONITORING FOR VITAL SIGNS



As technology advances, healthy lifestyle monitoring is as simple as browsing your social media. Comprehensive Body Enhancement Program provides technologies and systems that will push you to reach that recommended fluid caloric count, consumption, blood pressure, sugar and cholesterol count, fat and muscle loss, and more, everything just within your reach.

EVERLAST COMPREHENSIVE BODY ENHANCEMENT PROGRAM MACHINES ASSISTED BODY PROGRAM

Common concerns by almost everyone when we reach a certain period of our lives is the lack of time to exercise or be extra conscious with our diet. This causes several health concerns. And it shows, it shows in our body through loose and saggy skins, accumulation of unwanted fats and impaired muscle tone and strength.

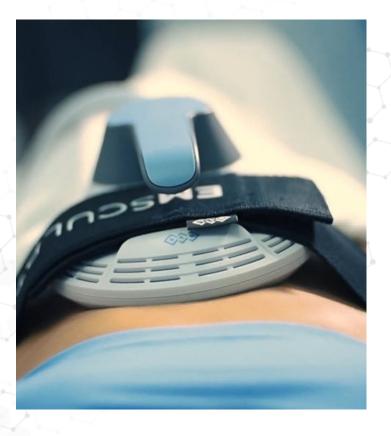
The Comprehensive Body Enhancement Program assesses and recommends body treatments with the aid of super machines that are proven safe and effective.



FAT REDUCTION

Most health problems nowadays include unwanted fats and most body goals involve fat reduction or the removal of it. Our fat reduction machines use the latest technologies such as Multipolar Radiofrequency, Pulsed Electromagnetic Fields, High Frequency Energy Fields and even a special form of Laser. These technologies are directed towards the surface of the skin and deliver uniform and volumetric energies heating the deeper tissues of undesirable fats. This causes the shrinkage of fats and the stimulation of collagen and elastin for tissue remodeling. Recommended program requires an average of 4-6 treatments with 1-2 weeks interval.

MUSCLE TONING



You may be fat with more muscle or thin with less muscle, no one really knows until medically measured. Muscle assessment is the first step of a machine assisted muscle toning program. Our state of the art body analysis and treatment center does everything in one area. The Muscle toning machines used in the **Comprehensive Body Enhancement** Program produces High Intensity Focused Electromagnetic Field that creates supramaximal muscle contractions not achievable through voluntary contractions.

SKIN TIGHTENING

Sagginess is not a very nice view to look at. It's not an issue by the adults or ladies alone, but a real concern spanning across gender and age. The Comprehensive Body Enhancement Program tediously uses machines for sagginess that are not only FDA approved but are also razor sharp in targeting your problem area. Our machines skin through Radio tighten Frequency, Acoustic Vibrations and Electromagnetic Fields technologies to not just promote tightness but a denser, collagenrich and firmer skin.



everlast comprehensive body enhancement program DERMATOLOGY INTERVENTION

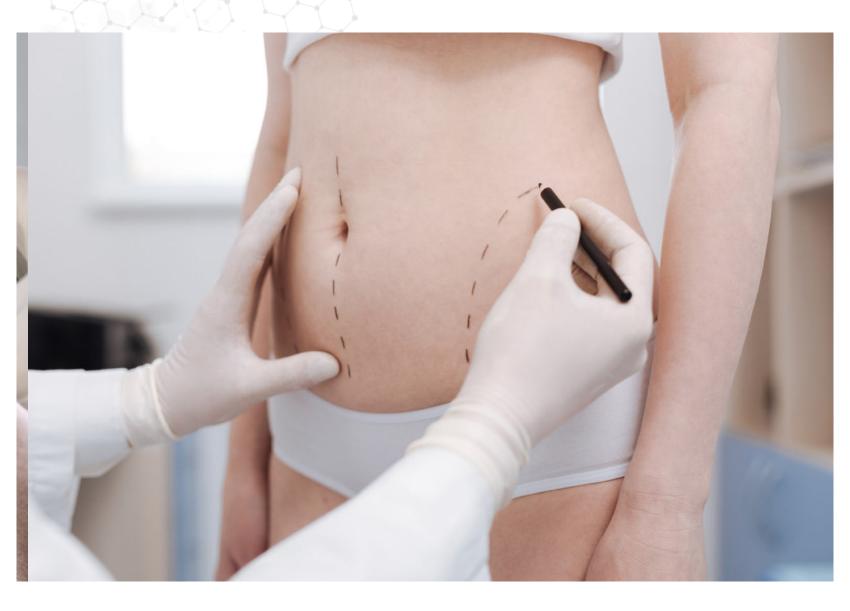
As experts of our field, we understand that body enhancements don't just limit to aesthetics and beautification of the outside. Sometimes, the real culprit is an underlying medical condition that does not only hamper physiologic body processes more so the psychological and confidence of an individual to pursue a body enhancement program.

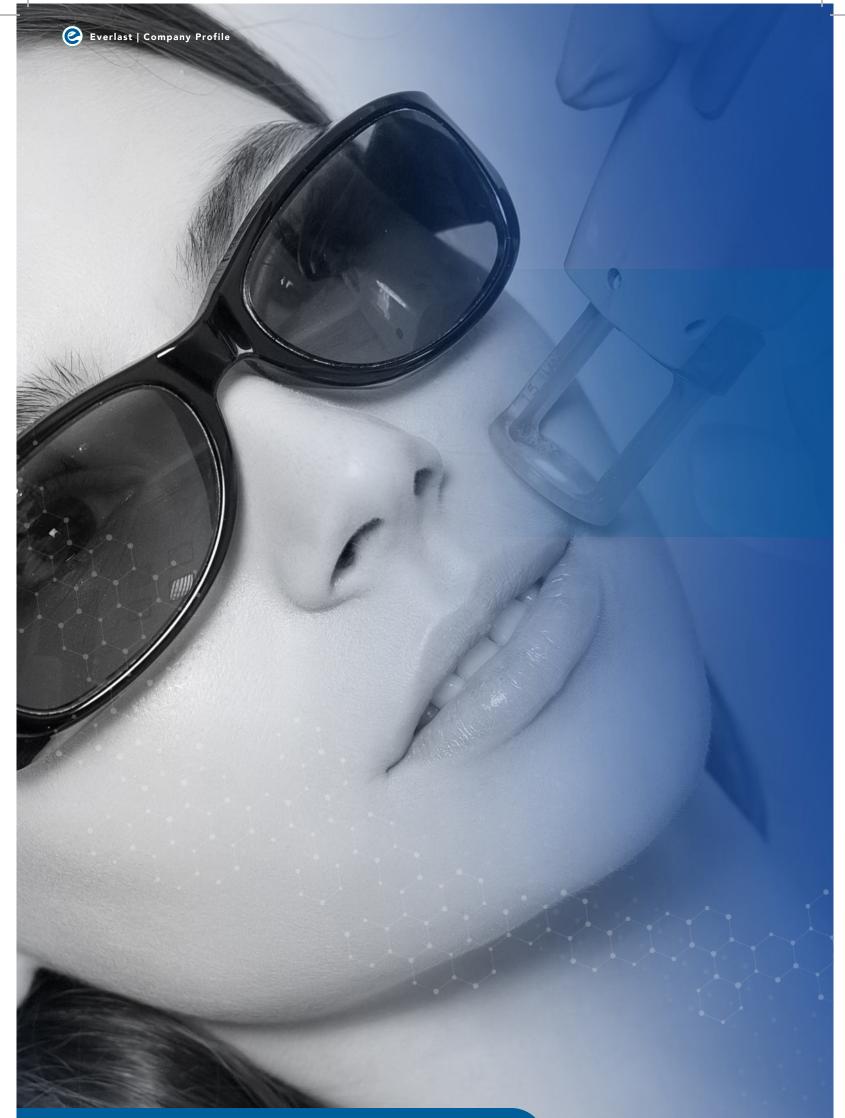
Our Board Certified Consultant Dermatologists would take care of you and your clinical concerns from diagnosis to its treatment evaluation. Whether it's as simple Acne or pigmentations to more complex ones like Psoriasis or ulcerated dermal lesions, we got you covered.



EVERLAST COMPREHENSIVE BODY ENHANCEMENT PROGRAM PLASTIC SURGEON CONSULTATION

Beauty is relative to each individual. There are those that like to be skinny while others prefer to have that hourglass figure. Regardless of your choice, the EWMC Comprehensive Body Enhancement Program prepares a plethora of plastic surgery options to give you immediate and long term results. You may tuck that stomach in, augment that butt and breast or suck that fat out and transfer it to a more suitable area or lift that face and neck. These surgeries and more are daily procedures in our center artistically crafted by our in-house Specialist Plastic Surgeon.







everlast LASER TREATMENTS

EVERLAST LASER TREATMENTS LASER HAIR REMOVAL AND BLEACHING

HOW DOES LASER HAIR REMOVAL WORK?

The mechanism of laser is well understood now. Laser energy passes through the skin and is absorbed by the hair follicle that holds the hair. The absorption of radiated energy increases the temperature of the follicle which eventually causes destruction of the cells that are responsible for hair growth.



EVERLAST LASER TREATMENTS

WHAT IS LASER TATTOO REMOVAL?

The removal of unwanted tattoos with a laser. This is considered as the most effective tattoo removal procedure.





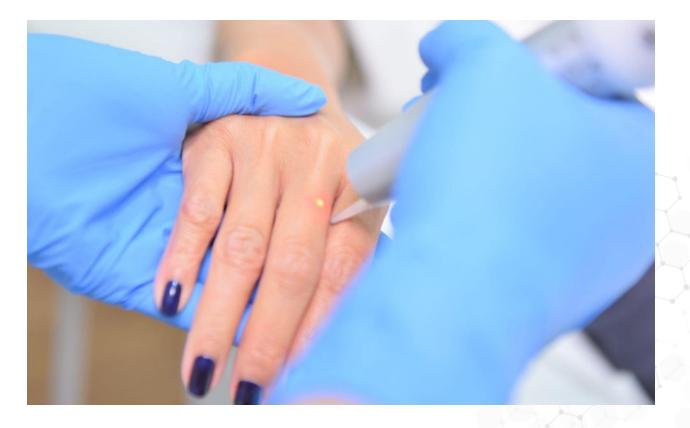
HOW DOES LASER REMOVE TATTOOS?

Lasers emit short pulses, which pass through the skin without cuts; to be selectively absorbed by the tattoo pigments the laser energy breaks the pigments into smaller fragments, flushing them through the lymphatic system.

EVERLAST LASER TREATMENTS LASER FACE, LIP AND HAND REJUVENATION

WHAT IS LASER FACE, LIP & HAND REJUVENATION?

The medical/aesthetic use of lasers to rejuvenate the face, lip and hand.



HOW DOES LASER WORK FOR FACE, LIP & HAND REJUVENATION?

Regardless of the area, lasers generally work by targeting pigments, induce energy and destroy them as energy is converted to heat. This causes both destruction of the pigment and cell damage which then leads to collagen and elastin synthesis necessary for a plumper and healthier skin.



EVERLAST LASER TREATMENTS CARBON LASER PEEL TREATMENT



WHAT IS CARBON LASER PEEL?

A modern skin resurfacing facial approach that uses focused light. The treatment is well known as the "China Doll Peel" for its "porcelain doll like finish" effect on the skin and the "Hollywood Peel" due to its popularity to top notch celebrities.

HOW DOES CARBON LASER PEEL WORK?

Medical grade carbon is thinly and evenly applied to the face. Emitted laser is absorbed by carbon particles destroying its pigments, taking along with them damaged cells and oil of the skin. Carbon laser peel tightens pores and promotes collagen synthesis, leaving the skin glowing boasting an overall rejuvenated look.

EVERLAST LASER TREATMENTS LASER FOR VARICOSE VEINS

WHAT IS LASER VEIN REMOVAL?

A medical procedure that removes small varicose veins using long pulsed lasers or other forms of focused light.



HOW DOES LASER VEIN REMOVAL WORK?

Laser energy heat and seal unwanted veins. Lasers are very direct and don't affect surrounding areas. Once heated and sealed, the body will begin to absorb the vein and allow blood flow to continue through healthy remaining veins.



EVERLAST LASER TREATMENTS LASER FOR FUNGAL INFECTION

WHAT IS LASER FOR FUNGAL INFECTION?

A treatment where a laser is used to kill fungus/fungal infection. It's usually done in the toenail and is medically called onychomycosis.

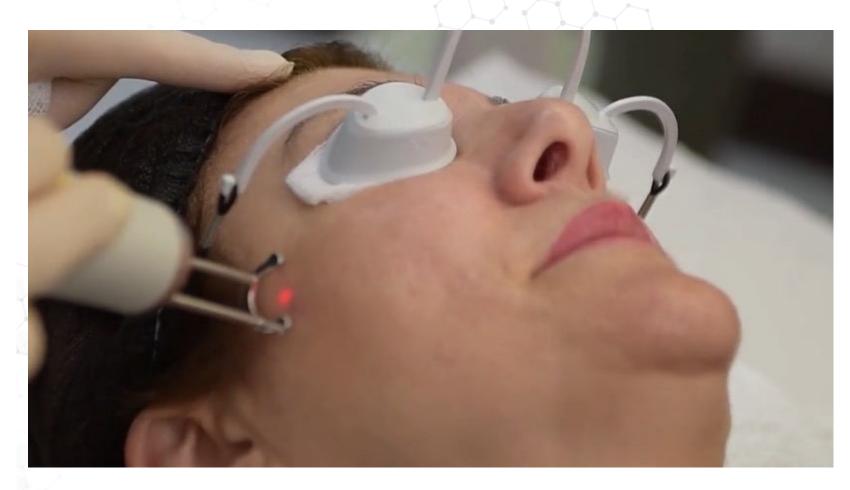


HOW DOES LASER FOR FUNGAL INFECTION WORK?

Emitted laser energy creates heat which penetrates the toenail which is then absorbed by the fungus/fungi cell eventually killing them. The ability of the laser to penetrate such thickness makes it promising to treat onychomycosis.



EVERLAST LASER TREATMENTS LASER FOR PIGMENTED LESIONS



WHAT ARE PIGMENTED LESIONS?

Pigmented lesions are darker areas of the skin caused by the accumulation of excess melanin in skin cells. Birthmark is an example for inborn lesions while sunspots are the types that are acquired over time.

HOW DOES LASER WORK ON PIGMENTED LESIONS?

Laser energy is converted into heat energy. This targets the specific area of pigmentation since it is selectively absorbed by cells containing a high concentration of pigmentation. This causes a targeted effect leaving the surrounding tissue Undamaged.

EVERLAST LASER TREATMENTS FRACTIONAL LASER FOR SKIN REJUVENATION

WHAT IS LASER SKIN RESURFACING?

It is a treatment with a goal to replace the old damaged skin with fresh, new skin using concentrated pulsed lights This treatment helps in reducing facial wrinkles and other skin irregularities like blemishes or acne marks and scars Skin resurfacing may be superficial or deep.



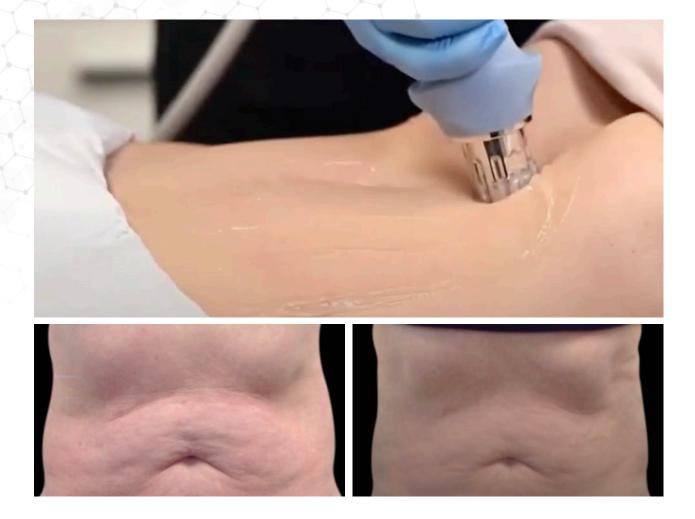
HOW DOES FRACTIONAL LASER FOR SKIN RESURFACING WORK?

Fractional lasers use micro beams in a fractional manner, leaving areas of untreated skin intact while treating only a fraction of the skin's surface. Fractional lasers can work in two ways; it can work on the superficial skin and is effective when used deep down the dermis area (inner layer of the skin). The superficial laser uses high-energy beams that cause slight peeling off the pigments of the superficial layer while the deeper laser, although works in the same way as the superficial laser, targets the deeper layers of the skin. Fractional Skin resurfacing promotes faster wound healing by stimulating collagen production and remodeling.

EVERLAST LASER TREATMENTS NON-SURGICAL FAT REDUCTION & BODY-SHAPING LASER

WHAT IS LASER FOR NON-SURGICAL FAT REDUCTION & BODY SHAPING?

A promising novel approach that offers non-invasive fat reduction, body shaping & contouring and even cellulite reduction.



HOW DOES LASER FOR NON-SURGICAL FAT REDUCTION & BODY SHAPING WORK?

Laser emits low-level energy that creates signals for the natural fat burning process, encouraging the release of fat and its conversion to energy.

everlast THREAD LIFTING

The rise in the need to look younger has propelled Thread lifting to the forefront of quick and minimally invasive 'lunch hour' treatments. Everlast ensures that this rising trend is dealt with utmost safety by our US Board Certified Consultant Aesthetic Dermatologists. Our claim to the highest safety standards can be backed up by our more than 15 years of experience in this field using only FDA approved thread components. Lifting with skin rejuvenation has been one of the center's trademarks.

EVERLAST THREAD LIFTING NON-SURGICAL FACE TIGHTENING AND LIFTING



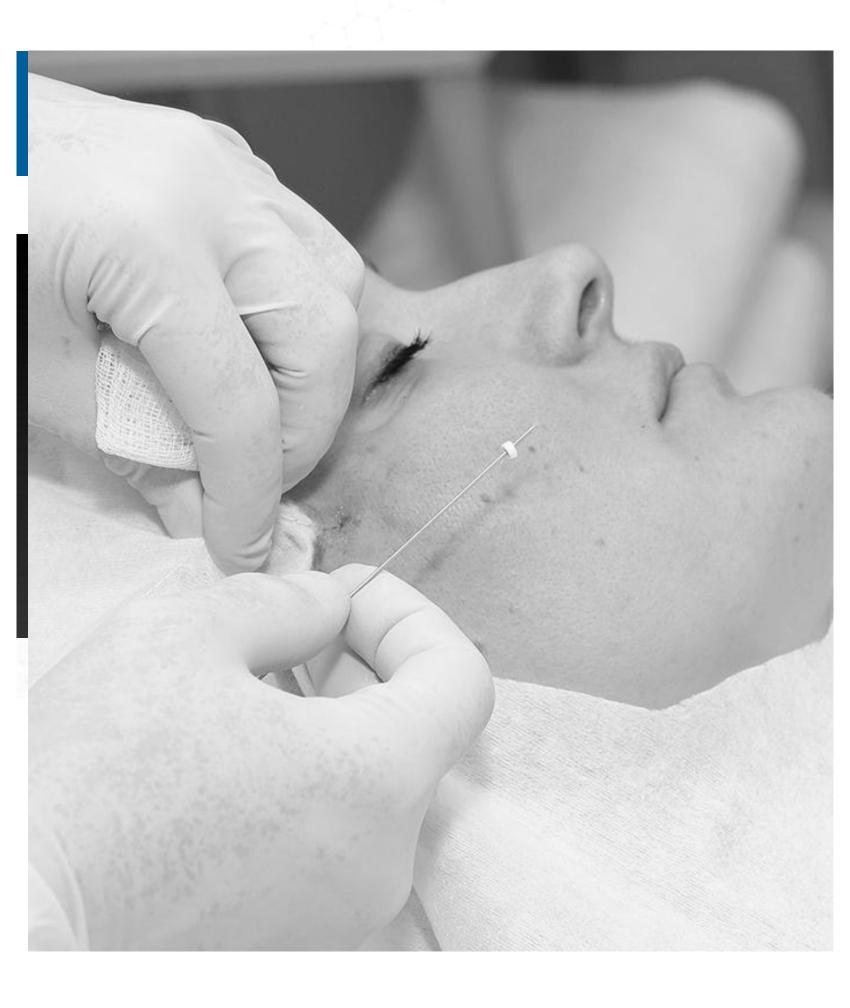
WHAT IS THREAD LIFT?

Thread lift is a minimally invasive aesthetic technique that is a convenient alternative to surgical face lift. It uses thread sutures to almost instantly create a subtle and visible lift. Good for everyone but best works for people in their 30s- 60s having early signs of aging such as minimal facial sagging.

HOW DOES THREAD LIFT FOR FACE TIGHTENING AND LIFTING WORK?

During thread lifting, very thin threads are inserted into the face through small entry points in the targeted area. The threads are attached and will remain in the skin tissue and then pulled back together to create the lift. This process stimulates the natural healing process for collagen production and tissue regeneration. Threads are knotted once done and are hidden in the skin itself making scars almost invisible.





EVERLAST THREAD LIFTING NON-SURGICAL BODY CONTOURING WITH THREADS

WHAT IS A NON-SURGICAL BODY THREAD LIFTING AND CONTOURING?

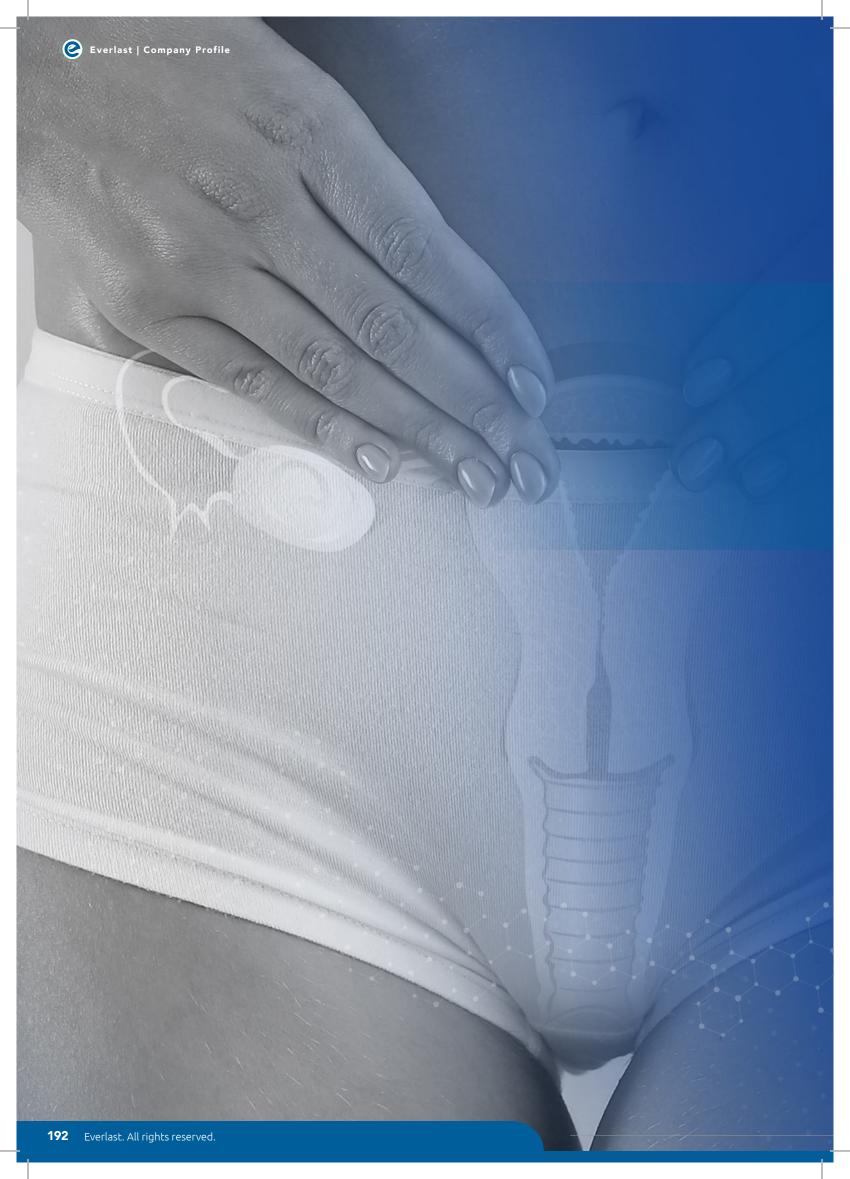
A thread lift procedure that shapes different parts of the body such as the neck, décolletage, breast, arms, legs, buttocks, abdomen and more. Entire body lifting and contouring is basically possible in thread lifting, just less invasive, a lot more convenient and with almost immediate results.





HOW DOES NON-SURGICAL BODY THREAD LIFTING AND CONTOURING WORK?

Very fine needles with attached thread sutures are inserted into the preanesthetized target area. These are then carefully and precisely adjusted to ensure that threads are well suspended to maximize results. The sutures are pulled together to instantly lift the problem area. The micro injury and repositioning of tissues will stimulate new collagen formation.



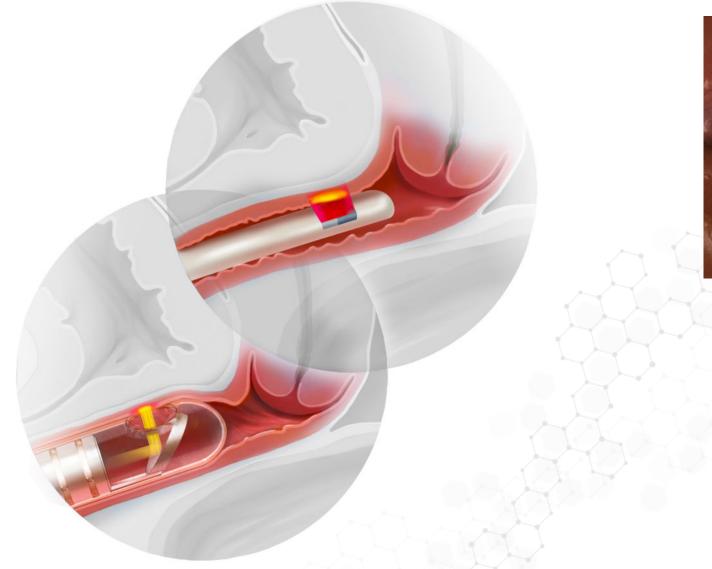


everlast AESTHETIC GYNECOLOGY

AESTHETIC GYNECOLOGY LASER VAGINAL REJUVENATION

HOW DOES LASER VAGINAL REJUVENATION WORK?

It targets the vaginal walls using laser technology which resurfaces the tissue and replaces it with healthy, new tissue. The lasers also stimulate the production of collagen, a vital substance for strong, healthy tissue.



WHAT CAN BE TREATED WITH VAGINAL REJUVENATION?

Vaginal relaxation, which can occur from childbirth and aging, can cause many side effects that may make you uncomfortable or take you out of the moment. Oftentimes, women also experience an improvement in stress incontinence issues when they have the O-Shot. Many women experience decreased sexual sensation after giving birth, though vaginal rejuvenation isn't just about sex. In fact, vaginal rejuvenation techniques are about giving you your life back. Decreased sexual sensation is an issue for many women who experience vaginal relaxation. Vaginal rejuvenation helps tighten the vagina, which can directly improve your sex life. If you are looking for increased sexual sensation, increased friction can definitely help.

AESTHETIC GYNECOLOGY

WHAT IS A FEMILIFT?

Vaginal tightening is an innovative, pain-free, and non-surgical procedure in which a laser is used to stimulate collagen growth in the vaginal tissues. This will improve the vaginal tone, leading to the improvement of stress urinary incontinence, vaginal soreness, and dryness.



WHAT IS STRESS URINARY INCONTINENCE?

Stress urinary incontinence is an involuntary condition where urine leaks when your bladder is under pressure, such as when you cough or laugh. There are several causes of stress urinary incontinence, including: Damage during childbirth, increased pressure on your stomach caused by pregnancy or weight, certain medications, such as blood pressure-lowering drugs, antidepressants, and sedatives

HOW COMMON IS VAGINAL LAXITY?

Nearly half of all women who have had vaginal childbirth have some level of concern over vaginal looseness. A worldwide study conducted by OBGYNs recently revealed that vaginal laxity is the number one concern of women after childbirth, even more so than weight gain and stretch marks. Many other middle-aged women experience urinary incontinence and vaginal laxity as a result of the aging process. With the vaginal tightening procedure, women have a pain-free, non-surgical answer to vaginal laxity.

WHAT ARE THE ADVANTAGES OF A VAGINAL TIGHTENING TREATMENT?

A pain-free procedure that requires no anesthesia

An effective treatment – this advanced laser vaginal resurfacing treatment helps tighten the vaginal tissues without harming the surrounding areas. It has been developed by experts through years of research and study.

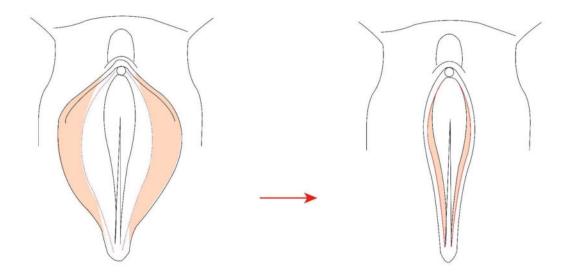
Fast results – the treatment takes less than 30 minutes, with patients noticing vaginal tightness and a reduction in leakage after the very first treatment no downtime or side effects

AESTHETIC GYNECOLOGY



WHAT IS LABIAPLASTY?

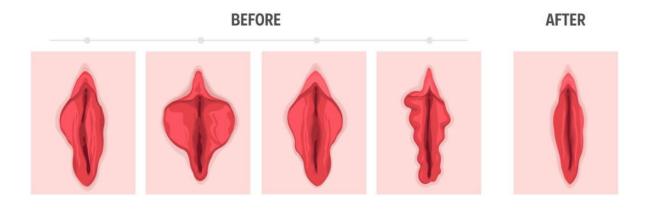
Labiaplasty reduces and reshapes the small inner lips (labia minora). Many women are born with large or irregular labia. Others develop this condition after childbirth or with aging. Women are all different and it's important to say that all labia sizes and shapes are normal. This procedure is for women that are unhappy with the size and shape of their labia and want to make a change.



WHAT ARE THE MOST COMMON REASONS WOMEN CHOOSE LABIAPLASTY?

Women may choose labiaplasty if they:

- Feel embarrassed about the size of their labia and want to look more like the women they see in magazines and or in films.
- Get chronic irritation from wearing tight clothing or pain from pulling and pinching during sex, sports or other physical activities.
- Lost confidence or have low self esteem associated with the size or unevenness of their labia.
- Do not like how they look down there in tight clothing, work-out clothes or bathing suits.
- Have dark pigmentation they don't like on the edges of their labia minora.



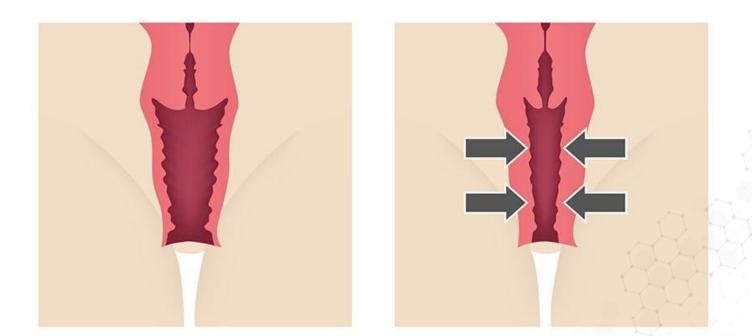
WHY IS THE LASER A GOOD TOOL TO USE FOR LABIAPLASTY?

The laser, in skilled hands, is a very valuable tool for labiaplasty. It's an extremely precise optical knife. Unlike a scalpel or metal surgical knife, the laser cuts with light and is designed to seal off small blood vessels as it passes over the skin's surfaces. This makes for a nearly bloodless procedure, allowing you to heal faster with less inflammation and less post-op pain and reduced scarring.

CAN LABIAPLASTY BE COMBINED WITH LASER VAGINAL REJUVENATION® OR WITH OTHER PROCEDURES?

Yes, labiaplasty can be combined with reduction of excess prepuce (the loose skin lateral to the clitoris, not on the clitoris), vaginal rejuvenation and perineoplasty all in the same procedure. We can also work with plastic surgeons who can provide additional procedure options. Breast augmentation and tummy tuck are the most common. Labiaplasty can also be combined with robotic hysterectomy, uterine suspension, polyp removal, sling surgery, D&C, Essure, Hysteroscopy, and others.

AESTHETIC GYNECOLOGY



WHAT IS MEANT BY FAT INJECTIONS?

It is the procedure where excess fat is removed from areas such as the abdomen, flanks, hips or thighs and, after special preparation, injected into areas of the body that need filling. The surgeon specializes in the use of the micro fat grafting technique. The process requires gentle fat removal using low-vacuum liposuction and the use of thin, delicate, non-traumatic cannulas to protect the survival of each harvested living fat cell. The fat cells are then purified and slowly injected through tiny skin incisions into the tissue of the recipient site utilizing a small syringe and cannula. Tiny droplets are placed throughout the tissues assuring that each transferred fat cell will have an adequate blood supply to achieve the permanent survival of the injected fat cells.

WHAT IS THE INDICATION WHY FAT TRANSFERS TO THE LABIA MAJORA?

As women age, after childbirth or with weight gain or loss, this area can change, becoming enlarged or have redundant skin. In some women with aging the labia majora may undergo a significant atrophy and the dermis under the skin thins out. As a result of these changes the labia majora becomes flat, saggy, wrinkled, and darkened. The surgeon can drastically rejuvenate the labia majora with micro fat grafting. The fat injections add fat to the areas beneath the skin, creating fullness where needed that results in a lasting, youthful appearance of the labia majora.

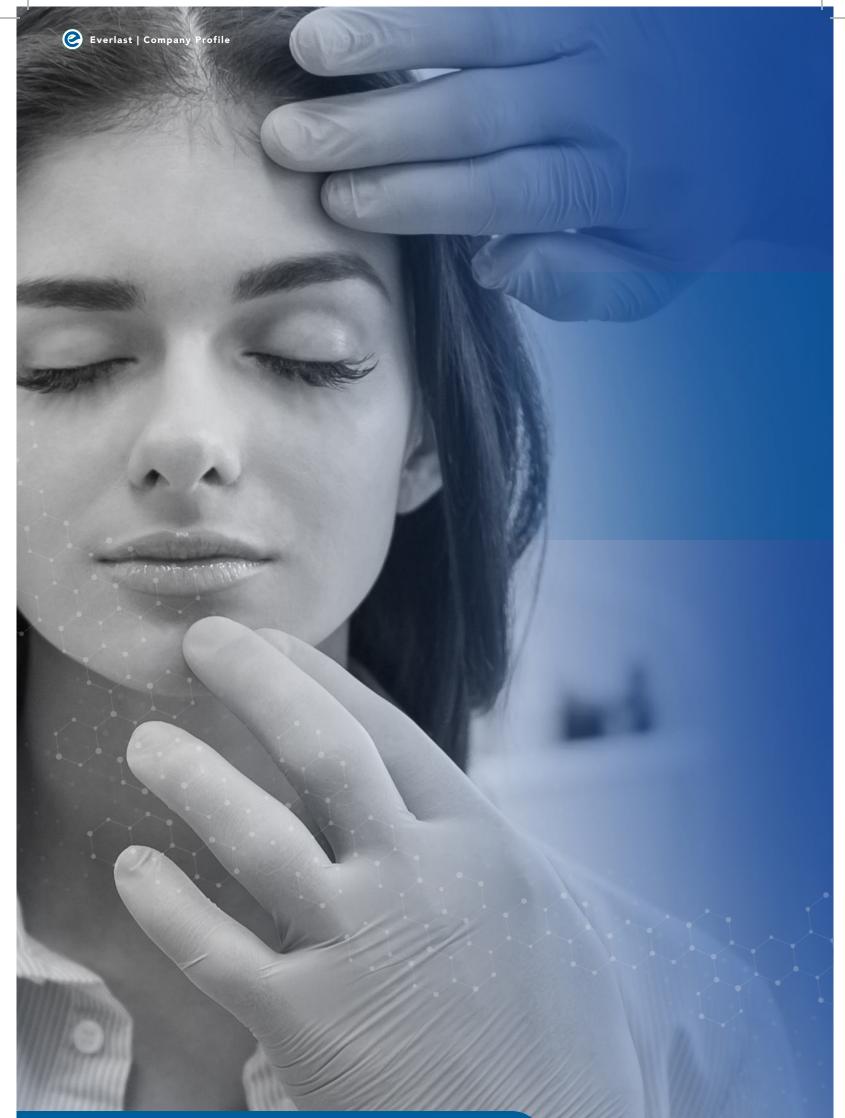


AESTHETIC GYNECOLOGY NON-INVASIVE PELVIC FLOOR TIGHTENING

At **Everlast**, we provide the highest form of technological advancement in the area of non-invasive pelvic floor tightening as a solution for women of any age who have weak pelvic floor muscles, which insufficiently support pelvic organs, bladder control, and a potential decrease in intimate satisfaction. The treatment requires the patient to remain fully clothed and seated for 30 minutes while their pelvic floor muscles get stimulated by High-Intensity Focused Electromagnetic (HIFEM) technology.

Through this HIFEM technology, pelvic floor muscles are strengthened, providing a safe and noninvasive solution for urinary incontinence, recovery after childbirth, and improvement in the quality of the patient's intimate life.





everlast PLASTIC SURGERIES

Any plastic surgery that you may be considering, you are in very capable and extremely competent hands at Everlast Wellness Medical Center. We provide a wide variety of both cosmetic (enhancing appearance) and reconstructive treatments (abnormal anatomy of body parts). In Everlast Wellness Medical Center, we aim to use the safest and most advanced techniques for plastic surgeries on the face and body.

In our Aesthetic medical center, highly experienced plastic surgeons have a passion to provide you with the right advice and suitable individualized solution which will enhance your experience and give desired natural results, using the safest and most advanced techniques. Everyone wants that fresh, natural and contoured look with a youthful appearance that will have a positive impact on self-confidence. Follow ups with your plastic surgeon is very important to have a long lasting results.

WHAT IS RHINOPLASTY OR NOSE RESHAPING?

Rhino means nose and plasty means to shape, mold, or form. Rhinoplasty was the fifth most common procedure one by plastic surgeons in 2012, according to the latest statistics released by the American Society for Aesthetic Plastic Surgery (ASAPS). Many plastic surgeons feel rhinoplasty is the most artistic and difficult cosmetic surgical procedure. I agree, because the surgeon makes three-dimensional changes which instantly alter other areas of the nose.



HOW DOES RHINOPLASTY WORK?

At Everlast, we follow a minimally invasive nose reshaping technique. Different surgical approaches can be made depending on the result the client desires or problems to be addressed. Some may require nose cartilage reshaping by cartilage grafting while others may need bone grafting for additional bone reshaping. If you are looking for a nose surgery in Abu Dhabi, Everlast Specialist Plastic Surgeon will work closely with you to plan and reach your ideal nose goals.

WHAT IS THE DIFFERENCE BETWEEN OPEN AND CLOSED RHINOPLASTY?

Open rhinoplasty is when the facial plastic surgeon makes an incision on the inside of the nostrils and on the outside of the columella, which is the external strip of cartilage that unites the nostrils. This procedure is much easier to perform than a closed rhinoplasty because it makes it easier for the surgeon to be able to see what they're doing. Closed rhinoplasty is when all of the incisions are made from the inside of the nasal passage. This is the more popular option because all of the scarring—as minimal as it is—appears on the inside of the nose. The recovery time is also usually a lot shorter.

WILL FIXING A DEVIATED SEPTUM STOP SNORING?

In some cases, septoplasty surgery (correcting a deviated septum) can actually reduce or stop snoring and even treat patients with breathing disorders such as sleep apnea. Schedule an assessment with Dr. Gantous to see if this procedure is right for you.

IS RHINOPLASTY A PERMANENT PROCEDURE?

Rhinoplasty is permanent in the sense that as long as your facial features are fully developed, then your nose won't change shape on its own. That being said, rhinoplasty is also reversible and unpleasant results can be corrected through revision rhinoplasty if necessary.



WHAT IS LIPOSUCTION?

The concept of liposuction is surprisingly simple. Liposuction is a surgical technique that improves the body's contour by removing excess fat deposits located between the skin and muscle



WHAT IS TUMESCENT LIPOSUCTION?

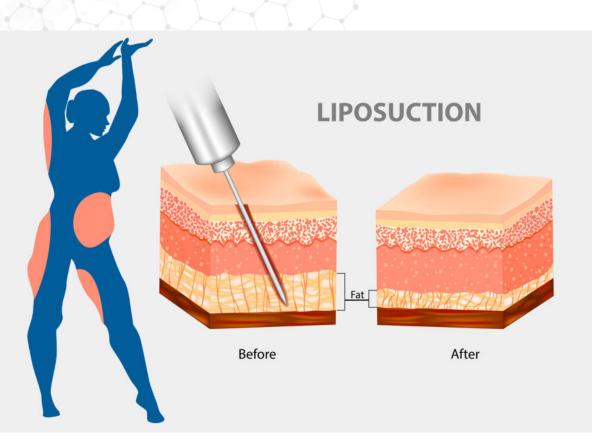
Tumescent liposuction designates a form of liposuction that uses tumescent local anesthesia. The tumescent technique for liposuction totally by local anesthesia has eliminated the greatest dangers associated with the older forms of liposuction.

WHAT ARE ELASTIC COMPRESSION GARMENTS?

Elastic compression garments (specially designed girdles) were intended 1) to reduce bleeding immediately after surgery and 2) to reduce swelling the time that the body is healing. Tumescent liposuction has eliminated surgical bleeding. Most surgeons require that patients wear an elastic compression garment for a certain length of time after liposuction.

WHICH BODY AREAS CAN BE TREATED BY LIPOSUCTION?

The most frequently treated areas for women are the abdomen, breasts, hips, outer thighs, anterior thighs, inner thighs, knees, arms, buttocks, cheeks and neck. In men, who comprise about 15% to 25% of liposuction patients, the most commonly treated areas include the chin and neck area, abdomen, flanks ("love-handles"), and breasts.



WHAT IS THE SAFEST FORM OF LIPOSUCTION? WHAT IS A LIPOSUCTION CANNULA?

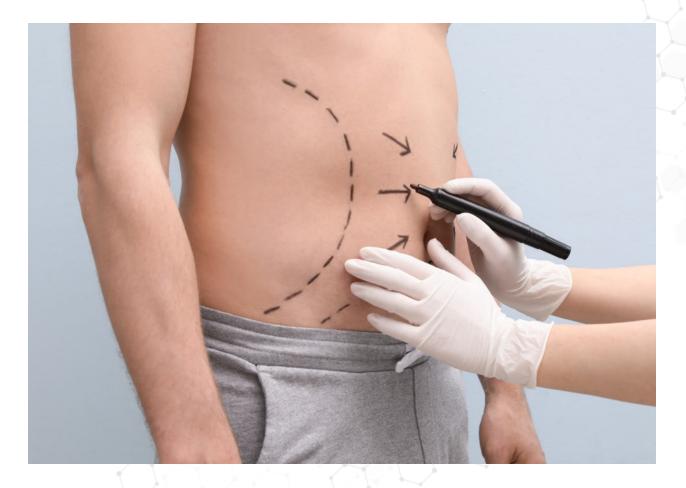
Tumescent liposuction totally by local anesthesia is the safest form of liposuction. Liposuction using general anesthesia or heavy IV sedation is somewhat less safe than liposuction totally by local anesthesia. Microcannulas permit smoother results after liposuction. A liposuction cannula is a small stainless steel tube that is inserted through an incision in the skin and removes subcutaneous fat.

IS LIPOSUCTION A REASONABLE TREATMENT FOR OBESITY?

Liposuction is not a good treatment of obesity. Liposuction is not effective, even as a last resort, for people who are unable to lose weight by dieting and exercise.

HOW DOES ABDOMINAL LIPOSUCTION DIFFER FROM A "TUMMY TUCK"?

A tummy tuck (abdominoplasty) is a major surgical procedure requiring general anesthesia, and involves liposuction and excision to remove fat, plus a large excision of skin. In many patients (but not all) liposuction of the abdomen can often provide equivalent or better results than a tummy tuck. Because liposuction is safer and causes less scarring compared to tummy tucks, abdominal liposuction is now far more common than are tummy tucks.







IS LIPOSUCTION A WEIGHT LOSS PROCEDURE? HOW MUCH FAT CAN BE REMOVED?

Contrary to popular belief, liposuction is not a weight-loss treatment. Instead, it is a fat reduction procedure. The amount of fat that can be removed in an area during a single procedure will vary depending on a variety of factors, including the surgeon's assessment of the patient's health and his or her aesthetic goals.

EVERLAST PLASTIC SURGERIES FACE AND NECK LIFT

FACELIFT

HOW DOES MINI FACE LIFT WORK?

Small incisions are made usually near the ear to remove excess tissue and tighten the remaining parts of the face by pulling them upward. Wrinkles, sagging skin and jowls are remedied by this technique. It works best when combined with neck liposuction to highlight contoured features and give an overall rejuvenated face. This mini face lift has an immediate anti-aging effect.



HOW LONG WILL A MINI FACELIFT LAST?

While each patient is different, typical mini facelift results can last about 5 – 10 years.

HOW VISIBLE ARE THE FACELIFT RESULTS? CAN A FACELIFT LOOK NATURAL?

The procedure can be completely modified based on your needs—from a complete makeover to a minor rejuvenation. It is up to you to be completely open and upfront with your surgeon about what it is exactly you want. For example, if you don't want anyone to notice that there's something very different about your face, do tell this to your surgeon. They will know exactly which areas will make you look younger without drastically changing your natural appearance.

CAN YOU GET A NECK-LIFT WITHOUT A FACELIFT?

Yes. There are several types of incisions that could be used to target your neck area alone. While most neck-lift patients will be interested in getting a facelift as well, it is entirely possible to work on the neck area alone. It is up to you, however, to make this part extra clear to your surgeon.



CAN A FACELIFT BE REVERSED?

No. However, you shouldn't panic if your face doesn't look exactly how you expected it just after the surgery. Facelifts reach their 'best look' within 3-6 months after the surgery, when your body is completely healed up and the swelling is completely gone. Keep in mind that all facelift procedures fade away with time (look at question 4.)

IS FACELIFT THE SAME AS BOTOX?

No. These are two completely different procedures. Botox injections are quick, and can be done right in the surgeon's office. Facelift procedures are much more lasting, as the excess skin is removed surgically and your muscles are rearranged to give you a more youthful appearance.

NECKLIFT

WHAT IS A NECK LIFT?

A neck lift is a cosmetic procedure designed to help a person enhance the appearance of the neck, jawline and throat-area. It creates a smoother, more elegant neckline. In addition, a neck lift can help a person eliminate fat deposits and tighten the skin on the neck.

WHAT IS THE DIFFERENCE BETWEEN A NECK LIFT AND PLATYSMAPLASTY?

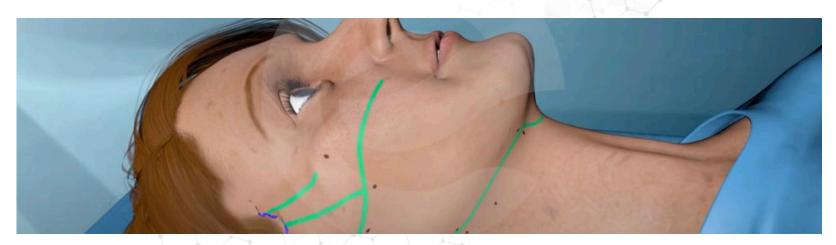
Although there are similarities between a neck lift and platysmaplasty, it is important to note that there are key differences between the procedures. A neck lift enables an individual to address the following signs of aging on the neck and throat:

- Fat deposits and build-up under the chin and around the jowls
- Skin laxity
- Muscle laxity
- Submuscular laxity

Comparatively, platysmaplasty involves a reconstruction of the neck muscles. It allows a person to address several issues, including:

- Double chin
- Fatty jowls
- Loose, sagging skin that causes the appearance of a "turkey wattle"
- Distracting neck bands or cords

A facial plastic and reconstructive surgeon will explain the differences between a neck lift and platysmaplasty. By doing so, the surgeon can respond to a person's neck procedure questions and help an individual determine the best course of action. In many cases, a neck lift and platysmaplasty will be combined for best results.





HOW IS A NECK LIFT PERFORMED?

A facial plastic and reconstructive surgeon will use one of the following techniques to perform a neck lift surgery:

Skin-SMAS-Platysma Lift: Involves the lifting and tightening of neck and throat skin, leading to a toned appearance in the neck.

Platysmaplasty: Addresses the underlying muscles in the neck and repositions fat in the neck simultaneously, resulting in a tighter, more youthful neckline.

The doctor will evaluate an individual before administering a neck lift treatment. He will offer personalized neck lift recommendations and ensure an individual can enjoy long-lasting results, regardless of neck lift technique.

CAN A NECK LIFT BE USED TO REMOVE A TURKEY NECK?

There may be instances in which a neck lift enables a patient to remove a turkey neck, i.e. wrinkled, sagging skin that forms under the neck. To determine if a patient can benefit from a neck lift, The doctor requests an evaluation.

HOW LONG DOES A NECK LIFT LAST?

The results of a neck lift typically last 10 to 15 years. Treatment results may vary based on an individual's skin condition and how well he or she takes care of the skin after surgery. Also, the face continues to age even after surgery, so results depend on the individual's natural aging process.

WHY DO I NEED BUTT LIFT?

You may undergo this procedure if you have a small asymmetric buttocks and you need to increase its volume, or if you opt to improve the shape of your butt to have a curved appearance. This procedure will give you a natural looking body.





HOW DOES BRAZILIAN BUTT LIFT WORK?

Small incisions are made to introduce the liposuction cannula. Excess fat from the abdomen, lower back, thighs or hips are drained, removed and collected through liposuction which are then purified to be injected strategically back in the body into the buttocks.

HOW LONG DOES A BRAZILIAN BUTT LIFT LAST?

A Brazilian butt lift (BBL) uses fat from your own body to enhance the size and improve the shape of your buttocks. Because the "filler" is your body's own fat, results from a BBL can last for several years. It can take up to six months for results from a BBL to be fully realized. During this time, the care that you take of yourself will have a direct impact on both the appearance and the longevity of your results. While in our care, we will make sure you fully understand how to prepare for and recover from your Brazilian butt lift procedure to help ensure your entire experience is as rewarding as possible. People should discuss with their surgeon who can give an estimate that they will base on the individual's situation.





WHAT IS THE DIFFERENCE BETWEEN A BRAZILIAN BUTT LIFT AND BUTT IMPLANTS?

Both procedures are buttocks enhancing surgical techniques, but include different methods to achieve results. A Brazilian butt lift uses fat from another part of your body. However, if you do not have sufficient fat to perform fat grafting, you can benefit from butt implants. Dr. Greenberg offers a variety of shapes and sizes of butt implants to help you attain optimal results.

WHAT IS BLEPHAROPLASTY?

Blepharoplasty refers to eyelid surgery, which is designed to remove the excess fat, along with skin and muscle, from the upper and lower eyelids. It is the second most common cosmetic procedure performed with about 50,000 persons having the procedure in the United States each year.



WHAT IS THE SUCCESS RATE OF COSMETIC EYELID SURGERY?

Eyelid surgery is very successful in patients who have been properly educated and have reasonable expectations. Realistic expectation on the part of the patient is critical to success. Sagging tissue of the eyelids and bulging fat pads can certainly be removed.

CAN EYELID SURGERY REMOVE THE WRINKLES AROUND THE EYES (CROW'S FEET), ELEVATE DROOPY EYEBROWS, AND TAKE AWAY DARK CIRCLES UNDER THE LOWER EYELIDS?

Eye Physician San JoseNo, the blepharoplasty surgery will not be able to achieve all of this. As the skin tightens, many wrinkles go away. Some fine ones may not. Dark circles under the eyes may improve a bit if this is related to large bags, but most often the dark appearance of the lower eyelid skin remains.





HOW DO YOU DECIDE WHETHER I NEED AN UPPER EYELID LIFT OR A BROW LIFT?

When someone complains of the appearance of the upper eyelids, the first thing we do is evaluate whether the problem is excess skin in the upper eyelids, or if the eyebrows have lowered in position over time. If the eyebrows are in a good position, then we can perform the upper eyelid surgery to remove the excess skin. If the eyebrows are particularly low, the doctor raises the patient's forehead skin by hand to an appropriate level. If most of the upper eyelid skin disappears, a patient would most likely benefit from a forehead lift.

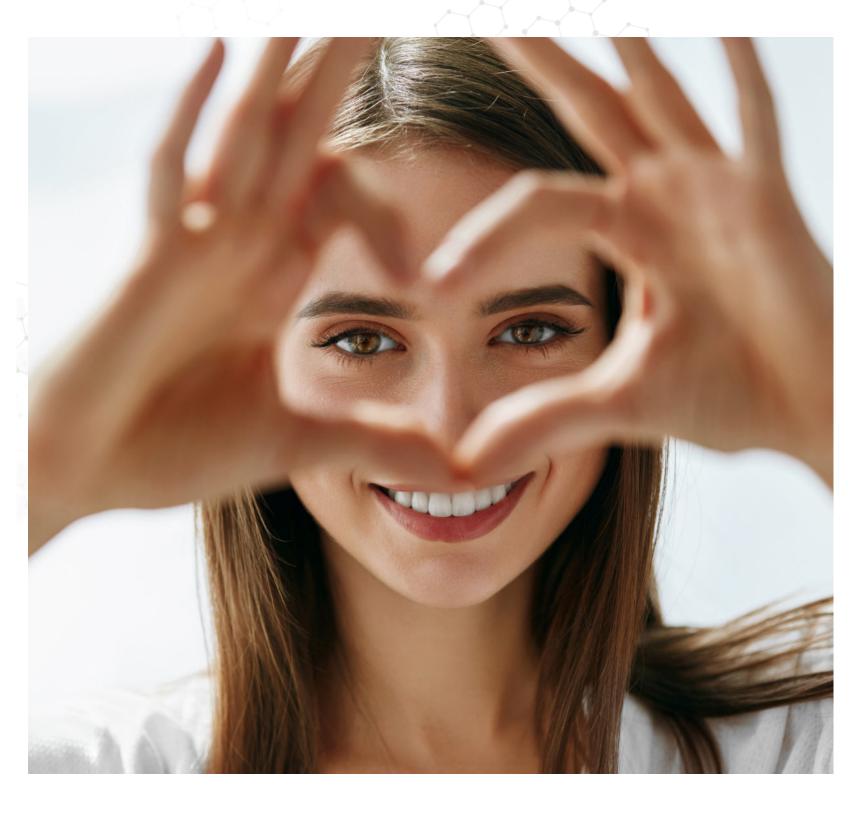
WHO IS A CANDIDATE FOR BLEPHAROPLASTY?

A natural part of the aging process is the development of wrinkles, often around the eyes. Skin around the eyes also becomes less elastic, resulting in droopy eyelids. Sometimes this happens at an early age. You may start working your forehead muscles harder in an effort to lift your drooping eyelids. This may cause brow aches and fatigue. If you are having these symptoms, or simply do not like the way your eyelids appear, you may be a candidate for a blepharoplasty.



IS THE RESULT OF EYELID SURGERY PERMANENT?

The goal is to create a permanent crease. Generally speaking, the benefits of a blepharoplasty are long lasting, and few people need to have the procedure done a second time. Fat that has been removed will not come back. Of course with aging, the skin gets looser and can hang down. The procedure cannot alter or retard the natural aging process. But the crease generally is permanent.



EVERLAST PLASTIC SURGERIES

WHAT IS A CHIN AUGMENTATION?

A chin augmentation is a procedure that increases the projection of the chin as well as the height of the chin. It is usually done with an implant, but a chin augmentation can also be done by moving the bones of the chin.

WHY WOULD SOMEONE GET A CHIN AUGMENTATION?

When viewed in profile, the projection of the chin plays a very important role in balancing the forehead and nose. A small chin can make a nose look large; a large chin can make a nose look smaller. In the front view, a short chin results in the face looking "top-heavy".



WILL A CHIN AUGMENTATION CHANGE THE APPEARANCE OF MY NECK?

By increasing the projection of the chin, the neck looks more angular, lean, and youthful. Some patients who think they need some sort of a neck lift really are best served with a chin implant, either alone or with some type of a neck lifting procedure. And as the neck skin is distracted forward even a little bit by a chin implant, there is a greater amount of tightness noted in the skin underneath the jaw.

WHY DOES A CHIN IMPLANT MAKE SUCH A BIG DIFFERENCE IN APPEARANCE?

The chin plays a critical role in setting up balances in the face and in the neck. While men are typically considered more attractive when their chins are stronger and squarer than the chins in women, an attractive and balanced chin is important for both genders. People with weak chins simply do not look as healthy, fit, and energetic. A strong chin creates a greater appearance of strength and self-confidence. Its role in balancing the nose and forehead are very important in creating ideal facial proportions.



EVERLAST PLASTIC SURGERIES

WHAT IS THE EFFECT OF A CHIN IMPLANT ON THE APPEARANCE OF THE NOSE?

The nose and the chin are like a "teeter-totter" across the lips. A big nose can make a normal chin look small, and a small chin can make a normal nose look big. The doctor does not bring up procedures in consultation that the patient did not ask about. The only exception is the chin; so often patients who come in for a rhinoplasty also have an issue with their chin, and ignoring the chin means not properly diagnosing the issues with the nose.

IS THERE AN ALTERNATIVE TO A CHIN IMPLANT?

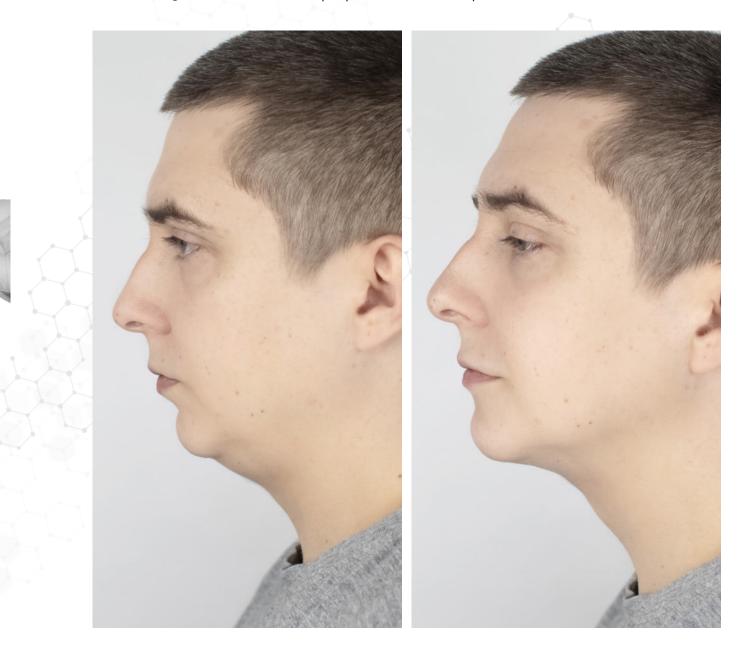
Nearly all chin augmentations are done with a chin implant. But there are also procedures done in which the jawbone is cut and moved to create an increase in vertical height or length of the lower jaw.

CAN A CHIN IMPLANT MOVE?

Once everything has healed, a chin implant will stay in position. But sometimes in the early weeks after surgery and before everything has completely healed, the chin implant can move out of position. This is very uncommon, but correcting it does require returning to the operating room to put it back into position.

HOW LONG DOES A CHIN IMPLANT LAST?

A chin implant never needs to be replaced. Unlike a breast implant, a chin implant is solid; there is nothing to leak out of it. Most people have one chin implant and it will last them a lifetime.



ARE THE RESULTS OF A CHIN AUGMENTATION PERMANENT?

The chin will look augmented as long as the implant remains in place.

ARE THERE DIFFERENT SHAPES OF CHIN IMPLANTS?

There are many different shapes of chin implants. Some wrap widely around the jaw bone and others are very narrow and only project at the very front. Chin implants can be thin, augmenting only along a narrow area, or they can be tall. And they can wrap around the jawbone to varying degrees. They can have more of a pointy shape or a square shape.

everlast plastic surgeries OTOPLASTY

Clinically known as, Otoplasty, ear corrective surgery improves the shape, position and proportionality of the ear to the face.

It can also correct ear defects caused by birth that causes development and hearing problems. Otoplasty in general, can correct shapes that may cause hearing defects and deformities due to injury. It can address both issues with functionality and loss of self-esteem due to imbalance in appearance, dis-figuration and disproportionate against the face.

There are several different types of otoplasty:

- **Ear augmentation.** Some people may have small ears or ears that haven't completely developed. In these cases, they may want to have otoplasty to increase the size of their outer ear.
- **Ear pinning.** This type of otoplasty involves drawing the ears closer to the head. It's performed on individuals whose ears stick out prominently from the sides of their head.
- **Ear reduction.** Macrotia is when your ears are larger than normal. People with macrotia may choose to have otoplasty to reduce the size of their ears.







Everlast | Company Profile

EVERLAST PLASTIC SURGERIES

WHAT IS ABDOMINOPLASTY?

Abdominoplasty is another name for tummy tuck. It is a body contouring procedure designed to help you get a slimmer, shapelier belly.

HOW DOES ABDOMINOPLASTY IMPROVE MY FIGURE?

Abdominoplasty is performed when you have slack abdominal muscles and excess fat and skin that give you a protruding abdomen. The procedure removes excess skin and fat and tightens the abdominal muscles. The result is a smoother, tighter belly.

CAN'T I JUST USE LIPOSUCTION TO REMOVE MY BELLY FAT?

For some patients, liposuction is an ideal procedure for getting a toned abdomen. If your protruding belly is composed primarily of fat, and your skin tone is good enough to ensure it will contract after the fat is removed, then liposuction is recommended. However, many people have excess skin and some degree of looseness in the abdominal muscles that prevents liposuction from giving ideal results. During your abdominoplasty consultation, the doctor will perform an exam to determine which procedure is right for you.

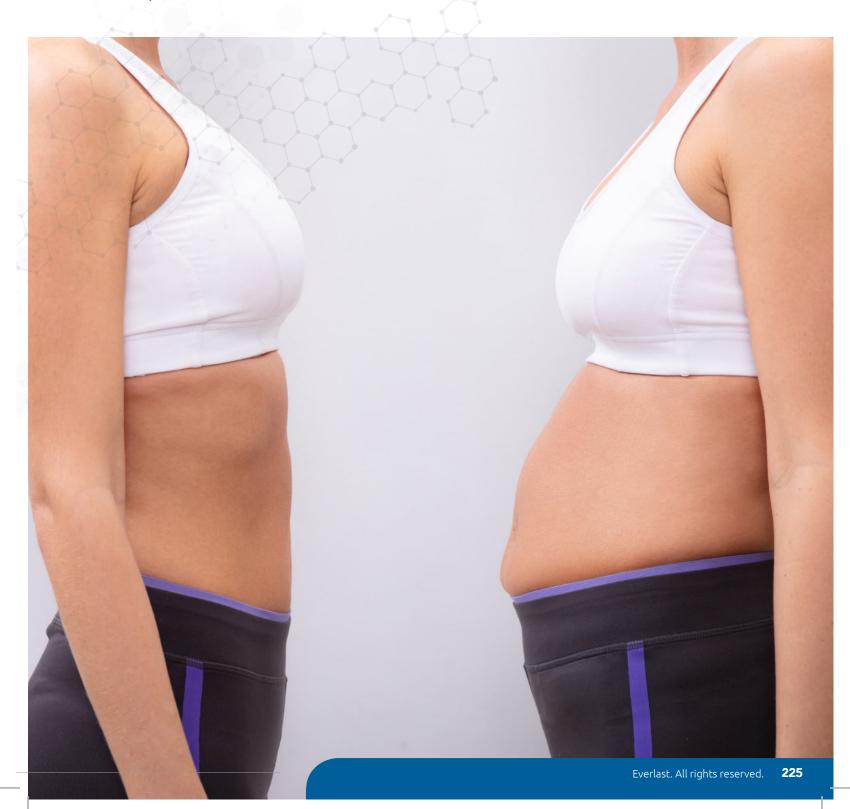


DOES ABDOMINOPLASTY REMOVE STRETCH MARKS?

Stretch marks are in the skin, and because some skin is removed during an abdominoplasty, some stretch marks may be removed. Others may be repositioned lower on the abdomen, while still others may be unaffected.

WHAT IS LIPOABDOMINOPLASTY?

Lipoabdominoplasty is a newer abdominoplasty technique that utilizes liposuction to reduce the invasiveness of the procedure. Using liposuction instead of more traditional surgical removal and contouring reduces the impact of the procedure on your body, decreasing your healing time and reducing your risk of complications. It does not however decrease its effectiveness for contour improvement.



EVERLAST PLASTIC SURGERIES BREAST PLASTIC SURGERIES

WHAT IS BREAST AUGMENTATION?

Breast enhancements are performed to enhance the size and shape of a woman's breasts. This is done primarily and traditionally with implants. There are lots of reasons why women opt for this treatment, including when they have significant asymmetry or have experienced loss of breast volume due to weight loss or pregnancy, or generally to enhance their breast shape and volume and create more balance with the rest of their body.

HOW DOES BREAST AUGMENTATION WORK?

The procedure is considered very simple. An incision will be made as an opening. Muscles, connective tissue of the chest and breast tissues are strategically separated to create pockets where these breast implants will be placed. Silicone implants are readily available in the market prefilled with silicone gel while saline implants, initially empty, are filled with sterile normal saline water once placed inside the cavity.



WHAT TYPES OF BREAST IMPLANTS ARE AVAILABLE?

Breast implants are composed of a silicone shell that is either filled with a cohesive silicone gel or saline (salt water). Ultimately the decision on which implant to use will come down to aesthetic goals and personal preference. Aside from the material, implants also come in different shapes and sizes. Round implants are quite popular and are generally chosen by women who want substantial lift, cleavage and fullness, and teardrop-shaped implants can in some cases give a more natural projection and fullness to the breasts.

HOW DO THE TYPES OF IMPLANTS DIFFER?

Saline implants are silicone shells filled with sterile salt water or saline. If saline implants leak the saline will be absorbed by the body. This leak can occur but is an uncommon event. Silicone implants are filled with a special, medical-grade gel that is intended to create a more natural feel and look to the breast as compared to saline implants, in particular in thinner women.



EVERLAST PLASTIC SURGERIES BREAST PLASTIC SURGERIES

WHO IS AN IDEAL CANDIDATE?

For saline implants, any healthy patient 18 or older is eligible for this surgery. To receive silicone implants, the FDA deems that only patients 22 or older are eligible.

Ideal candidates are:

- Non-smokers
- Not pregnant or breastfeeding
- Fully informed with realistic expectations
- Living at a healthy and stable weight

WHAT KIND OF RESULTS CAN BE EXPECTED?

It's important to go into this surgery with realistic expectations. This type of breast enhancement procedure can:

- Improve breast fullness
- Improve asymmetry or volume loss
- Increase the projection, size and shape of the breasts
- Create a more balanced hip-to-breast ratio

Augmentation does have some limitations, and in the case of severe drooping or sagging, many women will need a supplementary breast lift as well. This is normal and can easily be performed alongside augmentation.





LIFE AFTER BREAST AUGMENTATION?

The results of a breast implant procedure are typically long-lasting. Breast implants often "last" as long as 10 years (this number is variable and can be larger or smaller) but can vary depending on the patient, type, size and shape, among other factors. Patients often elect to undergo a second or even third breast augmentation procedure as they naturally age to maintain their aesthetic profile.

Patients cite this procedure as a great confidence booster, especially when patients are good candidates and maintain reasonable expectations for what breast augmentations can achieve. Asking the right questions and performing your due diligence before your procedure can go a long way to help provide a wonderful experience and ultimately reach your aesthetic goals.



EVERLAST PLASTIC SURGERIES

Male breast reduction surgery, also known as Gynecomastia surgery, aims to reduce breast size in men, flattening and enhancing the contours of their chest.

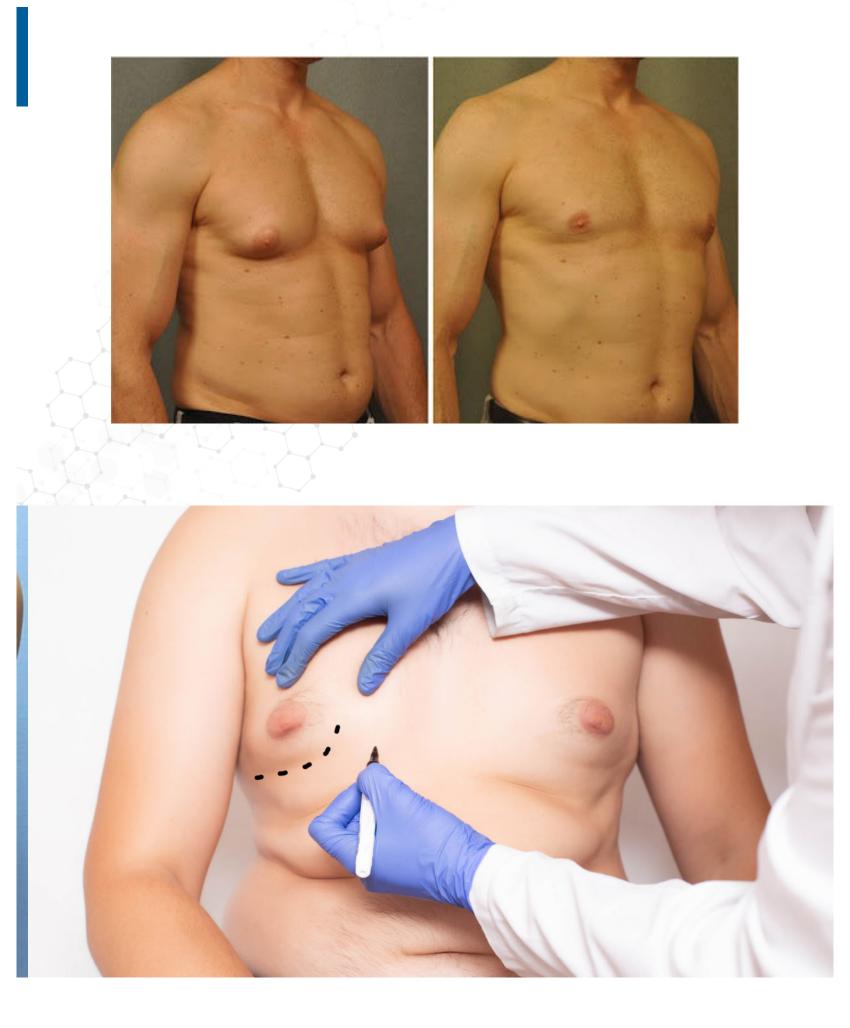
Gynecomastia is a condition of overdeveloped or enlarged breasts in men that can occur at any age. The condition can be the result of hormonal changes, heredity, obesity or the use of certain drugs.

Gynecomastia can cause emotional discomfort and impair your self-confidence. Some men may even avoid certain physical activities and intimacy simply to hide their condition.

Surgery to remove the breast tissues usually involves liposuction of the excess fat, surgical removal of the excess glandular breast tissue through an incision in the margin of the nippleareolar complex and/or skin excision (in very large male breasts). A proper physical exam needs to be performed by a surgeon of the breasts to confirm gynecomastia and rule out the suspicion for male breast cancer.









EVERLAST LABORATORY TESTS

Beauty is more than skin, and so are our treatments. Whenever necessary, your treatments at Everlast will include laboratory tests to make sure that our recommendations are according to your needs and customized accurately to be optimized for you. This may include skin DNA analysis, Skin Biopsy and all kinds of relevant dermatologic blood tests to make sure we have all the information we need to treat the root cause of your problem.

EVERLAST LABORATORY TESTS

WHAT IS SKIN DNA TEST?

A highly scientific medical testing that examines and analyzes genetic markers which include firmness, wrinkles, elasticity, pigmentation, skin sensitivity and more to tailor fit treatment modalities based on the individual's genetic make -up. It is utilized to understand and plan treatments before it actually arises.



HOW DOES SKIN DNA TEST WORK?

A professional DNA practitioner will collect samples of your saliva from your cheeks. The collected specimen is carefully maintained and analyzed in our laboratories. Results are shared to you by one of our specialist dermatologists to frame a customized treatment plan based on your need while being guided by the report.

EVERLAST LABORATORY TESTS

WHAT IS SKIN BIOPSY?

It is a procedure where a doctor removes or cuts a sample of your skin to be comprehensively analyzed. Results of the analysis will then be used as key indicators for the diagnosis and treatment implementation. Skin biopsy is common in either clinical and aesthetic dermatology to understand cases like acne, injuries and scarring, bacterial or fungal infections, skin cancers and other growths, psoriasis, and even warts and moles.



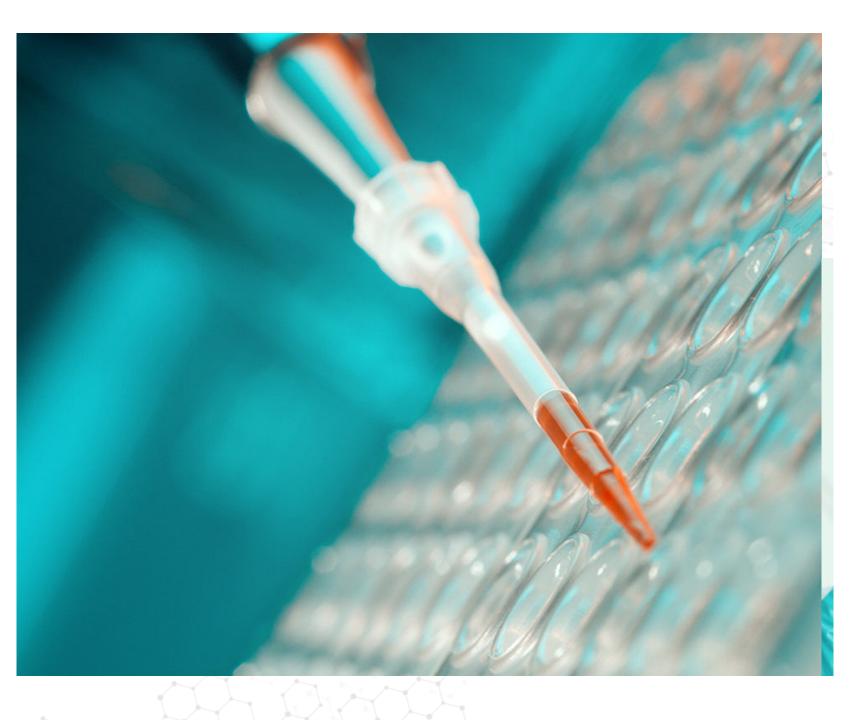
HOW DOES SKIN BIOPSY WORK?

The collection of the sample may be done through the removal of top layers of the skin using a razor-like device, removal of deeper layers using a circular tool or the cutting of a sample using a small surgical knife to remove a lump or a portion of an abnormal skin.

EVERLAST LABORATORY TESTS BLOOD TEST (HAIR, SKIN & NAIL)

WHAT IS BLOOD TEST FOR HAIR, SKIN AND NAILS?

A common, reliable and easy procedure where a sample of your blood is extracted to determine nutritional insufficiencies, blood component irregularities and normal values deviations to understand and plan treatments for your hair, skin and nails.





HOW DOES BLOOD TEST WORK?

An expert medical practitioner will collect blood usually from your finger pads, hands or the area opposite to the elbow. Specimen samples are brought to our laboratories for comprehensive analysis.



verlast

OUR AFFILIATED TEAM

DR.CHRISTEEN YOUSSEF

Aesthetic Dermatologist and Specialist, Founder, Medical Director of Everlast Group Abu Dhabi, United Arab Emirates International Speaker

Asia Derma

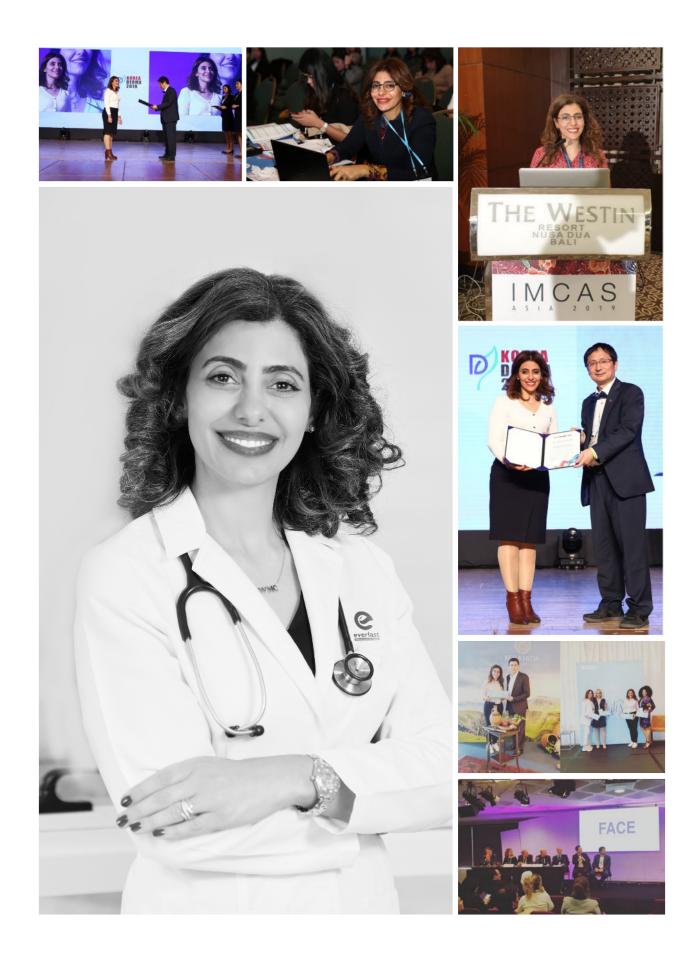
Asia-Pacific Dermatology and Aesthetic Conference & Exhibition

#AsiaDerma



DR. CHRISTEEN YOUSSEF

INTERNATIONAL CONFERENCES SPEAKER



2020

16th Annual Convention Primary Skin Health Essentials in a time of Pandemic

Organizer: Philippine Association of Primary Skin Health Physicians, Inc, PAPSHPI

Date: November 18th, 2020

Venue: Virtual Conference

Presentation: Treatments and techniques for Mid Face area for Asian women

6th Abu Dhabi International Conference in Dermatology and Aesthetics

Organizer: AIDA

Date: September 10th to 12th, 2020

Venue: Virtual Conference

Presentation: Rethinking the management of delayed thread complications

14th International Caucasian Congress on Plastic Surgery and Dermatology KOLKHIDA 2020

Organizer: APTOS Global

Date: July 4th and 5th, 2020

Venue: Virtual Conference

Presentation: The not-so-talked about Facial Asymmetry of the Gulf Region: A Case Study of the Minimally Invasive Combinations for Facial Asymmetry Improvement

9th International Emirates Gynecology and Obstetrics Conference

Organizer: IEGO

Date: March 5th to 6th, 2020

Venue: Abu Dhabi, UAE

Presentation: Vaginal Rejuvenation

IMCAS World Congress 2020

Organizer: International Master Course on Ageing Skin (IMCAS)

Date: January 30th to February 1st, 2020

Venue: Paris, FRANCE

Presentation: The Art of Threads: A Novel Review on Bioabsorbable Threads and the Emerging Thread Lifting Technique



2019



DASIL 8th World Congress Dermatologic and Aesthetic Surgery Organizer: DASIL Date: October 30th to November 2nd, 2019 Venue: Goa, INDIA Presentation: Minimal Invasive Treatments on Facial Asymmetry – A case study

21st International Master Course on Aging Science Asia Congress IMCAS Asia Organizer: IMCAS Date: July 5th to 7th, 2019 Venue: Bali, Indonesia Presentation: Combination treatments for neck skin lifting and Rejuvenation Lower Face and Neck Contouring

24th World Congress of Dermatology (WCD)

Organizer: International League of Dermatological Societies (ILDS)
 Date: June 10th to 15th, 2019
 Venue: Milan, Italy
 Presentation: Clinical Experience on Multi-dimensional Combination of Non-Invasive and Minimally Invasive Treatments for Neck Revitalization

Facial Aesthetic Conference and Exhibition (FACE) 2019 Organizer: Euromedicom and Informa Date: June 7th & 8th, 2019 Venue: London, UK Presentation: Skin lifting and Rejuvenation Synergestic effect of threads with hyaluronic acid

2019

17th Aesthetic & Anti-Aging Medicine World Congress (AMWC)

Organizer: Euromedicom and Informa

Date: April 4th to 6th, 2019

Venue: Monte-Carlo, Monaco

Presentation: Skin lifting and Rejuvenation Synergestic effect of threads with hyaluronic acid

International Aesthetic Dermatology Symposium of the Association of Korean Dermatologists

Organizer: Korea Derma

Date: March 27th to 31st, 2019

Venue: Seoul, Korea

Presentation: Combination Treatment for Neck Rejuvenation

19th Dubai World Dermatology and Laser Conference & Exhibition 2019

Organizer: Dubai Derma

Date: March 18th to 20th, 2019

Venue: Dubai, UAE

Presentation: Jaw and Neck Contouring Combining Procedures for Ultimate Beauty Effect with Threads and Calcium Hydroxylapatite (caHA)

8th International Emirates Gynaecology and Obstetrics Conference

Organizer: IEGO

Date: March 7th to 8th, 2019

Venue: Abu Dhabi, UAE

Presentation: Treatment Approach on the Alleviation of loose and saggy skin on post-partum.







2018

Asia-Pacific Dermatology and Aesthetic Conference and Exhibition

International Conferences Speaker

Organizer: Asia Derma

Date: December 5th to 7th, 2018

Venue: Singapore

Presentation: Lower Face and Neck Contouring Combining Procedures for Pronounced – Definition Effect with Threads and Adipocytolysis

International Conference of Aesthetic Dermatology (ICAD)

Organizer: Euromedicom

Date: November 23rd & 24th, 2018

Venue: Bangkok, THAILAND

Presentation: Lower Face and Neck Contouring Combining Procedures for Pronounced – Definition Effect with Threads and Adipocytolysis

Aesthetic Bangladesh 2018 Conference

Organizer: ADSB

Date: November 21st and 22nd, 2018

Venue: Dhaka, BANGLADESH

Presentation: All about threads, Art of Threads and Hand Rejuvenation

4th Abu Dhabi International Conference in Dermatology and Aesthetics

Organizer: AIDA

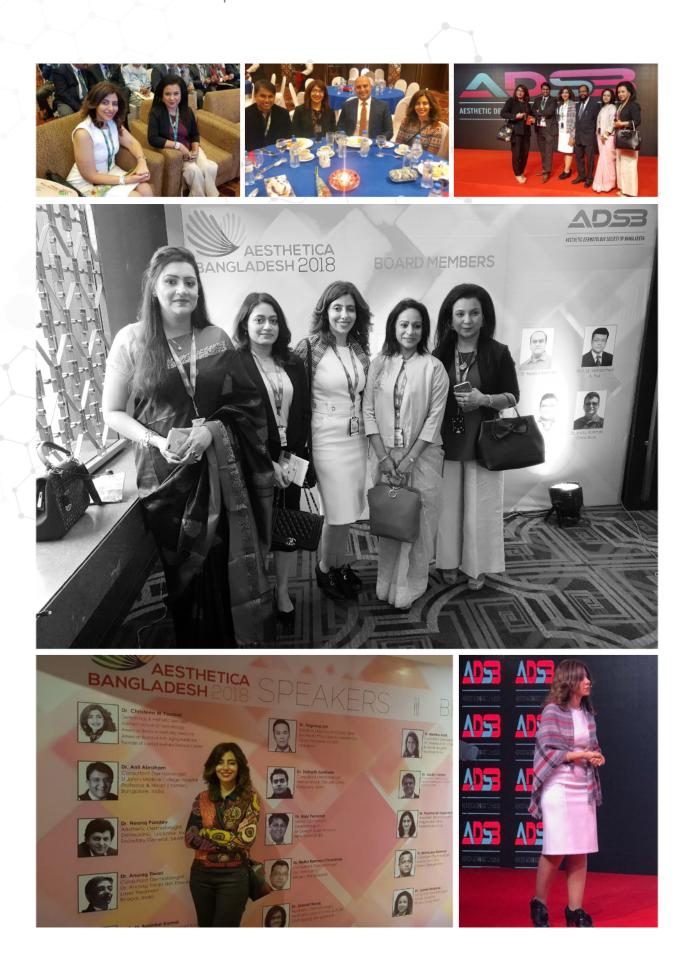
Date: September 27th to 30th, 2018

Venue: Abu Dhabi, UAE

Presentation: Lower Face and Neck Contouring Combining Procedures for Pronounced Definition Effect with Threads and Adipocytolysis









DR. CHRISTEEN YOUSSEF

MEMBERSHIP

& INTERNATIONAL TRAINER CERTIFICATES

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PRIME TE

Dr. Christeen Youssef provides a compresent provides a compresent in a comparison of the comparison of Dr. Christeen rousser provides a compre-international provides a compre-provides a comp use of threads undestrietlic medicine, in and areas of the face that can be treate

GEING IS A COMPLEX BIOLOGICA GEING 15 A CONTRUEX BIOLOGIC process, in provinces many struch transes, particularly to the face, w changes, particularly to the face, w are usually influenced by gravity are usually inducenced by gravity and soft tissue resorption, and soft tissue including the displacement of including the displacement thanks to including the displacement thanks to

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invasive proced toreversether ageing are gr emergi alternative for p toreconstr surgery as they do require an exte recovery period reta satisfactory and decr morbidity.

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for optimum facial rejuvenation results. Minimally invasive procedure such as thread lifting has been proven to be effective for lifting and long term facial rejuvenation and could be a great alternative for surgical procedures complementary to injectable fillers for its volumising

effect, energy-based procedures for skin tightening, and

promising result.

Method

ageing while avoiding large inclsions.

effect, energy-based procedures for skin ughtening, and muscle relaxation by neuromodulators. In addition, it

nuecle relaxation by neuromodulators. In addition, it counteracts the force of gravity and chronological signs of

eing while avoiding large incisions. Over the years, as thread lifting techniques have become Over the years as uncaunitude eccliniques have become more in demand, the discovery of suture materials have

note in demand, the unscovery of suttire materials have also progressed with the addition of barbs and cones to

also progressed with the addition of barbs and cones to non-absorbable sulture materials. Recently, the use of

non-absorbable survive materials, recently, the use of absorbable survives has been the material of choice since it where overlappent benefite. Note from better a

absorbable survives has been the material of choice since it also offers excellent benefits. Aside from being degradable

o numan biological processes, it is also safet compare permanent threads due to its minimal complications

also offers excertent oenerus. Aside from being degradable to human biological processes, it is also safer compared to

manent inteads due to its thinkinal complications. This study consists of a literature review of thread lifting

This study consists of a merature review of thread thing in regards to its types, forms, and techniques to be applied the precedure together with an indexte

in regards to its types, tornis, and techniques to be applied during the procedure together with an in-depth preduring the procedure together with an indepth pre-treatment assessment to ensure a successful and

The search was carried out through systematic review the search was carned our unough systematic review from PUBMED database for studies to retrieve the literature

form PUBWIED database for success to remeve the interature Using the following keywords: Thread lifting, absorbable

using the following regiments. Thread lifting absorbable threads, non-absorbable threads, thread lifting technique,

threads, non-ausonoaute unreads, unread lifting for factal the efficacy of thread lifting and thread lifting for factal

the efficacy or thread numb and thread nitting for facial rejuvenation. All articles have been evaluated, and those b

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STORY

prime-journal.com March/April 2020

KEYWORDS Suteres, Absorbable,

non-absorbable, threads

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prehensive review of the , including types, techniques

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THREADS AESTHETIC FEATURE



Before we understand why the nee first comprehend differences in der by Dr. Christeen, differences in quali thickness, oiliness, number of glands : hair.

Skin thickness: The skin has differen Skin thickness: The skin has differen it has opposing demands, depending on h ample, skin thickness on the cyclid is 0.5m your foot goes up to 5mm in some places. T mis however, is about 0.12mm while the bod coming in at 0.60mm coming in at 0.60mm. Oiliness: The facial skin has more sebaceous

glands) compared to other parts of the body. The burn has different proposed functions, like hydrau t also contains antiovidants and antimized side antibut has atterent proposed functions, the hydrau It also contains antioxidants and antimicrobial subs. Number of other glands: The skin under the art Number of other glands: The skin under the arn and ear canals have special glands that produce sweat these apocrine glands produce sweat which doesn't sme sweat can become smelly when in contact with bacteria. Amount and type of hair: Density of hair follieles on Amount and type of hair: Density of hair follicles on facial skin is quite high, although fine and hard to see. In fa-lensities of hair follicles on the face is much higher the there is a skin is quite nigh, authough the and that to see, in the densities of hair follicles on the face is much higher than on the head. the back.

Besides natural ageing processes like gravity and collagen loss, personal neglect like 'tech neck' or constantly tilting the neck forward to look at your phone contributes to rapid neck ageing.

WHY THE NECK AGES

Whit International Besides natural ageing processes like gravity and collagen loss, personal neglect like 'tech neck' or constantly tilting the mask forward to look at your phone contributes to rapid mask loss personal neglect like 'tech neck or constantly tilling the neck forward to look at your phone contributes to rapid neck ageing. Another reason is sun exposure or photo damage ageing under-treating the neck when applying sunscenes ageing: Another reason is sun exposure or proor damage as well as under-treating the neck when applying sunscreen. as well as under-treating the neck when applying sunscreen. Correspondingly, photodamage develops in the form of fine Correspondingly, photodamage develops in the form of find lines, winkles, sunspots and even spider veins. Genetics and humanal fluctuations also influence collagen and elastic lines, wrinkles, sunspots and even spider veins. Genetics hormonal fluctuations also influence collagen and elastin Production all over the body including the neck. Compared to the face, the neck contains fewer elastin Compared to the face, the neck contains fewer elastic fibres which keeps skin stretchy. This means your neck enjoys moment. When this lack of support is combined with fibres which keeps skin stretchy. This means your neck enjoys less support. When this lack of support is combined with per-neal nealect and constant tilting, necks ultimately experience. less support. When this tack of support is combined with per-sonal neglect and constant tilting, necks ultimately experience and sagev skin sonal neglect and constant using necks utimately e accelerated development of wrinkles and sagey skin. Finally and as previously explained the skin relevated development of wrinkies and saggy skin. Finally, and as previously explained, the skin on our neck COSMETIC SURGERY & BEAUTY MAGAZINE . 60

and Adipocyte

Client has u

Young client has undergone pu

MINIMALLY INVASIVE AND NON-INVASIVE NECK REJUVENATION WITH CONSULTANT DERMATOLOGIST, DR. CHRISTEEN YOUSSEF

e neck rapidly ages, we must qualities are divided into skin nds and amount and type of

crent thicknesses because on location. For ex-The facial epiderbody's skin is thicker, Client has undergone combination of Fillers and Botulinum Toxin A for which the former of the second second

eous glands (oil The oil or s drating the skin. substances. arms, groin veat. While smell bad, ria son In fact, non

Client has undergone combination Toxin A for wrinkle management and freatments of lagen and elastin growth promotion.

te pure Thread Lifting.

as undergone combination treatments of Threads for control of the dissolution.

aking collagen and elastin loss even more notice-g i doesn't have the same emollient-producing ple tokense, it doesn't nave the same emollie ple tokense, which keep skin plump and hydrated. WIT NECK REJUVENATION TREATMENTS?

RENTENNING TRANSPORTS Patients normally ex-abovementioned factors, patients normally ex-age signs of neck ageing. These indications may and the skin redundancies in the lower face, creating jowls pouble chins Loose neck skin Musck handing in the neck Turker necks Whinkles and creases pical neck bands

Nordermal texture and photodamage

, porter to hattle these physical distresses, Dr. Christeen g onder to battle these physical distresses, Dr. Christeen and many minimally invasive and non-invasive solu-mends many include: nerodition pathways may archive such pathways may archive such pathways have and light-based systems - IPL and Pulsed Light and Pulsed Light Intense Pulsed Light) Intense Pulseo Ligar, Intense Pulseo Ligar, Redioirequency (RF) resurfacing - Fractional RF

Judances psurfacing nesurfacing psurfacing psurfac Laser-assisted lipolysis Thread and suture suspension

Neurotoxins Fillers

While non-invasive treatments do not penetrate skin, their ablative and nonpenetrate shirts do fight tissue laxity. This is ablance in an invasive treatments are simple referred as 'scarless part in a set of the pretimes referred as 'scarless neck lifts'

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these recommended treatments work in varied ways tarthese recommended water work in varied ways, tar-these recommended ways of the skin. Chromophore-based ways, tar-different layers of the skin chromophore-based lasers which the second end of the second lasers Being different layas of the source of thomophore-based is, ta, Being different layas of the source gently, based systems and encougens of light specifically and light-based systems and encougens of light specifically undered to intra-epidermal, epidermal and superficial dermal unin through a process called selective photothermolecular and the inter-epidensia of the superficial decimination who while a constrained of the superficial decimination while a constrained of the superficiency of meluin through a process cauce security photothermolysis meluin through a promoting cell rejuvenation while affecting this is essential in promoting cell rejuvenation while affecting this is essential in promoting cell rejuvenation while affecting This is essential in provide a source attorn while at the second downime and no damage to non-targeted at in recomments that use transcutaneous external areas. The downtime and to success the constant angle of the success of t Treatments that use unaccous external contact like Treatments that use unaccouse and require multiple passes RF reads to apply lower energies and require multiple passes RF rends to apply rower consequently patients experi-no heat large volumes of tissue. Consequently, patients experi-no heat collagen and elastin formation. Micro focused of perito heat large volumes of a solution of the sol one collagen and one by pass the epidermis to work endern mechanisms nowever, uppass the epidermis to work masound mechanisms nowever, uppass the epidermis to work on deeper tissues. Microneedles and microinvasive technology is fractionated RF, allowing doctors to vary energies and on deeper tissues and owing doctors to vary energies and elicit fractionated RF, allowing doctors to vary energies and elicit fractionate new collagen and elastin as well elicit fractionine new collagen and elastin as well. ports to promote us a minimally invasive procedures that Laser lipolysis is a minimum service procedures that Laser from fibre-optic lasers at different wavelengths to uses head fat. It's a different process than liposuccio uses heat from non-open process than liposuction as the melts fat while the latter removes fats using a melt body fat. It's a survey of the second s former melts hat white the nation version over fats using a vacuum suction. The added benefit of laser lipolysis is that aside from terme double chins, it spurs collagen production make suction. The acoust of the sports collagen production, that aside fro reducing double chins, it spurs collagen production, making

on treatments of The wrinkle management

COSMETIC SURGERY & BEAUT

skin tauter.

Thread and s They're a conveni neck lifts, designed neck litts designed jowling Apart from late collagen product abilities of relaxing in abilities are welding plumping skin riddled TREATMENT SIDE EFFECT. Most recommended treat Most recommended used Christeen szys. However, a

Christeen says. However, and local anacsthesia moved and a strategies of the state Patients can return to normal recommendations related to p Iccommencements limitations are heeded. nitations are necessar When treatments are provid When the attractions are provided be made aware of potential risks a include:

clude: Ablative light devices: slightly pa Ablative light devices: slightly pignentations and infection. Non-ablative light devices: slightly pa Non-ablative light devices: slightly pa eta-ta-ta-nimo of the skin. scatting out infection.

Non-ablative light devices: tempor darkening of the skin, scarring, swe infection. Infrared devices: transient oedema, st meres inflammatory nigmentation and st Infrared devices: transient oddend and temporary nerve affection. RF testurfacing: transient ervibenna subc

and temporary betwe affection Ris resurfacing: transient exploring thread or surface suspensions: some and of RF resurfacing: transient crythema Thread or surface suspensions: some and constructions and the surface and mild real Thread or suture suspensions: some ecch ecythema, small bacmorthage and ecch aesthesia

TREATMENT LONGEVITIES Results usually appear almost immediately or after Results usually appear almost immediately of third sessions, depending on the third sessions, depending on the third set of the treatment requires four to the treatment to the ind sessions, depending on treatment to the formation of the session of the sessi

IPL treatment requires four to ten treatments at a six-week intervals. Results last an average of threat a treatments at to ten treatments at to ten treatments at four to six-week intervals. Results last an average of the second veeks intervals, lasting an average of the second veeks of the se RF resurfacing necessitates six to ten beating and benefit from one treatment at form set intervals at form one treatment at form one treatment at form one treatment depending on a seven-week intervals, lasting an average of two years in ity: If more treatments are needed, sessions should be sold Patients may benefit from one treament depending on six-week intervals Results last an average of the six and the

ity: If more treatments are needed, sessions should be spaced upolysis involves four to six treat. between three to six-week intervals Results last an average intervals with results last an average intervals with results last an average is the source of the six treat. two years. Laser-assisted lipolysis involves four to six non-ths. Threadlifts are singular procedures enduring the solution of ments at one to two-week intervals with results lasting the to five years. Neurotoxins and fillers continue working to six months. Threadlifts are singular procedures enduring and fullers continue working and fullers continue working and two years respectively. three to five years. Neurotoxins and fillers continue works and two years respectively. CHOOSING BETWEEN MINIMALLY INVASIVE AND

Neck rejuvenation is considered minimally invasive when a needle. While non-invasive treatments do not penetrate shin Procedures Penetrate the epidermis whether with a scalpel or heir ablative and non-ablative hatures do not penetrate skin. a needle. While non-invasive treatments do not penetrate statistic is precisely why non-invasive treatments do not penetrate statistic is precisely why non-invasive treatments are sometrate statistic are sometrate statistic. their ablative and non-ablative natures do fight assue lavies This is precisely why non-invasive treatments are sometimes referred as 'scarless neck lifts' ferred as 's carless neck litts'. Normally, non-surgical skin tightening best suits individu. Normally, non-surgical skin tightening best suits indiva-nesent oreater severities, minimally invasive or invasive als bothered by mud to moderate dermal basity. If patient of the recommended This is why co Present Breater sevennes minimaly invasive or in procedures may be recommended. This is why co Procedures may be accommended at the side of the second se of risk and reward, consultations man anatomy for treatments while prospective recovery p

International Journal of Clinical & Experimental Derm

Research Article Combining P (LA/CL) Thread Lifting with Focused-Ultrasound Treatment Combining P (LA/CL) Thread Rejuvenation Combining F (LA) CL) Holistic Lower Face Contouring and Rejuvenation

PAST MOWLEGEL PLOTE

Christeen Youssef

Everlast Wellness Medical Center, UAE

Key Abbreviations PLA- Polylactic acid PCA- Polycaprolactone P (LA/CL)) - Poly-L-lactic acid and caprolactone IFUS- Intense Focused Ultrasound

Introduction The aging neck undergoes multiple changes, including degenerative changes due to aging as well as actinic damage [1]. The hallmark features of an aging neck include platysma ptosis and banding, uneven ptosis of tissues and development of multiple horizont rhytides. These changes may or may not be accompanied by bone resorption of the mandible which may exacerbate an 'aged look'[2]. This development of a hypoplastic mentum and subsequent loss of definition of chin and jawline and may give the appearance of the characteristic "turkey neck" look.

Until recently, cosmetic improvement of neck was limited to surgical

Until recently, cosmetic improvement of neck was limited to surgical interventions. However, now patients are opting for more and more minimally invasive "lunch-time" procedures that involve minimal fixes' are related to the high-risks involved with surgical procedures themselves. Some orter assons which may prevent individuals from opting for surgery, those whose medical history prevents them of further surgeries, patients who are unable to carve out post-surgery recovery time as well as younger patients who suffer from further surgeries, skin necrosis, hematoma, seroma, and the standard risk which is associated with all invasive surgical injury to frontal and marginal mandibular facial nerve branches, in addition to the associated risks involving general anesthesia or other forms of conscious sedation [3].

Aesthetic treatments for rejuvenating the aging lower face have evolved from skin tension-based procedures such as the mini face-lift, to a variety of newer techniques such as chemical peels, laser resurfacing, dermal fillers and neurotoxins injections. Patients are also seeking minimally invasive procedures like thread lifting in resurfacing, dermal fillers and neurotoxins injections. Patients are also seeking minimally invasive procedures like thread lifting in

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combination treatments for a holistic approach to lower face rejuvenation [3]. Thread lifting has an a mainstay in the aesthetic dermal industry since Sulamanidze and colleagues [4]. Since the since various techniques and thread materials have show cosults of ameliorating skin and tissue laxity in a

various techniques and the and the state have show Another notable feature of the aging lower face and elasticity and generalized skin laxity. To combat this ultrasound (IFUS) can now be used as a treatment ablative heating devices which emit IFUS energy that through tissues. This results in selective therapy that within the focal region of the beam while all costs of a multiple pass protocol in which they used 3mm probe that resulted in 80% of patients (80 au clinical improvements 90 days after treatment withs clinical improvements of anys and reatment will (Ulthera System; Ulthera, Inc., Mesa, AZ). This wa

ultrasounce of this case study report is to evaluate the purpose of this case study report is to evaluate the fifting, rejuvenating and anti-aging effects of two minimally invasive, lifting and tightening treatment for the combined content we wanted to determine the combined content we deffects of an IFU treatment followed by P(LA/CL) to a 2 week interval, and its patient satisfaction levels in and neck rejuvenation.

Materials and Methods

Mater Patients Patients (All female) with a considerable degree of low 5 patients (All female) in this study. The patients were enrolled in this study. The patients were Patients 5 patients (All female) with a considerable degree of loss 1 axity were enrolled in this study. The patients were of good health but desired a more defined jawline and or but on these nations and or the patients were of the patients were of but on the patients and or the patie good health but desired a more defined lawline and good health but desired with decreased submental skin and tightened lower face with decreased submental skin and the second states and the second s good in the second seco skin type IV. The average birt of these patients was 2 skin type IV. The average birt of these patients are given in Table

Int J Clin Expl Dermatol, 2019

1.41	e demographics of patients (N = 5 BMI Fitzpatrick skin type 21.2 IV	
of baselin	BMI	Fitzpatrick skin type
ary Age	21.2	IV
	25.6	IV
F 42	27.5	IV
41	30.3	IV
1 36	30,3	IV

active systemic or local infections, any re any active systemic or rocal infections, any it might alter wound healing, scarring in the ised psychiatric illness, a history of smoking, ised psychiatric illness, a history of smoking, ative laser procedures within the previous 6 lative laser procedures within the previous 6 ad those patients with excessive skin laxity.

HEUS we used the Ulthera device (Ulthera device), MESA, AZ). With this device it is possible to Mesa, AZ), to deliver focused ultrasound to lite skin at specific depths to cause localized for universal lows us to change the docalized dy visuate the skin at specific depths to cause localized to under the skin at specific depths to cause localized under the device allows us to change the depth and uponal lesions by changing the probes. The Ulthera armal here presets with a fixed focal depth and shave three presets with a fixed focal depth and Shave three presets with a fixed focal depth and whit. 4.5-mm focal depth (source energy 0.75–1.2 MHz. 4.5-mm focal depth (source energy 0.75–1.05 J); and 7 5-mm focal depth (source energy 0.4–0.63 J).

et activated, delivers a series of ultrasound pulses when activated, derivers a series of ultrasound pulses when activated inc. The depth the ultrasound reaches is any her two 4-Mhz, 4.5 mm and 7-Mhz, 4.5 mm-focal and her two used) and 1.1 mm (when the 7-MHz, 3.0-mm activer are used). sducer is used).

ds (Aptos Light 2G) for the jawline and ads threads (Apios Edgin 20) for the jawline and be blut anchoring which are a type absorbable thread thou anchoring lactide with z-caprolactone. These copolymer of L-lactide with thread needles with thread uble degree the needle which allow the absorb. dged traditional which allow the absorbable center of the needle which allow the absorbable center of the needle any desired contour (figure 1) hes to be drawn along any desired contour (figure 1) hes to be drawn along any desired contour (figure 1) hit with double needle 2G, we used Aptos P (LA/ lifting a type of thread made of PLA (Poly) $k_{\rm bild}^{\rm (los)}$ with double needed 20, we used Aptos P (LA/ k hing with double needed and of PLA (Polylactic which are a type of thread made of thread made of the type vlactic acto which that each subsequent barb is hese thread is sufficient to previous one that allows osile direction and supports grouping the tissues definite fixation data and the thread is preinstalled in oscetion of the thread. The thread is preinstalled in oscetion of the thread tip and a hole aside to the cumula with the rounded tip and a hole aside to

issue be indicated for lifting and reinforcement issue injury. threads can safely be indicated for fitting and reinforcement when and lower thirds of the face and neck [7]. The two middle and lower thread play two different roles for rejuvenation middle and thread play two main component. Let the rejuvenation add and lower thirds of the face and neck [7]. The two ddl and lower thirds of the face and neck [7]. The two ddl in these thread play two different roles for rejuvenation. Is in these thread play two different roles for rejuvenation. the above thread play two anterent roles for rejuvenation. in these that the main component, L- polylactic acid, is berved that the main component, L- polylactic acid, is for a suble rejuvenating effect as it stimulates natural for a suble rejuvenation, L-lactic acid is relevant or a subtle reluventing store us a stimulates natural or a subtle reluventing thread biodegradation, L-lactic acid is released During thread simulating neocollagenesis and time e to During thread broughtenergy, E-factic acid is released ion. During tissues, stimulating neocollagenesis and tissue inding tissues. IClin Espl Dermatol, 2019

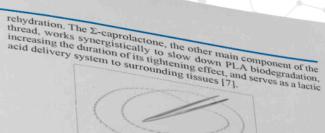


Figure 1: Light Lift Needle 2g (Lln2g)

The tissues reactions that are initiated which result in this tightening effect are due to the formation of collagen type I and type III, and due to the development of a fibrous capsule around the length of the thread. A fier complete hydrolysis of the thread itself, the fibrous capsule can continue to hold soft tissue for up to 5 months [7].

Assessment For qualitative assessment, we used the Vectra H1 3D Imaging System (Canfield Scientific, New Jersey, USA) for digital imaging. These images were taken in the following protocol through the treatment program: before Ulthera treatment, 2 weeks after through the lifting, 1 month after the thread lifting and 3 months after thread lifting. One session of digital assessment comprised of taking 3 digital images: 1 frontal and two at a 45-degree (left and rights following the recommended Vectra H1 System protocol. These (Canfield Imaging Systems, Fairfield, New Jersey).

(Canneld Imaging Systems, Fairfield, New Jersey). For the assessment and comparison of results, we used two Global Aesthetic Improvement Scale as a reference parameter (Table 2) and a direct side-by-side randomized comparison was also done These two physicians were independently practicing estheticians not employed by Everlast Wellness Medical Center, These physicians us were not involved in the any of the recruitment, the treatment blinded reviewers. For the procedure regarding direct comparisons alongside the corresponding posttreatment images were present so that reviewers, the sides of placement of both pictures varied and which was post-treatment. The reviewers were also provided

and which was post-treatment. The reviewers were also provided with printed versions of the pre- and post-treatment photographs. The evaluators were informed of the randomization of the left/right

The evaluators were informed of the randomization of the left/right positioning of the pre and post treatment images. For each patient, they were asked to observe and report the images as 'changed' or 'unchanged'. If they observed a change, they we asked to identify which image they perceived to be the changed one. This was the or ecorded in a data sheet. Based on each evaluators result, the changed were then determined to be 'improved', 'unchanged or 'worsend'. If the correct posttreatment image was identified based on the reference key, the patient's result was considered improved. If the reviewer identified the wrong photograph as the posttreatment image. The result was considered worsened. All results were then collated

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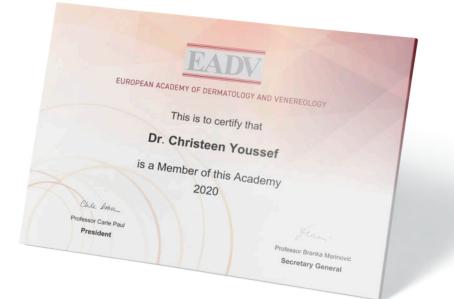
Membership





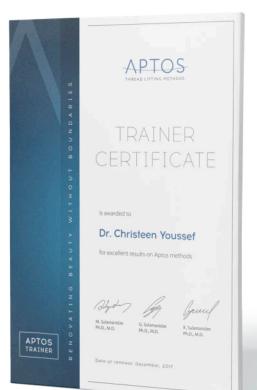
Membership

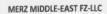




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International Trainer







27/08/2017

MERZ TRAINER CERTIFICATE

To whom it may concern,

Merz Middle East FZ LLC is proudly certifying that Dr. Christeen Mikhael Youssef Abdelmesin, Egyptian passport holder no A15718139 is Merz trainer for our products Belotero, Radiesse and Xacmin. In her capacity, she is conducting trainings for doctors in United Arab Emirates.

Should you require any further clarification or information, please do not hesitate to contact me

MERZ



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Professional Affiliation and Industry Leadership

- American Academy of Dermatology (AAD), Member.
- European Academy of Dermatology and Venereology (EADV), Member
- International Academy of Dermatology, Member
- APTOS, Trainer
- MERZ, Trainer
- Abu Dhabi International Conference in Dermatology and Aesthetics (AIDA), Committee Chairman



E V E R L A S T SOCIAL RESPONSIBILITIES

SOCIAL RESPONSIBILITIES

Everlast Wellness Medical Center with remarkable record of accomplishment on building up capacity on the Aesthetic field and the dynamic expansion of the scope of services strategies has successfully put Everlast Wellness as a brand of refute and choice to the communities at large.

We take pride in providing our customer with the highest quality health care services based on international standards to ensure best in class service, deliver the best safety, and care practices to our clients.

As we embark on keeping up with the fast pace of development in the healthcare system, Everlast Wellness Medical Center has taken a great stride to meet our community growing needs and Expectations through our strategic plan of implementing our Program - Roadmap to achieve "**Well-being for All**".

We are smitten by our ideals and aspirations to act as a catalyst of change; serve as beacon of knowledge of increasing health awareness and inspiration on how to live a quality life; enhance beauty and wellbeing and bring radical change in the aesthetics' needs of our community.



Integral to the successful implementation of the Program necessitates the positive acceptance of corporate entities/agencies to be our allied partners in securing the best interest of the community in getting the best in class health care services they truly deserved.

Partnering with others of goodwill, this calls to action and inviting entities to take part and rally with us to join in this laudable undertaking of setting our efforts with one common goal and purpose and support the causes for which this project was conceptualized.

Our unwavering commitment goes beyond words and we will push this developmental process forward to ensure the successful implementation of the Health Education Awareness Program. We are focused on helping to address these needs that are directly shaped by geography, demographics, environmental exposure, health-related issues and socioeconomic factors.

We are committed to the health and wellness of the communities we serve and believe it is our responsibility and our privilege to be a significant influencer in ensuring that people in our communities have the access to healthcare; resources and help they need to live healthy, happy lives.

We are very positive that by forging strong partnership and collaboration with the government and private entities; our combined efforts will surely drive Everlast Wellness Medical Center best strategy of achieving healthier community in UAE Region. Everlast Wellness Medical Center is implementing a flagship program on Educational Health Campaign - A Roadmap to Achieve **"Well-being"** which is focus on advocacy to uplift the awareness of the aesthetic needs of the public thru consultation services and Live Lectures which is focused on Skin Care Management specifically designed to boost the self-esteem of employees, encourage a healthy lifestyle; and contribute to the individual's quality of life and wellness to the growing population of the UAE Region.

Everlast strategic direction of realizing its healthcare goals is congruent with the government efforts of achieving a "Healthier Abu Dhabi".



YEARLY EDUCATIONAL AWARENESS CAMPAIGN

ACTIVITY		Target Period			
Uplifting the Awareness of the Aesthetic needs of the public thru consultation services and Live Lectures					
Lecturer: Dr. Christeen Youssef - Everlast Founder/Dermatologist Specialist					
1.	Topic: Face Variations by Age: Combining Procedures for Ultimate Beauty Effect	1 st Month			
2.	Topic: Atopic Dermatitis-Eczema Diagnosis & Treatment	2 nd Month			
3.	Topic: Reverse the signs: Professional Grade Skin Care Ro Prevent and Correct Signs of Aging	3 rd Month			
4.	Topic: Hyperpigmentation – Treatment & Prevention	4 th Month			
5.	Topic: Psoriasis – Diagnosis & Treatment	5 th Month			
6.	Topic: Summer Skin Care	6 th Month			
7.	Topic: Contouring Your Face: Maintain the Youthful "V" Shape of the Face	7 th Month			
8.	Topic: How to deal with skin dryness: Combat Skin and Achieve a Healthy, Radiant Complexion	8 th Month			
9.	Topic: Midfacial Aging: Aesthetically Undesirable Aging Changes	9 th Month			
10.	Topic: Facial Rejuvenation: To improve the appearance	10 th Month			
11.	Topic: Lower Face and Neck Contouring: Combining Procedures for Ultimate Beauty Effect with Threads and Calcium Hydroxylapatite (CaHA)	11 th Month			
12.	Topic: Lower Face & Neck Contouring: Combining Procedures for Pronounced Definition Effect with Threads & Adipocytosis	12 th Month			







NW/











مىدرت ال الوظني تاريخ: 11/08/11/08



السادة/ مركز ايفرلاست ولنس الطبي

يسرُّ القيادة العامة لشرطة أبوظبي، أن تتقدم لكم بخالص الشكر والتقدير، على جهودكم المبذولة ومشاركتكم المتميزة في إنجاح ملتقى السعادة السنوي 2018م.

مع تمنياتنا لكم بدوام التوفيق والنجاح



اللولية بيني المراجعة التاديدانية







جهاز أبوظبي للمحاسبة ABU DHABI ACCOUNTABILITY AUTHORITY	
شبهادة شكر وتقدير يتدم جهاز أبوظبي للمحاسبة بخالص الشكر والتقدير ل	
يبعدم جهار الوطني تشخاسية بخاص المندر والمعاير ال مركز ايفرلاس ت ويلنس الطبي	
على المشاركة الكريمة في فعاليات اليوم الصنحي لجهاز أبوظبي للمحاسبة 2019	
محمد سيف المهيري	





Rbu Dhabi Centre for Technical and Vicence And Education and Training

Her Highness Sheikha Fatima Bint Mubarak Chairwoman of the UAE General Women's Union, President of the Supreme Council for Matherhond and Chaldhood and Surgeme Challmone and the Supreme Council for

Abu Dhabi Centre for Technical and Vocational Education and Training extends its appreciation and gratitude to

EVERLAST WELLNESS MEDICAL CENTER

for your distinguished contribution as

EXHIBITOR

In the HEALTH & FITNESS FUN FESTIVAL 2020 that was held in Abu Dhabi National Exhibition Centre (ADNEC), Abu Dhabi from 22nd to 25th January 2020



Conference Speaker Certificate





Social Responsibility







Provide Abu Dhabi Community education initiatives, through collaboration with leading businesses, to clarify the right definitions of beauty and to correct myths and misconduct



COMPANY BACKGROUND

Everlast Wellness Medical Center

Everlast Wellness Medical Center is a dynamic, integrated healthcare service provider with humble beginnings in 2015. The medical center is strategically located at the heart of Abu Dhabi and was founded by Dr. Christeen Youssef, one of the most experienced and well-renowned Dermatology & Aesthetic Specialist in UAE Region. She has been working in Abu Dhabi since 2006. With more than 19 years of extensive experience in dermatology and aesthetic care; a Fellow of American Board of Aesthetic & Anti-Aging Medicine; Committee Director of UAE Aesthetic Medicine Forum, Key Note Lecturer/Educator on International Conferences and a Philanthropist; Dr. Christeen unparalleled service, competence and relentless commitment to the medical center vision and passion for a holistic approach as reflected in the Center Theme "Beauty & Beyond" has impacted the lives of so many people which is truly commendable.

Everlast epitomizes leadership and innovation in aesthetic healthcare services especially in Dermatology and Aesthetics blended with the routine healthcare treatment for all ages embracing the values of Everlast Wellness Medical Center for the premium quality service, delivered in a warm and reassuring environment. Everlast takes pride in continuing to raise the quality of products and services; responding to the challenging needs in a changing healthcare landscape and the goal is to become the most trusted and brand of choice in specialized dermatology and aesthetic services in the region.

Goal

We aim to be the most preferred and trusted healthcare provider for dermatological and aesthetic services throughout the United Arab Emirates, delivering satisfaction through the patient centered experience science and art of care. We will advance this cause on full scale utilizing the latest technology to generate resilient results where our clients' best interest and best health care is served. Part of our endeavor is to continuously increase the educational awareness of the community and serve as a beacon of knowledge and inspiration on how to stay healthy and live a quality of life.



Everlast Wellness Medical Center mission is to provide a unique, safe and ethical practice of the aesthetic and medical services, and to give a boost for personal self-esteem and encourage healthy lifestyle. The founder's passion as a medical aesthetician, lies in understanding the science behind aging and to provide the clients with solutions, to ensure the best is brought to clients.



We strive to be one of the pioneer institutions to introduce excellence and innovations in aesthetic and anti-aging healthcare. Our vision to be a world class holistic center, offering the most advanced techniques based on scientific approach to the most trusted name in the region.

Core Values

Integrity

Set a Standard of high ethics, honesty and transparency.

Quality

Adopting a holistic approach we would focus our energy on excellency, creativity, innovation, and a commitment to apply our skills with intelligence and compassion.

Teamwork

To work together as one team, sharing and respecting each other's knowledge, wisdom, education and training in order to ensure patient receives the best comprehensive treatment.

Accountability

Set a Standard of high ethics, honesty and transparency.

Patient Services

- To be intentional in respecting patients' privacy, confidentiality, and safety.
- To be respectful of their rights and decisions.
- To treat them with respect, dignity, kindness and compassion.
- To honestly provide them with sound advice and recommendations.
- To be aware and considerate of each individual's unique need to be heard and satisfied.

Accessibility

To be easily accessible through various media tools and personal contact.



Scope of Services

Laser Treatments

- 1. Laser Hair Removal and Bleaching
- 2. Laser Tattoo Removal
- 3. Laser Face, Lip and Hand Rejuvenation
- 4. Carbon Laser Peel Treatment
- 5. Laser for Varicose Veins
- 6. Laser for Fungal Infection
- 7. Laser for Pigmented Lesions
- 8. Fractional Laser for Skin Rejuvenation
- 9. Non-Surgical Fat Reduction and Body-Shaping Laser

Clinical Dermatology

- 1. Milia Extraction
- 2. Acne and Rosacea Treatment
- 3. Urticaria Treatment
- 4. Atopic Dermatitis or Eczema Treatment
- 5. Electrocautery and Cryotherapy for Warts and Skin Tags Treatment
- 6. Psoriasis Treatment
- 7. Vitiligo Treatment
- 8. Dermal Lesion Excision
- 9. Pigmentation Disorder Treatment

Thread Lifting

- 1. Non-surgical Face Tightening and Lifting with Threads
- 2. Non-surgical Body Contouring with Threads

Injectable Treatments

- 1. Mesotherapy Face
- 2. Platelet Rich Plasma (PRP) Facial Rejuvenation
- 3. Botulinum Toxin A Injection
- 4. Botulinum Toxin A Injection for Hyperhidrosis
- 5. Dermal Filler for Face and Body Volume Restoration
- 6. Stem Cells Therapy Face for Tissue Regeneration and Repair
- 7. Lipodissolve for Superficial Deposits Fats Reduction
- 8. Sclerotherapy Treatment for Varicose Veins
- 9. Fat Transfer for Hand and Face Rejuvenation

Hair Treatments

- 1. Mesotherapy Hair
- 2. Platelet Rich Plasma (PRP) Therapy
- 3. Stem Cells Therapy

Laboratory Tests

- 1. Skin DNA Test
- 2. Skin Biopsy
- 3. Blood Test (hair, skin and nail)

Plastic Surgeries

- 1. Rhinoplasty
- 2. Liposuction
- 3. Face and Neck Lift
- 4. Brazilian Butt Lift
- 5. Blepharoplasty
- 6. Mentoplasty
- 7. Otoplasty
- 8. Abdominoplasty
- Breast Plastic Surgeries
 Male Breast Reduction
- TO. Male Breast Reduction

Body Treatments

- 1. Hyperhidrosis Treatment
- 2. Carboxytherapy for Dark Circles Under Eyes, Stretchmarks and Cellulite

Everlast | Company Profile

- 3. Rejuvenation and Slimming
- 4. Radio Frequency for Fat Reduction and Skin Tightening
- 5. Fractional Radiofrequency for Stretch Marks
- 6. Non-surgical Skin Tightening and Lifting
- 7. Plasma Induced Radiofrequency for Skin Tightening

Comprehensive Body Enhancement Program

- 1. Professional Consultation
- 2. Nutritional Treatment Program
- 3. Digital Monitoring for Vital Signs
- 4. Machines Assisted Body Program
- 5. Dermatology Intervention
- 6. Plastic Surgeon Consultation

Skin Care Treatments

- 1. Facial and Body Chemical Peel
- 2. Depigmentation Treatment
- 3. Hydradermabrasion Treatment
- 4. Hydrodermabrasion Treatment and Peeling
- 5. Facial and Body Intensive Cleaning
- 6. Microneedling Facial Treatment
- 7. Fractional Radiofrequency for Skin Resurfacing
- 8. LED Light Therapy
- 9. Multi-functional Multipolar Mesotherapy System

Anti-aging Programs

- 1. Diet Program Using Paleo Diet
- 2. Thyroid Function Test
- 3. Vascular System Analysis
- 4. Fat Analysis for Body Fat Measurement
- 5. Assessment of Hormones, Vitamins and Minerals
- Assessment of Body Function
 Sleep and Stress Control
- 7. Sleep and Stress Control





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