

# The Skinny

CONTOUR  
DERMATOLOGY  
& COSMETIC SURGERY CENTER

A quick read with substance

Winter 2016

## ~ Body is the "New Face" ~

### *Contour Dermatology Offers Many Body Contouring Options*

For years, you've trusted Contour Dermatology as the "go-to place" for your face. But did you also know that Contour Dermatology now offers nearly as many options for body contouring as we do for the face? Most of these treatments are non-surgical and offer no or little down time. Here are just a few of the many possibilities you might consider for a better body in 2016.

**CoolSculpting** – Hook up to a machine for an hour and freeze your fat. Yes, it's almost that simple. Contour Dermatology now has three CoolSculpting machines and what that means is that you can even treat more than one area at the same time. We also offer every CoolSculpting adapter available from the CoolMini to the CoolMax. The CoolMini treats small pockets of fat, like under the chin and at the armpit. Developed by Harvard Scientists, CoolSculpting gained fame by helping people lose their muffin tops and love handles – permanently reducing about 25% of fat cells in the treated area in one treatment. As long as you have "pinchable fat," you are probably a candidate for CoolSculpting. Areas that can be treated include: abdomen, flanks, outer thighs, inner thighs, arms, legs, back, under the chin and the "bra fat" area.

**VelaShape III Laser** – If you're more into heat than cool, this laser features a combination of radiofrequency, heat and mechanical suction in a treatment that feels like a deep tissue massage to

smooth out cellulite or reduce inches on your abdomen, outer or inner thighs, arms and to tighten the neck area. Several treatments are required to achieve results.

**Tumescent Liposuction** – Dr. Jochen is an expert in tumescent liposuction, which suctions unwanted fat for permanent fat reduction.



### **Lose Weight with Medi-Weightloss**

– The One That Works! Last year, Dr. Timothy Jochen brought Medi-Weightloss to the desert. Our program is the only Medi-Weightloss program in Southern California. Medi-Weightloss is not a diet. You will learn healthy eating habits with real (not pre-packaged food) and have all the nutritional counseling, support, accountability, meal plans, recipes and resources you need for success. **See page 5 for a patient success story.**

**Personal Training** – Contour Dermatology has a certified personal trainer available to help our patients meet their fitness goals.

**Laser Away Spots, Scars and Tattoos** - Boasting the Coachella Valley's largest selection of cosmetic lasers, we have lasers to get rid of brown spots, red spots, and minimize scars and veins that are bothering you. **Read about our new laser on page 2, Picoway – the fastest way to remove a tattoo and Pico Resolve for brown spots.**