



eterna

Your secret.

# Looking your age is optional.

Do you feel like the fresh, young look you once took for granted is still there, just beneath the surface? With The Plastic Surgery Skincare Clinic's revolutionary Eterna skin rejuvenation system you can reveal and maintain your inner youthful self without surgery or down time.

Read on and discover why Eterna may be the fountain of youth you've been looking for.

## A customized beauty regimen just for you

Many factors conspire to age our skin and as individuals we all have our own unique aging patterns.

That's why Eterna uses a range of customized aesthetic treatments to reverse the aging process and keep you looking younger for years to come.

This groundbreaking approach conditions the skin from the inside out. Using scientifically proven ingredients and clinically effective aesthetic techniques, the skin is challenged and strengthened to stay healthy.

## Ten years younger in just ten weeks

The Eterna transformation starts with an initial restorative program that combines regular visits to The Plastic Surgery Skincare Clinic and a daily at-home beauty regimen of Miracle 10® skin care products. At the end of 10 weeks the natural vitality of your skin will be restored to the way it looked 10 years ago. Skin will appear firmer, wrinkles reduced, and the volume in your face restored. Discolouration and sunspots will fade or disappear, evening out your skin tone.

## Maintain your rejuvenated look

Eterna keeps you on track with your beauty transformation, even after those first, transformational 10 weeks are over. At the end of 10 weeks, you will receive a customized program to maintain your astonishing results.

All of our Eterna patients automatically become lifetime Eterna members. You will benefit from special privileges such as exclusive offers, invitations to VIP beauty events, deluxe sampling and private consultations with one of The Plastic Surgery Skincare Clinic's world-renowned, plastic surgeons.

For more information about the Eterna transformation, book your complimentary consultation with one of our plastic surgeons - Dr. Frank Lista or Dr. Jamil Ahmad.

**Experience the Eterna transformation.**

**Turn back the clock and keep it there.**

Eterna Face provides fully customized treatments to restore your unique skin to its natural wellness and beauty - with no down time.

### Assessing your unique needs

One of our highly skilled plastic surgeons will assess your skin and prescribe a daily regimen of Miracle 10 skin care products, individualized to meet your unique needs. Our Miracle 10 products include glycolics, gentle fruit acids and enzymes that have been scientifically proven to reduce the appearance of many signs of aging.

This regimen encourages cell turnover and stimulates the synthesis of key elements of skin health such as collagen, elastin, fibronectin and glycosaminoglycans. The result is skin that looks toned, firm, vital and radiant.

### Designing your ideal treatment

Over 10 visits, a customized series of facial peels, laser treatments, Juvéderm® and BOTOX Cosmetic® restore your skin to its natural wellness and beauty. This multi-faceted approach to skin rejuvenation addresses the many different ways that our skin changes

over time. These treatments are designed to increase elasticity and tone, reduce wrinkles and discolouration, and restore your youthful radiance.

### Results you will want to maintain

At the end of your treatment, you will look and feel transformed. You will be amazed at the firmness of your skin and the youthful volume that has been restored. The reduction of wrinkles and sunspots will leave your skin looking smooth, with a brilliantly even tone. One look in the mirror and you will want to make sure you maintain these incredible results.

After you have completed the Eterna transformation, talk to us about our one-year maintenance program that includes facial peels and laser treatments throughout the year. Combined with continued use of your custom Miracle 10 skin care regime, you can keep the sands of time at bay and continue to present your best face to the world.

Eterna Body invigorates your body while renewing your self confidence. Feel comfortable in your own skin (and in your swimsuit, evening gown, and favourite jeans) without surgery.

The Eterna Body transformation is a revitalizing program that targets problem areas on your body to cleanse, exfoliate and reduce cellulite to give you firmer, younger-looking skin. This exclusive approach combines non-invasive VelaShape™ treatments with The Plastic Surgery Skincare Clinic's innovative Miracle 10 in-clinic body peels and home-based treatments for stunning results and absolutely no down time.

You'll see gradual and cumulative results throughout your program as the treatment increases your metabolism, increases lymphatic drainage and reduces the number and size of actual fat cells. You can look forward to visibly smoother skin with a noticeable reduction in cellulite and unmistakably slimmer thighs, buttocks, hips & abdomen.

Finish off your flawless look with Miracle 10 Body Glow, a moisturizing body tint that covers imperfections and leaves the skin with a convincing sun-kissed glow without altering your natural tone.



Miracle 10 skin care for face and body

The skin is the body's largest organ. In order for it to thrive, your skin needs to be gently stressed in a safe, controlled manner. Challenging the skin for optimum function encourages cell turnover and stimulates the synthesis of key elements such as collagen, elastin, fibronectin and glycosaminoglycans.

The result?

Skin that looks toned, firm, vital and radiant.

#### The story of Miracle 10 skin care

Miracle 10 skin care was originally developed by The Plastic Surgery Skincare Clinic for its discerning patient base as a non-surgical solution for aging skin. Soon, patients were reporting phenomenal results and referring their friends to the clinic for its exceptional skin care regimen.

#### Skin-transforming benefits

Many skin care products cleanse, tone, and moisturize but fail to produce rejuvenating results. Miracle 10 was developed to transform aging skin by reducing the appearance of fine lines, dullness, acne & hyperpigmentation, targeting the individual needs of



Dr. Frank Lista and Dr. Jamil Ahmad

## The Experts

### Dr. Frank Lista

Medical Director and Founder of The Plastic Surgery Skincare Clinic, Dr. Lista is a world-renowned plastic surgeon with an international reputation for excellence. He has impeccable qualifications, training and experience. He is certified by the Royal College of Physicians and Surgeons of Canada, and is a member of the American Board of Plastic Surgery, the Canadian Society of Plastic Surgeons and the American Society of Plastic Surgeons - to name but a few of his credentials.

Dr. Lista has given lectures and presentations on aesthetic plastic surgery at conferences and universities around the world.

### Dr. Jamil Ahmad

Dr. Jamil Ahmad joined the Plastic Surgery Skincare Clinic in January 2011. After training in Ireland and Texas, he returned to his hometown of Mississauga to work with Dr. Lista, one of his mentors in the field of plastic surgery. Dr. Ahmad is a fellow of the Royal College of Surgeons of Canada and enjoys privileges at the University Health Network.

As a prolific researcher and active participant in medical education, Dr. Ahmad has co-authored over 25 articles and chapters in plastic surgery. He has been asked to present at many international meetings, including the American Society for Aesthetic Plastic Surgery, the Canadian Society for Aesthetic Plastic Surgery, and the Canadian Society of Plastic Surgeons.

## The Plastic Surgery Skincare Clinic

One of the most state-of-the-art medical facilities in the world, The Plastic Surgery Skincare Clinic is built to our own exacting specification and designed to accommodate your needs. Technology and serenity are in perfect balance, creating an oasis for the body and mind.

Eterna is administered by thoroughly trained and experienced nurses and medical estheticians, under the direction of our highly respected plastic surgeons. This culture of care combined with our dedicated team of renowned plastic surgeons, nurses and patient co-ordinators creates the best results and the most exceptional experience possible.

## Where science meets beauty: The Eterna Skin Care Science Institute

Dr. Lista and Dr. Ahmad have published many of articles in peer-reviewed scientific journals on the science of aesthetics, anti-aging and plastic surgery.

It is thanks to this never-ending quest for evidence-based ingredients and formulations that helped them to develop the scientifically based Eterna program.

Their continued commitment to the intersection of science and beauty led them to establish the Eterna Skin Care Science Institute in 2011. This one-of-a-kind institute provides support to outstanding research in the field of plastic surgery and skin care science. With this program, Dr. Lista and Dr. Ahmad are dedicated to supporting innovation in order to continuously improve their patients' aesthetic outcomes.

For more information on Eterna,  
please visit [theplasticsurgeryskincareclinic.com](http://theplasticsurgeryskincareclinic.com)

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