



WHY Q MEDICAL SPA?

1 Experience

At Q the Medical Spa at Lindsay House, all of our providers have completed extensive training and licensing in order to provide our clients with excellent, first-class care. Every treatment is administered under the medical supervision of world-renowned Board Certified Facial Plastic Surgeon, Dr. Vito Quatela.

2 Quality

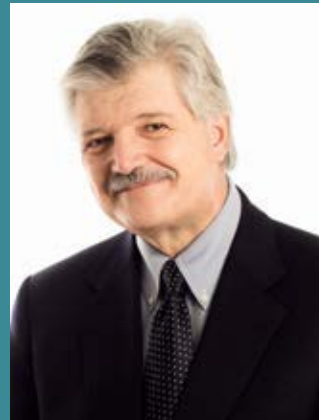
Q the Medical Spa provides an elegant, intimate setting in which state-of-the-art, therapeutic skin rejuvenation treatments for face and body are offered. Every treatment is customized to meet each client's personal needs. No two people are the same, and our licensed staff treat each client according to his or her skin type and individual goals.

3 Results

Q the Medical Spa is passionate about taking care of our clients, and only uses and recommends products and services that have proven results. With a wide range of pampering treatments, corrective therapies, and non-surgical rejuvenation treatments, our staff customizes each treatment to ensure we achieve the results you are looking for.

UNDER THE MEDICAL SUPERVISION OF:

Vito C. Quatela, MD, FACS



Dr. Vito Quatela specializes exclusively in facial plastic surgery and facial rejuvenation. As a recognized leader in the field of aesthetic surgery, he is board certified by the American Board of Facial Plastic and Reconstructive Surgery. It is Dr. Quatela's vision to improve people's lives by aesthetically enhancing their appearance and increasing their

confidence and self-assurance. To do so, he has developed a comprehensive practice, which extends beyond traditional facial plastic surgery to include non-surgical treatments at Q the Medical Spa.



THE MEDICAL SPA
AT LINDSAY HOUSE

585.244.1010
QMedSpa.com

973 East Avenue, Suite 300
Rochester, New York 14607





THE MEDICAL SPA
AT LINDSAY HOUSE

PAMPERING WITH A PURPOSE

Dr. Vito Quatela, world-renowned facial plastic surgeon, founded Q the Medical Spa at Lindsay House in 2000. His goal was to provide his post-operative patients with image maintenance options to help enhance their surgical results. He also wanted to provide clients who were not ready or interested in surgery with non-invasive cosmetic treatments that could help them feel rejuvenated and refreshed with minimal downtime and recovery. By offering comprehensive treatment options, clients can be treated from head to toe, surgically or non-surgically, under the Lindsay House roof.

The main purpose of Q the Medical Spa's non-surgical, corrective treatments is to significantly reduce common skin problems associated with aging, sun damage and mild acne. We also renew, rejuvenate and improve overall hue, tone and texture of the skin using only products and treatments that are results-oriented and based in science.

The skincare and makeup products available at Q the Medical Spa are only distributed through licensed professionals such as physicians and Medical Spas. These extend beyond your drugstore skin care products and are personalized and prescribed by your nurse or esthetician based on what will work best for your skin type and condition.

LASER, INJECTABLE AND ULTRASOUND TREATMENTS

Botox® Cosmetic

An injection used most commonly to correct frown lines, crow's feet and forehead lines.

WRINKLE FILLERS

Juvederm®, **Juvederm Ultra®**,
Voluma®, **Radiesse®**, **Belotero®**,
Restylane®, **Restylane Silk®**

A variety of FDA-approved dermal fillers are available to restore or add volume and fullness to skin. Commonly treated areas include lips, smile lines, acne scars, and "marionette" lines.

Ultherapy®

Ultherapy is a non-surgical ultrasound treatment for counteracting the effects of time and gravity on your skin. The beauty of this face and neck treatment is that it uses the body's own regenerative response to gently and gradually restore memory to the skin and underlying tissue support. This treatment will lift and tighten loose skin with no surgery and no downtime.

CO2 Fractional Resurfacing Laser

These treatments are safe, long-lasting and effective for almost any skin type. Resurfacing laser treatments provide wrinkle reduction, overall tissue tightening and textural improvement to the skin. Most commonly treated areas are face, neck and décolletage.

Photorejuvenation

This medical-strength intense pulsed light and laser technology is used to correct and improve a variety of skin conditions, such as rosacea, broken capillaries, unsightly veins and photo-aging due to sun damage. Most commonly treated areas include face, neck, décolletage, hands and legs.

Laser Hair Removal

Our highly trained nursing staff provide state-of-the-art laser hair removal treatments that permanently reduce the growth of unsightly, cosmetically unappealing hair. Commonly treated areas include face, arms, underarms, bikini, legs and back.

SKIN CORRECTION AND MAINTENANCE

Our licensed estheticians will assist you in creating a program designed to help you achieve your skin correction goals through treatment and product/skincare recommendations. Common skin conditions treated include: aging skin, pigmentation, mild acne, large pores and fine lines.

VISIA® Skin Analysis

This is step one for any of our corrective skin care programs. A VISIA® skin analysis helps to develop treatment plans and provides a way to measure improvements from products and services.

Micro-needling

This innovative treatment popular amongst celebrities helps clients achieve smoother and firmer skin. Through the utilization of the Eclipse MicroPen®, microscopic channels are developed on the skin's surface which prompts the production of collagen and minimizes the appearance of fine lines and acne scars.

Platelet-Rich Plasma Facial Rejuvenation

This treatment enhances the results of micro-needling by incorporating your body's own platelets. These platelets contain growth factors which are released to accelerate the body's healing process by promoting the production of new collagen and elastin. Platelet-Rich Plasma, or PRP, is an ideal treatment for clients looking to minimize the appearance of aging including acne scars, stretch marks, wrinkles and fine lines by enhancing the skin's overall appearance.

Q Customized Corrective Treatment

A highly customized and results-oriented treatment designed to focus on your skin's unique condition. Your outcome will be a smoother texture and more even tone, providing a glowing, radiant appearance to the skin.

Vibraderm™/Vibrainfusion™

Vibratory action stimulates circulation and exfoliates dead skin cells thereby allowing the skin to absorb corrective products more deeply and effectively. Safe for all skin types.

Microdermabrasion

Our crystal-free, medical micro-dermabrasion system gently and effectively polishes, allowing healthy skin to emerge. Microdermabrasion is often taken to the next level of correction by incorporating medical-strength treatment products into the session.

Express Peel

A true lunchtime peel for those with a tight schedule. This 20-30 minute treatment is ideal for people on the run but in need of skin correction.

Enerpeel® Eye Treatment

Enerpeel Eye Treatment lessens the appearance of fine lines and dark circles while re-texturizing the skin. If you want to reduce the signs of premature skin aging, then this treatment is for you! Your eyes will look and feel renewed and refreshed.

Glycolic Peel - Medical Strength

A light chemical peel utilizing prescription-strength glycolic acid to soften and exfoliate the outer layer of skin for improved skin clarity, tone and texture.

Ultra Peel Forte®

A chemical peel that effectively treats aging skin, acne, pigmentation, smoker's skin and photo-damaged skin. This treatment is ideal for dehydrated and aging skin in need of rejuvenation.

Obagi Blue Peel®

One of the strongest and most corrective of our light chemical peels, the Obagi Blue Peel is used in conjunction with the Obagi Nu-Derm® System to "resurface" the skin.

PAMPERING TREATMENTS

Q Signature Spa Facial/Gentleman's Facial

This pampering treatment nourishes, purifies and balances the skin while leaving you feeling relaxed and refreshed. This classic facial is for those looking for a true spa experience.

Luxurious Body Wrap

This spa treatment is designed to rebalance, hydrate and rejuvenate the body and mind. A brisk skin exfoliation is followed by a rich, warm body mask and scalp massage.

Hydrotherapy (Aqua Therapy) Tub

Over 250 fully programmable jets are positioned according to the reflex zones of the body offering a wonderfully healing experience. Add-on to any service.

MAKEUP ARTISTRY Permanent Makeup

Micropigmentation is a specialized technique that is an advanced form of cosmetic tattooing. This procedure is a safe, non-surgical treatment used to enhance your natural features. Permanent makeup reduces daily prep time by streamlining your beauty routine and can be applied to eyebrows, eyes and lips.

Professional Makeup Application

With the use of Jane Iredale Mineral Makeup, our Professional Makeup Artists can create a new look to accentuate your natural beauty and fit your lifestyle.

Services Available

- Professional Makeup Application with or without Instruction
- Camouflage and Post-Surgical Makeup
- Teen Makeup Application

Complimentary Makeup Matches and Touch-ups also available.

Additional Services

- Body Glow - Rid yourself of dry, tired skin with this invigorating full-body exfoliation followed by professional application of silky-smooth, deeply hydrating products.
- Body Brushing and Self-Tanner Application

