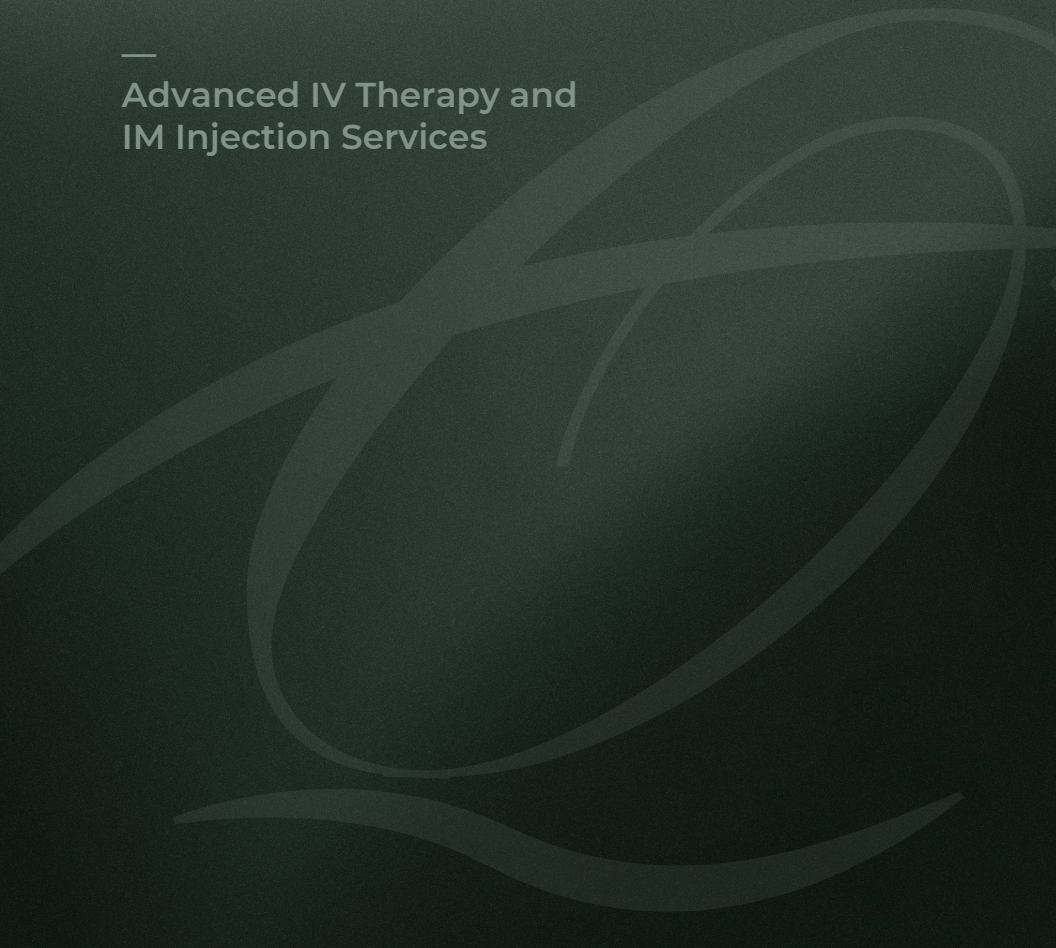




# RECHARGE YOUR WELLNESS FROM WITHIN

---

Advanced IV Therapy and  
IM Injection Services



# OPTIMIZE YOUR WELLNESS FROM THE INSIDE OUT

Despite our best intentions, our busy lives make it hard to keep up with providing our bodies optimal nutrition. Modern food processing and daily stressors leave many of us running on empty, no matter how well we eat or how many additional supplements we take.

**Q THE MEDICAL SPA** offers advanced IV Therapy and Intramuscular (IM) Injection services, precisely administered by trained, licensed RNs under the expert supervision of Dr. Vito Quatela, designed to deliver superior nutrition directly where your body needs it most. Whether you're looking to help prevent burnout, boost your immunity, or optimize your daily well-being with proper nutrition and hydration, we're here to guide you as you recharge from within.



# THE SCIENCE OF SUPERIOR NUTRITION

**Your body deserves better**

Modern nutrition faces a challenge: even nutrient-rich foods often fall short due to processing and environmental factors. IV and IM therapies bypass digestive limitations, which can aid in the delivery and absorption of vitamins and micronutrients where they're needed, when they're needed.

## **98–100% Absorption**

---

IV therapy delivers nutrients directly to your bloodstream for higher absorption, compared to just 15-20% absorption from oral supplements

## **Immediate & Extended Results**

---

Many feel a boost during treatment, experience peak benefits the next day, and enjoy the effects for 2–2.5 weeks after

## **Time Savings**

---

IV and IM therapy is more efficient than trying to consume adequate nutrition through food and supplements alone, and may be administered during other medical spa treatments for peak efficiency

## **Personalized Support**

---

Customizable formulations can be tailored to your unique wellness goals





# CHOOSE YOUR PATH TO WELLNESS

## IV Therapy Drip

### TREATMENT TIME:

APPROXIMATELY 60 MINUTES

### What to Expect:

Relax in our comfortable spa setting while receiving customized micronutrients through a gentle IV drip.

Many clients use this time to unwind, read, or simply rest.

### Essential Service Includes:

- Optimal hydration
- Choice of 2 select ingredients OR 1 premier ingredient
- *PRICING*: Starting at approximately \$150\*

### Customization Options:

- Add select or premier ingredients à la carte to create your perfect wellness blend
- *PRICING*: Select: \$25  
Premier: \$50

## IM Injection Therapy (Intramuscular Shot Therapy)

### TREATMENT TIME:

APPROXIMATELY 2 MINUTES

### What to Expect:

Perfect for busy schedules when you need powerful results without the time commitment, IM injections are administered into the muscle.

### Key Advantages:

- Quick administration
- Highly effective
- *PRICING*: \$45–\$55/injection\*

*Support  
your body's  
natural  
ability to:*

- Boost immune defenses
- Increase natural energy
- Optimize hydration
- Enhance skin health from within
- Aid post-workout, post-travel, or post-stress recovery
- Manage stress and improve vitality



# TARGETED WELLNESS SOLUTIONS

*Personalized nutrition for  
your unique goals*

## — IV Therapy Formulations

### Resilience *Shield Your Natural Defenses*

- **Essential Immunity** Glutathione, Vitamin C – Perfect for seasonal support and preventative wellness | \$150
- **Ultimate Immunity** Glutathione, Vitamin C (double dose), Zinc, B Complex, B12 – Comprehensive immune optimization for peak protection | \$225

### Vitality *Revitalize Without the Crash*

- **Essential Energy** Taurine, B Complex – Natural energy boost for busy days | \$150
- **Ultimate Energy** Glutathione, B12, B Complex (double dose), Taurine (double dose) – Maximum support for sustained energy and mental stamina | \$225

### Radiance *Beauty from Within*

- **Essential Glow** Biotin, Vitamin C – Foundational support for healthy, vibrant skin | \$175
- **Ultimate Glow** Magnesium, Biotin, Zinc, Vitamin C, Proline, Lysine – Comprehensive nutrition for skin elasticity, tone, and lasting beauty | \$300
- *Note: Zinc may enhance the longevity of neurotoxin treatments when administered a few days prior*

### Restoration *Bounce Back Faster*

- **Essential Recovery** Glutathione, B Complex – The classic recovery blend, ideal after celebrations or travel | \$150
- **Ultimate Recovery** Proline, Lysine, Magnesium, Glutathione, Taurine – Advanced support for post-workout, post-stress, or post-surgical healing | \$225

### Renewal *Hydration Reimagined*

- **Essential Hydration** Trace Elements – Optimal mineral balance for superior cellular hydration | \$150
- **Ultimate Hydration** Trace Elements, Glutathione, B Complex – Enhanced hydration with antioxidant and energy support | \$225

### Clarity *Find Your Focus*

- **Essential Clarity** Magnesium, B Complex – Calm your mind while sharpening your focus | \$175
- **Ultimate Clarity** B Complex, Magnesium, Taurine (double dose), Glutathione – Comprehensive support for stress management and mental performance | \$275

---

## IM Injection Options

### Select IM Injections

*2-minute  
Treatments with  
Powerful Results*

- **Amino Blend** – Muscle recovery and metabolic support
- **B12 Methylcobalamin** – Energy and cognitive function
- **B Complex** – Complete B-vitamin support for vitality
- **Tri-Immune** – Immune defense boost
- **Lipo** – Metabolic enhancement

\$45 EACH

### Premier IM Injections

*Advanced Wellness  
Solutions*

- **Lipo/B12 Combo** – Metabolic enhancement with energy support
- **B12/B Complex Combo** – Complete energy optimization
- **Biotin** – Hair, skin, and nail health
- **CoQ10** – Cellular energy and antioxidant support
- **Vitamin D3** – Immune function and bone health (supplies 8 weeks of coverage instead of the normal 2–2.5 weeks)

\$55 EACH

### Specialty Series: NAD+ Injections

*Cutting-edge  
Cellular Restoration*

- **NAD+ 500mg Series** – Foundational cellular support | \$300
- **NAD+ 1000mg Series** – Advanced anti-aging and vitality | \$600

*NAD+ promotes cellular repair, energy production,  
and longevity at the molecular level*

## YOUR WELLNESS JOURNEY

---

### Before Your Treatment

---

You'll meet with one of our trained RNs for a personal consultation to discuss your wellness goals. They will review any health considerations and create a customized treatment plan.

### During Treatment

---

**IV THERAPY:** Settle into our comfortable spa environment. Your RN will start your IV, and you'll relax for approximately 60 minutes. Many clients report feeling refreshed even during treatment.

---

**IM INJECTION:** Quick and efficient, your injection will be administered in about 2 minutes. This option can be added to other spa services for seamless wellness integration.

### After Treatment

---

Most clients notice peak benefits the following day.

---

Effects typically last 2–2.5 weeks.

---

Our team will recommend optimal timing for follow-up treatments.

# FAQ

---

**Are IV and IM therapy safe?** Yes, all treatments are administered by licensed, trained RNs under Dr. Quatela's supervision using pharmaceutical-grade ingredients in a sterile environment.

**Does it hurt?** Most clients report minimal discomfort, similar to routine blood work. Our experienced nurses ensure your comfort throughout treatment.

**How often should I receive treatments?** Treatment frequency depends on your individual wellness goals. Most clients benefit from treatments every 2–4 weeks. Our team will create a personalized recommendation for you.

**Can I add this to my existing spa appointment?**

IV and IM therapy can be administered during some spa treatments. Please inquire for more details.

**Who is a good candidate?** Generally healthy adults (18+) seeking preventative wellness care, immune support, energy optimization, or enhanced recovery. IV therapy and IM injections are not recommended for individuals who are pregnant, breastfeeding, or currently receiving dialysis or diagnosed with kidney disease. A consultation with our licensed RN will confirm your candidacy.

**How is this different from oral supplements?**

IV therapy delivers 98–100% of nutrients directly to your bloodstream, compared to only 15–20% absorption from oral supplements that must pass through your digestive system.





# READY TO RECHARGE?



THE MEDICAL SPA

WE CREATE UPLIFTING  
EXPERIENCES THAT  
CHANGE PEOPLE'S LIVES®

Experience the difference that superior nutrition can make in how you look, feel, and function. Whether you choose the comprehensive benefits of IV therapy or the convenience of IM injections, you're taking an important step toward experiencing the benefits of optimized wellness.

**Schedule Your  
Consultation**

---

**585.244.1010**

**QMedSpa.com**

---

**973 East Avenue, Suite 300  
Rochester, NY 14607**

---

**7255 State Route 96  
Victor, NY 14564**

---

\*Pricing subject to change. Individual results may vary. These services are administered for wellness optimization and are not intended to diagnose, treat, cure, or prevent any disease. All treatments are performed under the supervision of a physician.