CREATING CONFIDENCE. POSITIVELY.

Brian Vassar Heil, MD, FACS – Founder & CEO, Premier Plastic Surgery
Owner & Medical Director Acqua Blu Medical Spa & Plastic Surgery Center

Board Certified: American Board of Plastic Surgery Member: American
Society of Plastic Surgeons, American Society for Laser Medicine and
Surgery, Medical Spa Society and International Medical Spa Association
Fellow: American College of Surgeons MD: University of Pittsburgh
School of Medicine HONORS: Castle Connolly Top Doctor

National Education Facility: State-of-the-Art Laser & Light Therapies, ProLipo™
Laser Liposculpture, Cosmetic Injectables (BOTOX® & Dermal Fillers),
Minimally-Invasive Cosmetic Procedures and Medical Spa Management,
Premier Crystal & Certified CoolSculpting® Practice, NeoGraft Hair
Transplantation Center of Excellence

SPA LUXURY WITH SERIOUS RESULTS.
Welcome to Acqua Blu Medical Spa & Plastic Surgery Center. In an
environment designed to nurture your mind, body and spirit, you will
enjoy customized services performed by our medically-trained
professionals. We use the finest products and technology, all clinically
proven to deliver long-lasting aesthetic results, and far surpass the
common spa techniques. We are committed to delivering dramatic
aesthetic enhancements with our medical-grade treatments, as well as
unparalleled pampering and relaxation. Because we are owned and
operated by a board certified plastic surgeon, Acqua Blu provides
information and services in all areas of aesthetics – from rejuvenating
facial and skin treatments to the full spectrum of aesthetic surgical
procedures.
MEDICAL FACIALS

Medical-level microdermabrasion: Microdermabrasion leaves the skin soft and renewed with more even pigmentation, increased tone and a healthy youthful glow. Excellent for both active acne and acne scarring, this treatment can also reduce sun damage and decrease hyperpigmentation and discoloration. Microdermabrasion can be performed on any area of the face or body. New collagen production will result, providing both immediate and lasting results.

Chemical Peels: Chemical peels have been used for over 100 years to create an even and controlled shedding of damaged skin cells. Each year thousands of these treatments are performed in the United States. A chemical peel is applied to the skin to remove dead skin cells and stimulate the production of new skin cells. It tightens the skin, reduces wrinkling, and restores a more youthful appearance.

Enzyme Facials: If you want beautiful, glowing, clear skin then you need to come in for one of our enzyme facials, designed to treat the face & neck. These facials go beyond traditional facials; each is designed to give your skin the deepest pore cleaning action, face rejuvenation and glowing skin you have ever seen! Series of 4 treatments is recommended for best results.

VI Peel®: The VI Peel® will improve the tone, texture, and clarity of the skin; reduce or eliminate age spots, freckles, and hyper-pigmentation, including melasma; soften lines and wrinkles; clear acne skin conditions; reduce or eliminate acne scars; and stimulate the production of collagen, for firmer, more youthful skin. VI Peel® also works well in conjunction with lasers, injectables and post procedure.

Cosmelan Depigmentation Treatment: Pigmentation or skin discolorations are a consequence of many factors such as: sun exposure, aging, melasma and trauma to the skin such as acne. Successfully treating these skin imperfections is possible by removing the visible discoloration and inhibiting the enzyme which causes pigment/melanin to surface on the skin.
Dermaplaning: Dermaplaning smoothes and exfoliates the surface of the skin and removes unwanted facial “fuzz” with a dermaplaning blade. Fresh, smooth skin is revealed. Several clients asked us to provide this service and we have to agree: it is great. Dermaplaning may be combined with other treatments, including eyebrow design and facials.

Extraction Treatments: Removal of milia, open and closed comedones.

Eyelash Tinting: With eyelash tinting, you will always have dark, tantalizing eyes without ever using mascara again. A typical eyelash tinting takes around fifteen minutes, but the results could last around four to six weeks.

EyeBrow Tinting: Eyebrow tinting helps to define and thicken the brows. Fabulous for holidays and swimming or for people on the go. You’ll be surprised what difference a set of defined brows can make. Effects will last 4 to 8 weeks dependant on your coloring.

Waxing Services: Our expert facial and body waxing treatments offer a semi-permanent hair removal method that removes hair from the root. Treatment areas include eyebrows, lips, chins, underarms, bikini, Brazilian, chest, back and arms. This treatment incorporates relaxing aromatherapy ingredients that offer low temperature, nurturing and conditioning benefits for extra comfort.

Latisse® EyeLash Treatment: Acqua Blu is proud of offer this cutting-edge product for our patients. Latisse® is the first and only FDA-approved prescription treatment for sparse or insufficient lashes. With daily treatment of Latisse® over a 16 week period, your eyelashes can grow thicker, fuller, and longer than you ever thought possible.
BLU’S COSMETIC PROCEDURES

Consultations
Consultations are usually 60 minutes in length. During your consultation your plastic surgeon will address the specific concerns you have. Your surgeon will then make appropriate treatment recommendations and develop a customized care plan based upon your exam and personal goals.

Injectable Treatments (Dysport® and BOTOX® Cosmetic)
Memories should be cherished, not worn. Make crow’s feet, worry wrinkles, laugh lines and neck bands vanish. Dysport® and BOTOX® Cosmetic can also be used to create a more “open” appearance to the eyes, and a refreshed, unstressed look. Restore a youthful appearance with an injection of this purified protein – a simple and safe procedure completed in just minutes. A consultation will help determine if this treatment is right for you.

Dermal Fillers
Naturally-occurring hyaluronic acid found in the skin’s dermis is injected to make you beam beautifully. Dermal fillers are an injectable treatment that smooths laugh lines and facial wrinkles by reviving your skins’ suppleness and filling creases and valleys. This treatment can also be used to plump up the lips and smooth out scars and skin irregularities around the body. Your plastic surgeon will determine the dermal filler best suited to your needs during your consultation. These include Restylane®, Juvederm® and Perlane®.
LASER & LIGHT TREATMENTS

The cost of laser and light treatments varies depending on a variety of factors including extent of the condition, location of the treatment area, the number of treatments in a package and other considerations. The safest approach is to set up a consultation in order to better determine the correct treatment for your needs and the associated fees.

ProLipo™ Laser Lipolysis – Premier Plastic Surgery is the first plastic surgery practice in Western Pennsylvania offering ProLipo™ laser lipolysis. ProLipo™ represents the latest and most powerful technology in targeted fat removal. This minimally-invasive treatment liquefies fat deposits to improve body contours and give your skin a smoother, tightened appearance. At Acqua Blu, your plastic surgeon has the most extensive experience with ProLipo™ in the country.

ProFractional™ Laser Resurfacing – Fine lines, wrinkles, coarse texture, acne scars, uneven skin tone and traumatic scars are more treatable today than ever before, thanks to a new technology called ProFractional™ Laser Resurfacing. The true advantage of the technology is the ability to achieve great results with minimal downtime. The computerized fractional erbium laser produces thousands of tiny microthermal treatment zones which penetrate deep into the dermis without affecting the surrounding skin. This allows for a wide range of treatment options to meet patients’ needs, with incredibly fast recovery. The ProFractional™ is an ideal choice by itself, or paired with a MicroLaser Peel™, for even more dramatic results.

MicroLaser Peel™ – Rough uneven texture, UV damage, age spots, mild to moderate wrinkles and lines, crow’s feet, wrinkling, and blotchiness can be dramatically improved and skin renewed with a MicroLaser Peel™. Advances in laser science make it possible to perform “surface-repair” on delicate areas such as the face, neck, and décolletage. A MicroLaser Peel™ is a perfect solution for individuals looking for dramatic and lasting results. A MicroLaser Peel™ removes the outer surface layers of the skin, revealing a new, fresher, healthier layer of skin. The beauty of this treatment is you, the patient, choose your intensity according to how much downtime you want to experience.

Eyes by Acqua Blu – Get the younger eyes you used to have with a phenomenal procedure that smooths, tightens and improves wrinkles in the eye area without surgery or major downtime.
Laser Eye Peel – The eyes are the “windows to the soul” and one of the first areas to show the visible signs of facial aging. Usually by our 30’s we begin to see crow’s feet, wrinkles, puffy bags and dark circles. Acqua Blu’s Laser Eye Peel is a laser peel specifically focused on rejuvenating this delicate area with minimal downtime.

Laser Lip Peel – Those fine lines around the mouth can add years to your visible appearance and cause lipstick to bleed. Whether caused by smoking or just years of puckering up, these wrinkles can be softened with a Laser Lip Peel. Through this advanced multilevel laser rejuvenation treatment, you can kiss those lip lines goodbye.

Sapphire Peel – Looking for beautiful, glowing skin? Revive and refresh sun damaged skin with an amazing beauty breakthrough that combines the benefits of IPL/BBL with a MicroLaser Peel™ – ALL IN ONE treatment! The Sapphire Peel is a new generation treatment for healthy, radiant, younger-looking skin (face, neck or décolletage).

Arctic Blue Peel™ – Spa junkies addicted to the look and feel of their skin after a microdermabrasion treatment or chemical peel, love the Arctic Blue Peel™. Receive the same effect as 5-10 microdermabrasion treatments with just one light laser peel. The Peel offers a light “surface-repair” and immediate improvement in skin’s texture, tone and appearance with minimal downtime. The Arctic Blue Peel™ is the perfect pick-me-up for dull fatigued skin or as a laser touch-up treatment.

Pearl Treatment by Cutera® – The Pearl procedure resurfaces the skin to decrease wrinkles around the eyes, smoker’s lines, minimizes pores, pigmentation and scars with less recovery than other technologies to provide a pearl-like glow.

High Speed Laser Hair Reduction – Our laser is faster and more comfortable than other hair reduction lasers, can treat larger areas (such as the entire back), and can treat all skin types – including tanned skin. The unique “computer-guided” scanning system ensures that your skin is rapidly and evenly treated with highly protective skin cooling. This laser beam is placed in a pattern on your skin giving you a safe, fast, effective and gentle treatment. You may need to be treated anywhere from 3 to 5 times spaced 4 to 6 weeks apart. A personalized regimen will be designed for you during your skin care consultation.
Skin Tightening (SkinTyte™/Titan®)
Firm and tighten skin with a non-surgical, no-downtime treatment. Treatments uniformly heat tissue in the deeper layers of skin, stimulating new collagen production to take years off your appearance. Treatments are non-invasive, allowing individuals to immediately resume normal activities. A blended infrared light source reduces wrinkling and other signs of aging by stimulating new collagen production, which results in better-toned, younger-looking skin. The treatment protects the epidermis though continuous contact cooling, while the infrared light heats the deeper layers. Multiple treatments are recommended for optimal results.

Laser Skin Tightening for the Body
Laser Skin Tightening firms, tightens and contours loose and sagging skin in all the right places, while stimulating new collagen production. Popular treatment areas include: abdomen, arms and thighs. Get tighter, smoother skin from head to toe. Multiple treatments are recommended for optimal results.

Laser Genesis by Cutera® – The procedure utilizes non-invasive laser technology to safely, discretely and effectively treat fine lines, wrinkles, large pores, uneven skin texture, diffuse redness and scars.

Photo Rejuvenation Therapy – Also known as facial rejuvenation, this technology uses broad band intense pulsed light (IPL/BBL) and is extremely effective in treating UV damage, age spots, freckling, irregular pigmentation, unwanted facial veins, rosacea, and overall skin aging. By promoting cell growth and enhancing collagen production, it leaves behind smoother, younger and more vibrant skin. In less than one hour, you can obtain more youthful and revitalized skin, with minimal risk and virtually no downtime.
PhotoDynamic treatment with Levulan (ALA)
For patients with Actinic Keratoses (those rough, scaly skin patches caused by sun exposure that can sometimes progress into skin cancers), a drug called Levulan (ALA) is applied topically to absorb into fast growing epidermal cells. Next, a light source activates the Levulan ALA and targeted cells are destroyed. This exciting treatment removes precancerous lesions and leaves you with younger, smoother, healthier skin.

Blue Light PhotoDynamic Acne Treatment
Levulan ALA is a newly emerging treatment for reducing acne. Tiny glands beneath the surface of the skin can become blocked and form a pimple. Levulan ALA combined with a light source, shrinks these glands and kills bacteria in your skin. The treatment is painless; you may experience redness similar to a mild sunburn up to 7 days after treatment. Two to four treatments may be required.

Spider Vein Laser Treatment
Diminishing unsightly spider veins is possible with cosmetic laser treatments. Some of the leading causes of spider veins are heredity, aging, pregnancy, and hormonal changes. Small and medium sized spider veins can be successfully treated with cosmetic lasers. In an average of three treatments, unsightly veins can be reduced or eliminated.

eMatrix Treatment: An eMatrix treatment goes beyond fractional methods of skin resurfacing. The system utilizes Sublative RF™ – fractionated bi-polar radio frequency technology – to place the heat energy effectively into the dermis where it can produce significant dermal impact with minimal epidermal disruption. FDA cleared for the treatment of acne scars, laxity, fine lines/wrinkles, tone, texture, pore size reduction, brown and red pigmentation.

Laser Tattoo Removal: Acqua Blu utilizes the MedLite® C6 laser, a Q-Switched laser Nd: YAG laser that is considered the “gold –standard” in laser tattoo removal. With the supreme technology of the MedLite® C6 almost all tattoo ink colors can be removed.

Laser Toenail Fungus Treatment: Millions of Americans suffer from toenail fungus. It can be a frustrating, embarrassing, and even painful problem. Prior treatments were limited to largely ineffective topical creams and harsh oral medications. However, now you can quickly, easily, and effectively treat toenail fungus at Acqua Blu Medical Spa.
NONSURGICAL FAT REDUCTION

CoolSculpting® Body Contouring Treatment:  CoolSculpting is the safe, non-invasive way to reduce fat in common trouble areas that tend to be diet and exercise resistant. Developed by Harvard scientists, the precisely controlled, FDA-cleared, patented procedure uses a cooling technology that targets subcutaneous fat cells by freezing them to the point of crystallization. Once crystallized, the cells are then eliminated from the body through the lymphatic system in a natural process. There is no damage to healthy tissue or skin cells. Also, because the procedure is non-invasive, there is no need for needles or anesthesia. Patients typically read, work on their laptops, listen to music, or relax during the procedure. Each session lasts one hour and therefore can easily be fit into a lunch break. After treatment, patients typically find it easy to return to everyday activities.

Most patients see a noticeable reduction of fat in the treatment area after one treatment although it may take more than one treatment to realize the full effects. Because the fat cells that are eliminated from CoolSculpting do not return, the results are lasting as long as a healthy lifestyle is maintained.
Acqua Blu Medical Spa is proud to offer a weight loss program centered around helping you lose weight and keeping it off permanently. With our weight loss professionals we have the ability to customize nutritional and exercise programs centered around helping you maximize your weight loss efforts. We integrate FDA approved appetite suppressants with meal planning that is selected on an individual basis where age, sex, activity, muscle mass, and medical history are used to produce immediate weight reduction.

**B12 Injections:** Getting regular shots of Vitamin B12 has been found to directly induce weight loss, speed up one’s metabolism, which in turn promote great weight loss. Patients who have received Vitamin B12 shots have reported a major boost in energy they needed to motivate them to exercise more and conscientiously eat healthy.

**Weightloss Products:** Acqua Blu carries quality high protein products that have been specially formulated to provide the nutrients patients need to sustain optimal health during our weight loss program. We have a variety of foods including shakes, bars, cookies, chips, and juices. The foods are delicious, convenient and provide an excellent source of protein. We are also proud to carry high protein and low calorie protein shakes from some of the leading providers of medical weight loss diet products. In addition, we provide appetite suppressants to help decreases appetite as well as prescription-grade nutritional supplements to help maintain energy, provide support to the immune system and strengthen joints, bones and ligaments.
HAIR RESTORATION BY NEOGRAFT®

Always on the cutting edge of technology, Premier Plastic Surgery & Dermatology now offers the innovative NeoGraft® hair transplant system. Traditional hair transplants require surgery and significant recovery time, but the NeoGraft® system offers a way for Dr. Heil to restore hair to balding areas in both men and women more efficiently and less invasively.

The NeoGraft® system uses the most advanced instruments available to successfully extract hair follicles without the drawbacks of traditional hair restoration procedures. NeoGraft® eliminates the need for the surgical removal of a strip of skin and hair from the back of the head and instead extracts individual hair follicles to reduce recovery time and the risk of complications while increasing success rate. By automating the follicle extraction process, the NeoGraft® system also decreases procedure time and costs.

The benefits of the NeoGraft® system as compared to traditional hair transplants

- Local anesthesia only
- No scalpel, no stitches
- Less bleeding
- Fewer complications
- No scarring
- Less activity restrictions and recovery time after the procedure
- Faster treatment time
- Reduced need for multiple procedures
Dr. Brian Heil, owner and medical director of Acqua Blu, is a board certified plastic surgeon who offers a complete range of breast, body, face and hair surgical procedures. All plastic surgery procedures are preformed in our own state-licensed and Medicare credited surgical center or at a nearby hospital facility when medically appropriate. Our plastic surgeon specializes in all reconstructive plastic surgery procedures including breast reduction, panniculectomy and removal of skin lesions.

To schedule a consultation or receive details on any of our procedures, please call 724.933.1800 or visit our website at www.PremierPlasticSurgeryPA.com

**Facial & Hair Procedures**

- Facelift
- Eyelid Enhancement
- Rhinoplasty
- Brow Lift
- Cheek & Chin Implant
- Lip Implants
- Facial Liposuction
- Hair Restoration by NeoGraft®
- Wrinkle Smoothing Treatments & Dermal Fillers

**Breast Procedures**

- Breast Augmentation
- Breast Lift
- Breast Implant Revision
- Breast Reduction
- Male Breast Surgery
- Breast Reconstruction
- Nipple Repair

**Body Procedures**

- Liposuction
- Plastic Surgery after Weight Loss
- Thigh Lift
- Brazilian Butt Lift
- Tummy Tuck
- Vaginal Rejuvenation
At Premier Plastic Surgery & Dermatology we provide the services of a board certified plastic surgeon, a board certified dermatologist and a state-of-the-art medical spa in one office. This unique practice allows us to offer you a wide range of services. Whether you need a full body skin exam to evaluate for skin cancer, a cosmetic surgery, or an innovative skin care treatment, we are ready to serve you with a friendly and qualified staff.

### General Dermatology
- Adult & Adolescent Acne
- Yearly Full Body Mole Screenings
- Actinic Keratoses
- Acne Scarring
- Bacterial & Fungal Infections
- Contact Allergies & Rashes
- Eczema
- Atopic Dermatitis
- Hair Loss
- Rosacea
- Hives
- Hemangioma
- Psoriasis
- Nail Diseases
- Removal of unwanted skin lesions
- Shingles

### Cosmetic Dermatology
- Dermal Fillers & Injectables
- Laser & Light Therapies
- Acne Light Treatments
- Psoriasis Treatment
- Melasma Treatments
- Facelift
- Rejuvenation of Aging or Sun Damaged Skin
- Spider Veins
- Laser Hair Removal
- Broken Blood Vessels
- Aging Skin
- Lip Implants
- Warts & Molluscum
- Pediatric Dermatology
- Skin Cancer
- Actinic Keratoses
- Detection & Treatment of Malignant Melanoma
- Moles, Lesions, Cysts
- Viitiligo
POLICIES AND PROCEDURES

To insure our guests’ experiences are as wonderful as their results, please take a moment to review our policies and procedures that allow us to guarantee consistently superb service.

Scheduling – We are looking forward to caring for you. Please schedule services at Acqua Blu by calling us at 866-I-LUV-BLU to reserve an appointment. All spa appointments are secured with a credit card. Appointments may not be made, changed or cancelled online.

Spa Treatment Cancellations – Two days prior to your appointment, we will confirm with you via telephone. Blu knows that things can suddenly pop up, but please provide us with 24 hours notice to cancel/reschedule a spa treatment. If this appropriate notice is not given, you will be charged a flat fee of $50. If you do not notify us at all (no show), your entire treatment fee will be charged to your credit card.

Payment – For your convenience, major credit cards (Visa, Mastercard and Discover) as well as cash, Acqua Blu gift certificates are accepted. Alternative financing is also available from a third party, Care Credit. Our spa director is available to assist in exploring this “beauty card” alternative payment solution. We apologize for the inconvenience, but Acqua Blu cannot add a gratuity to your credit card.

Patient Satisfaction – We think Acqua Blu products are the best and we think you’ll enjoy them just as much. But if you are unhappy with a product purchased from Acqua Blu, please return the unused item with a dated receipt within 7 days of purchase and we will gladly exchange the item for store credit toward another product or service of equal or greater value. We cannot issue cash refunds.

Day of your treatment – Acqua Blu respectfully requests that you arrive 15 minutes prior to your scheduled appointment time, giving us the opportunity to insure your maximum service. There’s nothing fashionable about being late, you’ll just deprive yourself of full treatment time. Personal belongings are the full responsibility of the spa guest. To ensure the safety of children and the enjoyment of all clients, we ask that parents or guardians make other arrangements for children while they are receiving services.

Medical History – Contraindications to light and laser procedures include, but are not limited to: pregnancy, active autoimmune disease, suspicious lesions and other disease states or conditions. Please notify us if you are using Retin-A, Avage, Tazorac, Differin, Accutane, any photosensitizing or keratolytic medications, or have had recent sun exposure, laser or plastic surgery. Any of the above conditions may affect our ability to perform your requested treatment. A complete medical history is required prior to treatment.
Licensed Specialists – All Acqua Blu specialists are licensed and trained under the direction and supervision of our board certified plastic surgeon, Brian V. Heil, MD, FACS.

Treatments sold as packages
Medical treatments/services sold as packages are non-refundable. This includes all laser and medical spa facial treatments that have been sold as packages.

Blu Gift Certificates
Available for any amount, gift certificates make the perfect present and are redeemable for Acqua Blu spa services and skincare products. Gift certificates do not expire. Gift certificates are not redeemable for cash.

Cell phones
As a courtesy to our other guests, we ask that you silence your cell phone within the medical spa.

Special Occasions
Acqua Blu is available for birthdays, graduations, anniversaries and bachelorette parties. Groups of three or more may receive discounts on facial treatments, according to the size and availability. Please call at least 2 months in advance so we can help you plan your “Spa Party.” Acqua Blu also offers special discounts to area business partners in our community, helping to create employee reward programs and incentives programs. Call us so we can help you create a plan that works for your company.

Odds and Ends
We wouldn’t be the trendsetters that we are if we weren’t constantly expanding our services. Although Acqua Blu makes every effort to keep its website and spa menu updated, please note that prices and services are subject to change at any time. Treatments may vary at each Acqua Blu location. We love having you as a client/patient, but Acqua Blu does reserve the right to refuse service at any time, to anyone, for any reason.

Hours
Monday – Saturday (call for hours)
Sunday by special appointment
Our Physicians
Brian V. Heil, MD, FACS
Board Certified Plastic Surgeon

Ana C. Busquets, MD, FAAD
Board Certified Dermatologist

Our Locations
14000 Perry Highway, Wexford, PA 15090
724.933.1800

1614 Washington Road, Pittsburgh, PA 15214
412.835.5550

901 East Brady Street, Butler, PA 16001
724.933.1800

Our Websites
PremierPlasticSurgeryPA.com
AcquaBluSpa.com
ChillTheFat.com
HairRestorationPittsburgh.com
BreastEnhancementPittsburgh.com
LipoPittsburgh.com
GynecomastiaPittsburgh.com
PremierSurgeryCenterOfPittsburgh.com
ChatwithDana.com