



Photographer, Robert Burge



DRS. BRAD CALOBRACE & NANA MIZUGUCHI

CALOSPA REJUVENATION CENTER

CAN YOU SHARE WITH US THE PRESSURES OF THE BUSINESS TO KEEP SO MANY PEOPLE HAPPY ON A DAILY BASIS?

It really is amazing to be able to take care of patients whom express so much trust and confidence in us on a daily basis. I've always challenged myself to be the very best and strive to give the best total experience for my patients. With that comes a huge responsibility - which I wholeheartedly accept. I must admit, my greatest pressure is in seeing as many patients as I can and seeing them in a timely fashion that is convenient for each of them. But, taking care of patients and keeping them happy is really no pressure at all. Anyone that knows me knows I have great passion for what I do. Taking care of my patients is the fun part of the job - I live and breathe it. I am lucky I get to do this as my career.

TELL US HOW CALOSPA HAS EVOLVED OVER THE YEARS?

CaloSpa was created to complement everything we do in our Plastic Surgery Practice. We wanted to provide spa and medspa services in an environment that was inviting and relaxing, and very safe with the highest level of professionalism. Now in our seventh year, CaloSpa has exceeded all expectations and is the leading provider of most fillers and toxins in the state of Kentucky. We do not set on our laurels. We are rapidly expanding all of our laser offerings, including the latest in tattoo removal and facial rejuvenation. We are creating a comprehensive cellulite program and have introduced our Ideal Protein Weight Loss Program. Additionally, we are opening our Skincare Fitness Center soon, which will serve as a skincare "genius bar" that will have aestheticians readily available to assist in creating the perfect skincare regimen. Patients can stop by the skincare center anytime for a complimentary consultation. Finally, we created a comprehensive pre and post-op program for all surgical patients to maximize their recovery and results. When I moved to Louisville from Los Angeles I made a commitment to bring the latest advances in cosmetic procedure to the area. At CaloSpa, we are always evolving to make sure we meet the needs of our clients.

WHAT ARE IMPORTANT QUESTIONS ONE SHOULD ASK BEFORE UNDERGOING PLASTIC OR ELECTIVE RECONSTRUCTIVE SURGERY?

There is nothing more important than choosing the right doctor. It is probably the greatest deciding factor in the final results. Any prospective client should make sure the surgeon is board certified by the American Board of Plastic Surgery. Ask how many of these procedures the surgeon has performed and what are potential complications. Also, ask to see before and after photographs. Ask around as word of mouth is invaluable and a lot can be learned by finding out which physicians have the best reputations and the happiest patients.

FOR SOMEONE WHO IS INTERESTED IN NONINVASIVE TREATMENTS, WHAT ARE THEIR OPTIONS?

The best nonsurgical anti-aging treatments are Botox, Sculptra and fillers (Restylane, Perlane, Juvederm, Radiesse). All are done quickly in the office with minimal downtime - but not minimal results. You could use crèmes and laser light therapy on your wrinkles for a year, and never come close to achieving the wrinkle elimination obtained with Botox in one week. Although wrinkles age some faces, many of my clients can look very tired and aged with almost no wrinkles because some facial aging is due to a loss of volume and fullness. We have all seen the person who loses a lot of weight and suddenly looks older in the face. The ability to recreate a youthful face by adding volume (either with fillers or my Sculptra collagen stimulation) has become one of the most important nonsurgical treatments to combat aging. My favorite combination, sort of the CaloSpa Nonsurgical Facelift, includes placing botox in the upper third of the face (forehead, frownlines, crowsfeet), filler or Sculptra in the mid third of the face (cheeks, lower eyelids, jawline) and performing Exilis Elite nonsurgical skin tightening to the jowl and neck. My final suggestion is to always be on a great skincare program at home. This should include a Clarisonic ultrasonic cleanser brush and the use of growth factors (SkinMedicas TNS Recovery Complex or TNS Essential Serum) along with physician directed skincare available at CaloSpa.

located at

2341 Lime Kiln Lane | 502.814.3000