

FIX
M A L I B U

Let's be honest.

A lot of us walk around the world convinced we're kind of broken, like a part of us isn't quite right. If only I were thinner, if only I were smarter, if only my butt didn't sag... If only. We focus on our flaws and spend precious time lamenting them, hoping in vain to change. In the quest for happiness and acceptance, we search for that elusive something that will magically "fix" us so we feel better. The joke is, we aren't really broken—it's the way we regard ourselves that is. Each of us has a particular beauty, and ideally we would revel in it. So why don't we? It costs too much. We don't deserve it. It's scary. We don't have time. And besides, what would everyone at work think? We're full of excuses, hobbled by our ideas of what we're worth, and scared to make a change.

At Fix^{Malibu}, we're just like you, and we understand. We know you're out there, driving from appointment to appointment, trying this spa and that dermatologist, looking for the answers and sitting in traffic. It's enough to qualify as a full-time job. Well, that job just got a little bit easier. Led by our founder, Rebecca Giles, M.D., we have gathered the best high-tech skin solutions under one very chic, ocean-view roof in Malibu, and we use them in the smartest, most efficient and effective ways possible to minimize the time it takes to get results. Why? So you can spend more of your life participating and less of it getting ready. We call this approach to gorgeousness Smart Beauty®.

It's not as superficial as you might think. Sure, we iron out wrinkles with Botox, and smooth the skin with lasers. It's tempting to regard this work as frivolous and unnecessary. But just ask a woman who spent years masking her acne-scarred face with makeup how it feels to be complimented on her newly resurfaced skin. Or the recent divorcee who gets her groove back by casting off her worries (and wrinkles) for a fresh start. Sure, it's not nuclear physics, but this is no trifling thing we do. It's powerful stuff.

At Fix we're alchemists, mixing the latest technology with a belief that beauty can change the world. Our Big Idea: to help you spruce up your life by sprucing up your skin. Sound crazy? Not at all. For each of us, physical appearance has enormous bearing on the way we feel. In turn, our feelings about ourselves affect how we treat others. It works like this: your skin improves and soon you're walking a little taller, gazing a little longer in the mirror, humming in the elevator. You're nicer to the annoying telemarketer who in turn tips a little extra to the new waitress, who goes home and hugs the teenager who just wrecked her car. Looking your best, your life gets better, and you pass this goodness on. It's not hard to see why we think beauty makes the world a better place. And while we'd love to spread this message far and wide, we'll stick with fixing skin in Malibu for now. We can't think of a more beautiful place to be.

**Life Is Short.
Beauty Is A Choice.
Give Yourself Permission.**

Intense Pulsed Light (IPL)

Intense Pulsed Light (IPL) – the workhorse of cosmetic dermatology, IPL is used to remove pigmented areas (freckles, sunspots) and redness (e.g., rosacea), both caused by cumulative exposure to the sun. The treatment takes about twenty minutes and feels like a series of mild rubber band snaps. And prepare yourself—we're not kidding about the "intense" light. It's bright—somewhere between klieg lights and a night game at Dodgers Stadium. But boy, does it work. And don't worry, we'll cover your eyes during treatment. IPL is safe for light – to – medium skin tones only, and works best in a series of three to five sessions, spaced two to three weeks apart. Brown spots will darken after treatment, so prepare to camouflage them for a few days until they flake off. And you must protect your skin from the sun daily (SPF 30 is fine) to get the best results.

IPL with Levulan®

Levulan® is a mild, photoactive liquid that is applied to the skin and allowed to incubate for about an hour prior to IPL treatment. The light from IPL activates the Levulan, which produces a chemical reaction that destroys acne-causing bacteria and causes pores to involute. What does this mean? Less sebum (oil) production and dramatically improved skin for the acne-prone. And listen up, all you 40+-year-olds with the twin gift of wrinkles and breakouts, this treatment is like a super-charged IPL, delivering the same results (e.g., elimination of brown spots and redness) in fewer treatments than IPL without Levulan.® This makes it a favorite of women with aging skin, acne-prone or not. What's the catch? There is some downtime with this procedure—anywhere from a couple of days of redness and mild swelling up to a week of splotchiness, peeling, and general unrepresentability. The length of downtime tends to correlate with the degree of sun damage to your skin. That said, if you can be a little ugly for a few days the results are well worth the trouble.

Gentlewaves®

Gentlewaves® uses yellow LED light to improve the skin. It is scientifically proven to stimulate the formation of collagen, inhibit collagenase (the enzyme that breaks collagen down), and reduce inflammation and redness. This is a fabulous choice for you "laser chickens" out there. The results are similar to IPL, but come more slowly, and with ZERO discomfort and downtime! Eight to twelve sessions are recommended, spaced weekly. The treatment itself is over in a flash—a plus for those of us on the go. Gentlewaves® is also a great "redness rescue" treatment for skin immediately after laser and light-based procedures (or, perish the thought, too much sun exposure!). We recommend it as a chaser for any laser facial treatment, and daily for a week following Portrait® plasma resurfacing.

Affirm Multiplex® Fractional Resurfacing

Series purchase includes a Gentlewaves session and O2 Intracuticals Hyperbaric Infusion after each treatment.

Skin texture suffers with age. The cells at the skin's surface are shed and renewed more slowly, making the surface texture appear dull and well, old. To make matters worse, our collagen and elastin (which give the skin strength and elasticity) poop out, contributing to wrinkling and lax facial skin. Pores enlarge, and acne scarring, if present, appears to worsen. Depressing? Doesn't have to be. The Affirm Multiplex® is the closest thing to genius we've seen, coupling two distinct laser wavelengths that fire in rapid succession—the first creates microscopic columns of injury in the skin to stimulate collagen remodeling; the second bulk-heats the collagen deep within the skin, causing immediate contraction and further tissue tightening over time (final results can be seen about 4 months after the last treatment). The result is smoother skin at the surface with impressive wrinkle reduction and firming underneath. The treatment takes about 30 minutes, and feels like a series of tiny rubber band snaps (topical anesthetics aren't required, but we're happy to provide them if you need a little extra comfort. If you would like a topical anesthetic, let us know so we take that into account when booking your appointment). You'll be pink after the treatment (like a sunburn), fading back to normal within about 24 hours (usually much sooner). And yes, it's okay to cover it up with makeup (and sunscreen!) immediately afterward. This is our most popular treatment for a reason. It works. A series of three to five treatments is standard.

Portrait® Plasma Resurfacing

All Portrait® treatments include 5 daily Gentlewaves® treatments

Sun-worshippers rejoice! Your years of basking unprotected with baby oil and a solar reflector (you know who you are) don't have to relegate you to a life of looking like a Shar-pei. Portrait is the new standard for erasing years of sun damage (read: wrinkles and discoloration) with a single treatment. A stream of plasma directed at the skin's surface heats the junction between the uppermost layers of skin and the deeper dermis. The heat is a stimulus for the deeper layers to remodel dramatically, while the upper layers remain intact as a sort of natural band-aid. After a few days, the epidermis begins to slough completely, revealing healthy, smooth, unblemished skin underneath. This treatment is not for the faint of heart. There is at least a week of social downtime here, and a not insignificant bit of home care involved. But we'll hold your hand every step of the way, see you daily for a Gentlewaves® treatment, and celebrate with you at the end of the week when you see how good you look. It's a process, the Portrait.® But when you consider the years it took to pile on the wrinkles, a week doesn't seem that long...

Portrait® Low-Energy Plasma Resurfacing

Think of this as Portrait®-Lite. The technology and goals of treatment are the same; we just turn the energy down so the aftereffects aren't as dramatic (and the downtime isn't as long). In contrast to the high-energy Portrait® (see above), you can expect only mild redness and a little peeling (a couple of days, tops). So you're spared being a shut-in afterward, but to get an outcome similar to high-energy resurfacing you'll need three of these treatments, spaced about 3 to 4 weeks apart. No matter how you do this Portrait® math (more treatments + less energy), it still adds up to beautiful skin.

Smartlipo® Laser-assisted Liposculpture

No, this isn't an injectable fat-dissolver. Those sound too good to be true, and you're old enough to know better (and if you're not, you're not old enough to be reading this). Smartlipo® is not liposuction. It uses a tiny laser fiber, threaded through a 1 mm cannula to melt fat in those trouble areas (double chin, saddlebags, bra-roll, need we go on?). Once the fat is melted, it can be gently removed through tiny incisions. Because this laser wavelength is the best one for coagulating blood vessels, there's virtually no bleeding (translation: minimal bruising), and here's the best part: the laser bulk-heats the collagen in the connective tissue of the overlying skin, causing it to shrink. Over time (about 4 months post-procedure) lax skin in the treated area tightens., something traditional liposuction can't do. Smartlipo® is a finesse tool, used to sculpt and define small areas where that @#!% fat just won't burn off, no matter how many spinning classes you take. If you're curious, we're happy to take a look and tell you what we think.

Call for a consultation—the only thing you have to lose is the double chin.

Laser Hair Removal

By now, this treatment is old hat for many of you. Lasers of varying wavelength (chosen depending on your skin color) are attracted to the pigment in hair, heating up the follicles and causing them to go dormant. Only growing hairs are affected, so it takes several treatments to completely clear the area in question (typically between three and six per area). What makes Fix different? Our lasers use a continuous stream of superchilled air to cool the skin, which in addition to numbing cream (if you even need it) makes the experience while not pleasurable, at least much more comfortable. We treat by the hour (or fraction thereof), so take your Tylenol beforehand, pick the areas you want treated, and come on over.

Laser Vein Removal

Are your skirts languishing unworn in the closet because your legs look like roadmaps? Do you spend five minutes every morning spackling the same little veins at the corners of your nose? Laser vein removal can help. The laser's wavelength targets the pigment in blood cells, heats up the vein for a fraction of a second, and causes it to seal from the inside. Typically this takes a couple of treatments, spaced two to three weeks apart. We won't lie—this treatment stings, so you must plan to come a half an hour prior to your appointment to have numbing cream applied. We also pre-cool every area with superchilled air prior to treatment to make sure you're comfortable.

Pigmented Lesion Removal

This is a treatment for those individual brown spots that bug you. Ones that are larger and less numerous than freckles, on your face, neck, back, arms—wherever. The laser targets the melanin (brown pigment) to break it down. The spot darkens after treatment and sloughs after several days (no picking!!). You must wear sunscreen to keep the spots from returning, but other than that, this is a fairly low-maintenance deal.

Fillers

Fillers are the closest thing to magic we know. Numb the skin, inject a little filler, and five minutes later voila! Wrinkles gone, lips plumped. Okay, maybe that's simplifying it a bit. Fillers are a lot like fashion—everyone's taste is different, and styles come and go. We're fans of stealthy improvement, as in "you-look-so-good-did-you-just-get-back-from-vacation?" rather than "I love your filler—who did it?" When it's all said and done, you should look like YOU, just fresher. As to which filler is right for you, we'll help you choose based on your goals, facial structure, and budget.

Restylane™
Perlane
Juvederm™
Juvederm™ Ultra Plus

Botox™

Most of you are not Botox virgins at this point, admit it. Finding the right Botox injector is kind of like dating. This one's too ham-handed, that one's good but it doesn't last long enough. And then there's the price-shopping (Don't be embarrassed. We know you're out there). We're a little more expensive than most but worth it. Why? The concentration we use is strong (all Botox is diluted with saline—but the amount of saline used differs doctor to doctor). This gives us freedom to inject it where you need it, confidence to know it won't diffuse where you don't want it to go, and the ability to inject areas that aren't safely treated with more dilute solutions. It's more expensive for us to do it this way, but in our experience it lasts longer and gives a softer, more natural look.

Cosmelan®

This treatment targets hyperpigmentation (dark areas) on the face and elsewhere. Typically caused by hormonal fluctuation (e.g., melasma) or in response to inflammation (e.g., post-inflammatory hyperpigmentation), this condition can be tricky to treat. Lasers and light-based therapies often make it worse, and hydroquinone (the oft-used bleaching cream) has problems of its own (and is on the verge of being banned in the U.S.). Enter Cosmelan®, an all-natural lightening mask, made with extracts of mushrooms and botanicals with native bleaching action. The treatment goes like this: the mask (brace yourself—it's a hideous mustard yellow color) is applied and left on for 4 to 8 hours, depending on your skin type. Yes, you have to go home with it on. The mask jump-starts the process, which continues with daily use of Cosmelan®2 Cream for several weeks (up to 6 months) to further lighten the area. The entire treatment regimen comes in a kit, and the price includes the kit and application of the mask at our office.

Hydracial MD®

Remember your first facial? You hoped you'd emerge with squeaky clean, radiant skin and when it was over, mirror held up for you to inspect the results, you gasped in horror to see those bright red blotches covering your face—the marks of the dreaded blemish extractor. You know the device, that little silver stick used to (painfully) “clean out” your pores. We're not big on torture here, especially since there's a much smarter way to power-clean your skin. Hydracial MD® is a 3-step treatment: 1) surface exfoliation with a patented dermaplaning tip that simultaneously infuses the skin with a hydrating serum, 2) profoundly satisfying pore extraction using salicylic acid serum to sink deep into pores to loosen the sebum and bacteria, followed by gentle vacuum extraction to clear the debris away, and 3) infusion of a protective antioxidant serum or, if you really want a treat, an infusion of SkinMedica's cult-favorite TNS Repair Complex, specially formulated for the Hydracial® system. Best of all, the whole process takes about a half hour, and at the end there's no shock. Your skin is hydrated and glowing. Isn't that the point?

O2 Intraceuticals Hyperbaric Oxygen Infusion

This treatment has got a lot of press lately, thanks to a certain Material Girl who treats herself to one daily. Our hats are off to her, because we can't think of a better way to pamper our skin. This treatment is more than the usual beauty frippery—believe us, we were skeptics at first. Hyperbaric oxygen? **Come on.** But even the most dyed-in-the-wool naysayer cracked a smile when she gazed in the mirror post-treatment. Here's how it works: a treatment serum (there are 3—one for hydration, one to brighten the skin, one to help augment the muscle-relaxing effects of Botox) is misted onto the skin and then gently, deliberately infused into the skin with pure oxygen (killer of bacteria, foe of inflammation) under greater than atmospheric pressure. For those of you who cut Physics in high school, it's simple—the extra pressure helps drive the serum quickly, deeply into the skin. The result? Major hydration and a noticeable (we're not kidding) plumping of the skin. Plus, it feels fantastic. There's no more relaxing treatment around that delivers this kind of beautiful. A must before those red carpet events—even if the red carpet is in your kids' playroom.

| | |
|--------------------------|------------------|
| O2 Rejuvenation Infusion | Hydrating |
| O2 Opulence Infusion | Brightening |
| O2 Atoxelene Infusion | Wrinkle-Relaxing |
| Post-laser treatment | To Cut Redness |

Fix Skin Survival Treatment

At Fix we're fond of treating ourselves well, so we created Skin Survival to share a little bit of that love with you. In our inimitable fashion, we've compiled the treatments you'd most covet if stranded on a desert island (Nevis, anyone?), the ones best suited to nourish and protect your skin against the vagaries of time and environment. The treatment begins with thorough but gentle cleansing with our proprietary rice powder exfoliant, followed by a super-mild glycolic peel to smooth the skin's surface. Next comes an infusion of EGF (epidermal growth factor)-spiked antioxidant serum to ward off sun damage and repair the skin, and a Gentlewaves® treatment to quell inflammation and promote collagen deposition. We would never send you out into the world unprotected, so we finish with a coat of sunscreen and our QuickFix® brightening serum for a little extra glow. Now all you need is the island...

Skin Rehab

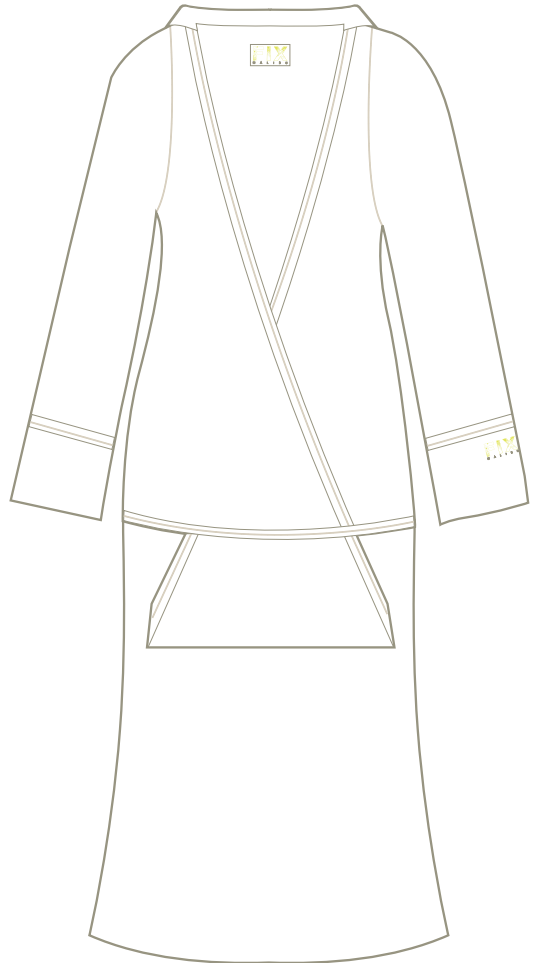
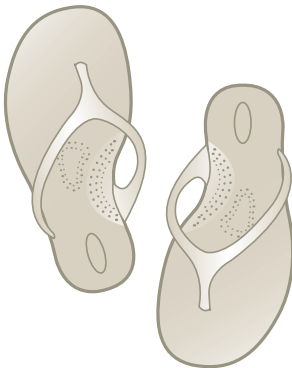
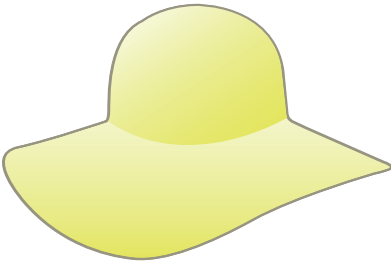
Admit it. You've been bad. You've baked in St. Barth's with nary a bit of sunscreen, taken in the tennis matches without a hat, worked on your "base tan" before the holiday vacation in Maui. Your skin isn't ready for maintenance—it's overdue for a major overhaul. We can help. Skin Rehab is a 4-week (or should we say 28 days?) jump-start plan for the current and former sun addict in us all. And it's not really that much more effort than hauling your beach chair down to the sand. Here's the deal: visit us once a week for Hydrafacial and Gentlewaves treatments (including microdermabrasion and/or a glycolic peel, depending on what's going on with your skin). To help you stay "on the wagon," we'll send you home with goodies to pamper your skin (including antioxidant serum and sunscreen) and one of our comfy Fix hoodies. Hey, it's cheaper than Promises...

The Fresh Start

This is our nod to new moms, the freshly divorced, anyone who has recently undergone an overwhelming life change. We've noticed that during times of tremendous stress (good or bad) we tend to neglect ourselves. When the dust finally settles and we look in the mirror, it's not so pretty. To those of you who relate, we have two things to say: 1. Congratulations. You survived. 2. How about a discount? No, you don't have to pour your hearts out to us to document you really need this (unless you want to, and then we're all ears). It's actually quite simple: treat yourself to three separate services (e.g., Botox, Hydrafacial, Gentlewaves) in the same month and receive 10% off (and yes, this applies to series pricing and products as well).

Fix Extras

| | |
|------------|-------|
| Fix Hoodie | \$175 |
| Sun Hats | \$40 |
| Fix Flops | \$20 |



Bespoke Beauty

At Fix we believe you can't treat yourself too well, so we are pleased to customize your visit however you wish. Our concierge has many services at her disposal, so let us know ahead of time if you would like us to arrange for a nail technician, makeup artist, hairstyling services, or even an automobile detail while you're at Fix. While we can't bring you the moon and stars, we're pretty open to everything else. Have a request? Just ask. Given a little advanced notice, we'll do everything we can to make it happen.

Want to bring your friends? We are happy to host you and your nearest and dearest for a few private hours of gorgeousness, and we will tailor the services and refreshments to your group.

Call Jackie at 310 456 5350 to get more details.

**Life Is Short.
Beauty Is A Choice.
Give Yourself Permission.**