



Selecting the Right Non-Surgical Skin Tightening Procedures for Your Face, Neck & Body

*All the questions
you should ask*

*All the answers
you should get*



MERYL KERN
Liftique Founder
and President



Welcome to Liftique,

I would like to take this opportunity to introduce our practice and the services we provide.

At Liftique, our goal is to provide our patients with customized treatment options to achieve their desired aesthetic goals. Due to the advances in plastic surgery and anti-aging science, there is an ever-growing number of options available to women of all ages to either prevent or treat signs of aging at different stages of their lives. Liftique stays on the cutting edge of non-surgical skin tightening technologies to provide a wide range of options to our patients. We can improve jaw line definition, double chin, cellulite, crepey skin, and stretch marks with nonsurgical in-office procedures.

For patients with more advanced skin laxity of the face and abdomen, we are able to tighten the skin to improve contour without skin excision or large scars using a combination of different energy-based technologies. Of course, as plastic surgeons we offer the full range of plastic surgery options (such as face lift, eyelid lift, breast lift, tummy tuck, etc.) for patients who want surgery and have more advanced stages of skin laxity.

It has always been my personal and professional objective to provide quality care and individual attention. At Liftique, we thrive to provide you with the least invasive options to help you achieve your goals. The majority of our procedures are done under local anesthesia with minimum downtime and health risks. The Liftique staff is dedicated to making your consultation and procedure experiences pleasant and productive.

I look forward to meeting with you.

Sincerely,

Michael Hakimi, M.D.
Board Certified Plastic Surgeon
Chief Medical Director, Liftique
Associate Clinical Professor of Plastic Surgery, LLU



Ladies,

It's so important to know what is available in non-surgical skin tightening solutions for your face and body, in language we can understand. There are so many procedures on the market today that it can be very confusing. Our Liftique Guide will provide you the answers to all of your questions. We will show you before and after photos, share our technology, and describe the Liftique offerings which may be best for you. You will learn how Liftique's video consultations will make your life easier, and most importantly, you'll discover how we can help you look and feel your best.

I hope you take the time to read this guide. Let Liftique unclutter all of the clutter surrounding skin tightening options.

As a mother of two, grandmother of four, businesswoman, entrepreneur, and breast cancer survivor, my goal is to create a *unique*, one-stop integrated destination where women can receive support and solutions to help live their best lives.

I can't wait to meet you and share in the beauty of being a woman.

Warmly,

Meryl Kern
President and Founder
Liftique and Liftique Blush

Where did these lines, loose skin, and wrinkles come from?

As we age, our skin changes as a result of our genetics, environment, and hormonal shifts.

When you look in the mirror lately, do you notice a few more lines, the beginning of jowls, and more forehead and mid-face wrinkles than usual? Are some of those “laugh lines” sticking around long after you’re done laughing? Or perhaps you’ve noticed your parent’s double chin forming or that “crepe paper” looking skin developing on your neck.

As we age, our skin changes as a result of our genetics, environment, and hormonal shifts. The beginning of aging skin is a result of all these factors combined with the natural loss of the substructure within your skin, collagen and elastin, that gives youthful skin its firm, tight, and smooth appearance.

What are your options?

The good news is there are many alternatives to help reduce and even reverse the appearance of aging so that you can regain smoother, tighter face, neck and body skin. Options range from inexpensive spa procedures to clinically proven, new skin tightening and contouring technologies. There are three categories of services

- Superficial spa level skin care treatments
- Medical, non-surgical and minimally invasive skin lifting, firming, and tightening procedures
- Plastic Surgery – the traditional cutting of loose skin, and then pulling and sewing the skin together

What is Non-Surgical Skin Tightening?

The body produces two valuable proteins called collagen and elastin, which form the underlying structure that helps our skin stay smooth and firm. As we age, the production of these two proteins decreases at the rate of 1% per year, resulting in the increase of sagging, loose, and “crepey” skin.

Non-Surgical Skin Tightening Procedures such as Liftique use new, safe, FDA approved energy based technologies to stimulate your body’s natural ability to produce new levels of collagen and elastin. This treatment protocol tightens loose and sagging skin on your face, neck, and body.

Liftique is a non-surgical procedure that is performed in a medical office. No general anesthesia is required. It is a painless procedure with 5 to 7 days of social downtime.

What should I look for when choosing a Non-Surgical Procedure?

Select a medical practice that is run by Board Certified Plastic Surgeons. While any doctor with a medical license can perform simple cosmetic procedures such as Botox® injections in their office, Board Certified Plastic Surgeons will know exactly which non-surgical treatments are best for your beauty goals.

Before becoming board certified, plastic surgeons must perform thousands of surgeries and procedures under the guidance of a senior surgeon. Additionally, they must complete demanding testing over many years. The uniquely qualified board certified surgeons at Liftique go through this intense training, always keeping up to date regarding the latest non-surgical and minimally invasive skin tightening technologies.

What are the different kinds of Non-Surgical Skin Tightening Procedures?

There are several different kinds of Non-Surgical Skin Tightening Procedures. You should be aware of what they are and how they work before choosing the one that is best for you.

Some procedures utilize ultrasound to heat the skin layers to stimulate collagen and elastin production. While such procedures are FDA approved and are completely safe, some patients may experience discomfort during the procedure. Ultrasound is typically limited to use on the chest, neck, and brow.

Liftique utilizes another FDA approved treatment which relies on bi-polar Radiofrequency energy. It is considered safe for all skin types and is performed in-office. RF treatments are suitable for use on the body, neck, and face, thus providing more thorough and complete treatment than ultrasound or laser.

How long does Non-Surgical Skin Tightening last?

The results from a treatment can last up to 3 to 5 years. It can take 3 to 6 months before you notice full results.

Why does Liftique utilize Radiofrequency Energy Technologies?

Radiofrequency (RF) technology is able to reach deeper layers under the skin to promote Collagen production. Unlike lasers, RF spares the pigments and thus is safe for all skin colors.

RF is an extremely effective non-surgical procedure. Published clinical studies of Liftique's technology show a 35% to 50% tightening of skin surfaces, reducing wrinkles and fine lines.

Liftique tightens up the skin on your face and body and smooths the crepey skin on your neck and arms. Collagen and Elastin are rebuilt from the inside out while rejuvenating and revitalizing your skin's surface.

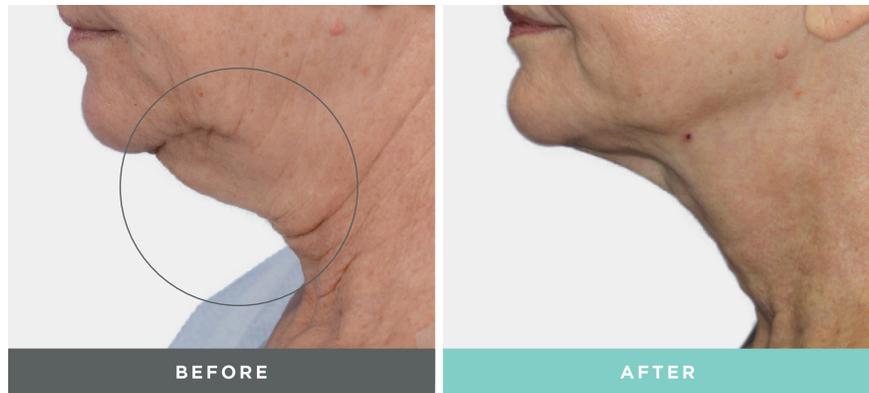
And there is no going under the knife or general anesthesia.

You'll see noticeable, real results without the expense, pain, or long recovery time of costly plastic surgery.

Before and After Photos

Liftique Premier Procedure

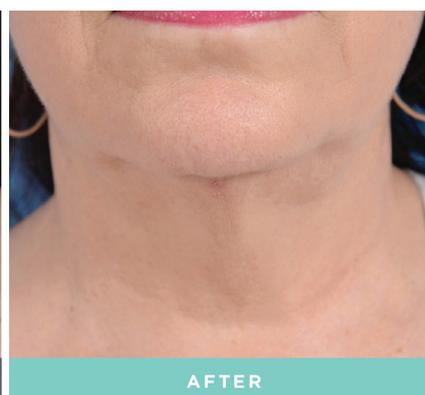
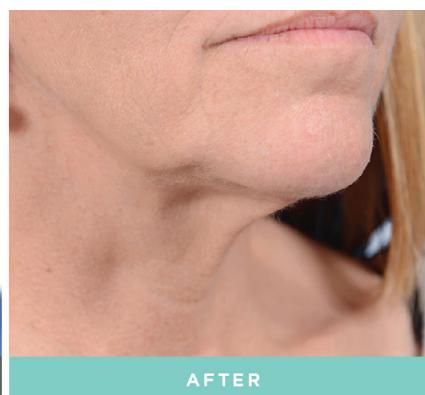
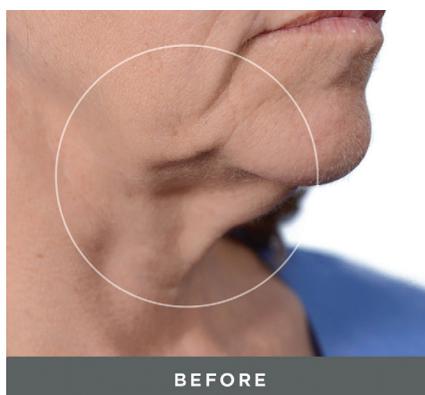
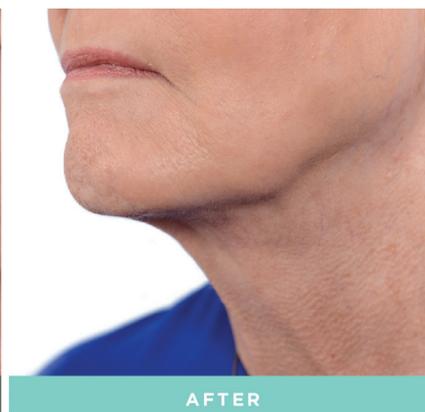
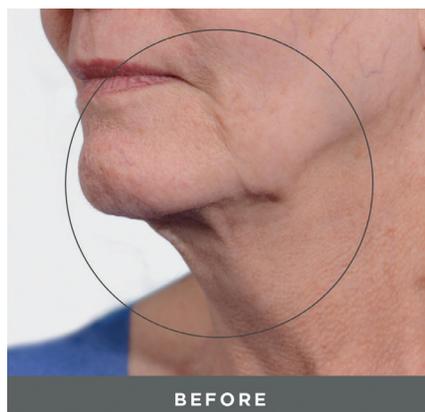
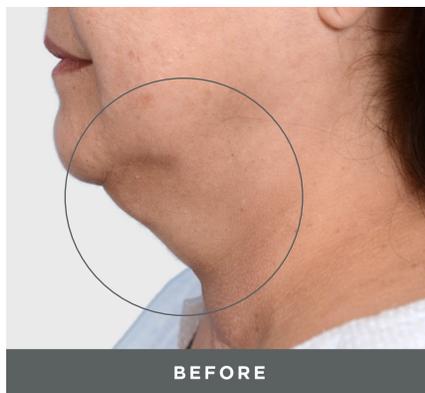
"The results have been incredible. All of the fine lines on my cheeks and around my mouth are gone. Everyone comments on my beautiful skin."



Before and After Photos

Liftique Premier Procedure

"Now that I am healed, I am beyond happy with the results of my procedure. I highly recommend them."



Before and After Photos

Liftique Premier Procedure

"They were all so welcoming, happy, and added bonus ... hilarious.

I felt very well taken care of from start to finish!"



What other face, neck and body procedures can be done using Radio Frequency Energy?

Liftique Prevent and Treat™

Liftique Prevent is the one-time procedure for women over 30 who want to treat and keep their skin looking smooth, firm, and glowing, **without** surgery, longer. Liftique Prevent can also help improve your skin's surface texture and tone while reducing pores, fine lines, and dark spots.

Liftique Bye Bye Cellulite®

More than 80% of women have unwanted cellulite, even if they are very fit. Cellulite, known as orange peel skin, is dimpled and bumpy, with a texture like cottage cheese.

Liftique's Bye Bye Cellulite is a multi-treatment radio frequency energy-based procedure that stimulates collagen growth at the cellular level. It melts the herniating fat causing the "hills and valleys," and also tightens the skin to make for a smoother appearance. You will see increasingly noticeable results over the course of three to six months. Optimal results are often achieved within three months but improvement may continue even after that, helping ensure that your skin will stay smooth and attractive for years to come.

Liftique SnapBack Lipo®

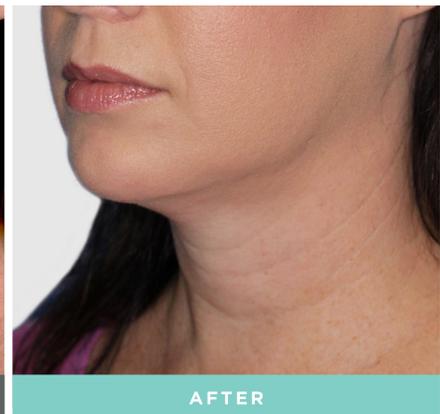
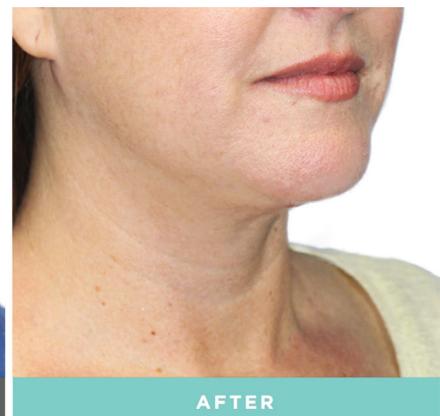
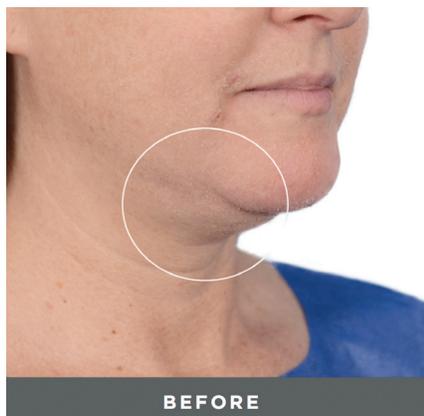
Liftique SnapBack Lipo is a minimally-invasive procedure, done while you are awake, that contours your body by removing unwanted fat deposits. The procedure helps your skin snap back into place by firming and tightening the areas of fat removal. It is customized to address specific "trouble spots," including your arms, abdomen, waist, bra rolls, hips, and thighs.

Before and After Photos

Prevent and Treat™



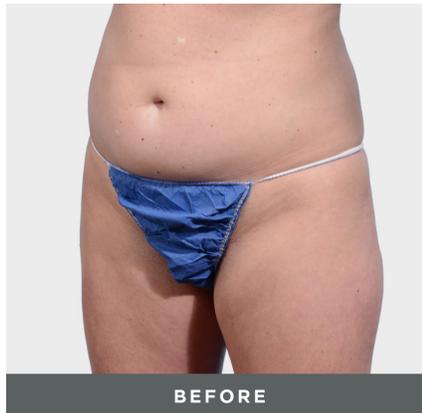
"I have never felt so warm and welcomed at any other doctor's office. Alex and Erica are caring, thoughtful and knowledgeable."



Before and After Photos

Snapback Lipo®

“Absolutely love the results and the staff is amazing! Love the front office, especially Alex! She is always so helpful and knowledgeable ... I highly recommend Liftique for all of your cosmetic needs.”



Before and After Photos

Other Liftique Body Procedures

"I have never felt so warm and welcomed at any other doctor's office. Alex and Erica are caring, thoughtful and knowledgeable."



Liftique Bye Bye Cellulite®



Liftique Bye Bye Cellulite®



Liftique SnapBack Arms



Liftique for the Knees

*No dealing with traffic.
No worrying about finding a parking spot.*

What is a Liftique Video Visit Consultation, and why should I consider it?

A Liftique Video Visit Consultation is a chance for you to get one-on-one advice without even leaving your home. No dealing with traffic. No worrying about finding a parking spot. No sitting in the waiting room sorting through old magazines.

Simply provide us with your contact information and photos of your areas of concern, and let us know when you would like us to contact you. You'll work with a highly trained professional over your smart phone, tablet, or computer to determine which options are best for you. Plus, it's completely free, with no obligation.

When should I consider Plastic Surgery?

Plastic surgery is always an option. Nowadays, however, there are many other alternative options available that could either postpone a surgical solution or help you achieve your goals without surgery.

What should I look for when choosing a Plastic Surgeon?

Your initial consultation should be with a Board Certified Plastic Surgeon, like the physicians at Liftique. This ensures you'll know exactly what you are getting into, and exactly whom you are getting into it with!

Ideally, your surgeon will be able to offer you non-surgical options should you prove to be a poor candidate for plastic surgery or if there are easier ways to achieve your goals.

What do I do if my Board Certified Surgeon refuses to treat me?

First of all, be thankful. You made a good choice. A reputable plastic surgeon won't treat just anybody. Many turn down between 10% to 30% of potential patients because they are not the right fit for plastic surgery.

The good news is that there are other options that do not involve complex, risky, and expensive surgery. For example, Botox® injections like the ones offered by Liftique are a common treatment used to smooth wrinkles on the upper third of the face. The results of such treatments typically last two to four months, but will often last longer.

Testimonials from non-surgical patients

“I am so happy I found Liftique. I immediately felt at home when I walked in. I mostly worked with Dr. Hakimi and Nurse Megan, but the entire staff was incredible. They were all so welcoming, happy, and added bonus ... hilarious. I felt very well taken care of from start to finish!”

“Had a consultation today at Liftique's Orange County Clinic. I have never felt so warm and welcomed at any other doctor's office. Alex and Erica are caring, thoughtful and knowledgeable. The Doctor is Great - takes his time and explains everything. And most of all everyone is honest. It's obvious they want the best results for their patients and in no way try and pressure you into ANY procedure. They are caring health care professionals. What a great experience.”

“From beginning to end, my experience at Liftique was a positive one. Their offices are beautiful, the people are lovely, and the doctors are very good at what they do. The days leading up to my procedure, the nurse called me on a regular basis to see if I had questions and to confirm that I was on track. Now that I am healed, I am beyond happy with the results of my procedure. I highly recommend them.”

Who are the leaders of Liftique?

Dr. Michael Hakimi – Chief Medical Director

Dr. Michael Hakimi is a Board Certified Plastic Surgeon. He is an associate professor of plastic and reconstructive surgery at Loma Linda University. He is a graduate of the UCLA School of Medicine, with completion of a plastic surgery residency at Loma Linda University. Following his graduation, he went on to complete advance training (fellowship) in Aesthetic Surgery of the face and body at the Plastic Surgery Center of Sacramento.

Dr. Hakimi is a member of the distinguished American Society of Plastic Surgeons (ASPS) and the American Society of Aesthetic Plastic Surgery (ASAPS). He has authored and co-authored numerous scientific publications in the field of plastic surgery.

Meryl Kern - Founder and CEO of Liftique

When newlywed Meryl Kern was diagnosed with breast cancer in 2015, she joined the more than 3.1 million other women in the United States with this disease. Estrogen, a hormone that helps keep skin youthful, is often blocked in breast cancer survivors and it progressively diminishes in menopausal women. For Meryl, the loss of her sense of beauty and sexuality was particularly acute.

Meryl wanted to create a unique one-stop holistic practice for women, providing support and solutions that are non-surgical, minimally invasive and as natural as possible in order to look radiant, feel confident and live well no matter what their age. The Liftique practice — Liftique Beauty, Liftique Body, and Liftique Blush — is the first and only integrated Plastic Surgery and Urogynecology practice in the USA.

CALL 1-844-4LIFTIQUE

(844) 454-3847

*to schedule your
Complimentary Video Consultation
or In-Person Consultation*

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