

Fabulous

OVER 40

HOW TO STOP FEELING
LIKE A **HOT MESS**





Elvira Quijas

Nurse Practitioner, Medical Director

Elvira Quijas graduated from the University of Nebraska in 2000 with Bachelor of Science degree in Nursing. She has worked as a Critical Care and Emergency Room Nurse as well as in the management aspect. She returned to school in 2016 and received her Master's Degree as a Family Nurse Practitioner. She enjoys the cosmetic side of medicine and decided to get certified in injecting neurotoxins and fillers. She was trained by BioTe to treat patients with bio-identical hormone pellets. She has also been trained in vaginal rejuvenation and erectile dysfunction. Her passion is to help clients with all aspects of health inside and out to feel and look their best.

Heather Allen

Nurse Practitioner

As a nurse injector, Heather uses her passion for both aesthetics and patient education to achieve individual goals. She has a strong belief that treatment should produce natural-looking results and is dedicated to offering treatment plans to enhance each person's features turning back the clock to achieve a renewed refreshed look. Heather has advanced training in bioTe, vaginal rejuvenation, PDO threads along with Botox and fillers. Her background is working for Dermatologists, Plastic Surgeons and also Oncology.



Devin Moreno

BSN | Nurse Injector

Devin is a fourth generation Chandler, Arizona native; she has been a Registered Nurse for 30 +years. Devin is passionate about being a nurse injector and helping all her clients feel their best.

She loves learning new aesthetic techniques to provide cutting edge services for her clients.

Devin specializes in anti-wrinkle treatments, fillers, Vaginal Rejuvenation, Erectile Dysfunction, PDO threads, PRP injections including hair restoration, and skin resurfacing treatments. In Devin's time off she loves to spend time with her family, cook and travel.



Kellie Combs

Medical Aesthetician | C.L.T, L.S.O

Kellie is an experienced Medical Aesthetician, Laser Safety Officer and Phlebotomist. She is certified and specializes in Microblading, Inmode Morpheus8 RF Microneedling, Inmode EvolveX Transform body contouring and muscle building, Laser hair removal, IPL/Photofacial, Chemical Peels, and facials. She uses her expertise to customize and combine each treatment to ensure the best results for her patients. When she is not working, she enjoys spending time with her family and fur babies, relaxing by the pool, cooking and soaking up Arizona's beautiful weather.



Leilani Garcia

Medical Aesthetician | Certified Laser Tech

Leilani Garcia is new with FitLife Med Spa. She is a Medical Aesthetician and certified laser tech with a passion for helping people achieve their skin goals. She is certified in all of the latest laser technologies and is committed to providing our patients with the safest and most effective treatments possible.

Leilani understands that everyone's skin is different, so she takes the time to get to know each patient's individual needs and concerns. Then develops a personalized treatment plan to help them achieve their desired results.

In her free time, she loves nature, outdoor activities, ice skating and volunteering for non-profit organizations.



SOUND FAMILIAR?

- Hot flashes
- Night sweats
- Fatigue
- Lack of sleep (3-4 am wake up)
- Tension & irritability
- Weight Gain
- Memory Loss
- Depression
- Vaginal dryness
- Painful intercourse
- Bladder symptoms
- Brain fog
- Thinning hair
- Migraines/Headaches
- Decreased libido





HOT MESS = Menopause?

Symptoms can begin in early 40s

Clinically defined as 1 year without a period. Average age = 51

Perimenopause symptoms begin sooner (prior to last period)

Surgical menopause (removal of ovaries)

Medically induced menopause (some cancer treatments cause)

WHAT IF?

You could feel like this again?





Feel Fabulous Over 40

With a head-to-toe refresh that provides the body exactly what it's missing!

- Hormone Optimization
- Intimate Wellness
- Weight Management
- Body Sculpting
- Skin Rejuvenation
- Hair Restoration

6 Major Female Hormones

There are six major hormones that can tip the physiological scales for women:

- Estrogen
- Progesterone
- Testosterone
- Pregnenolone
- Cortisol
- DHEA

Remember your hormones affect you on a physical and emotional level.

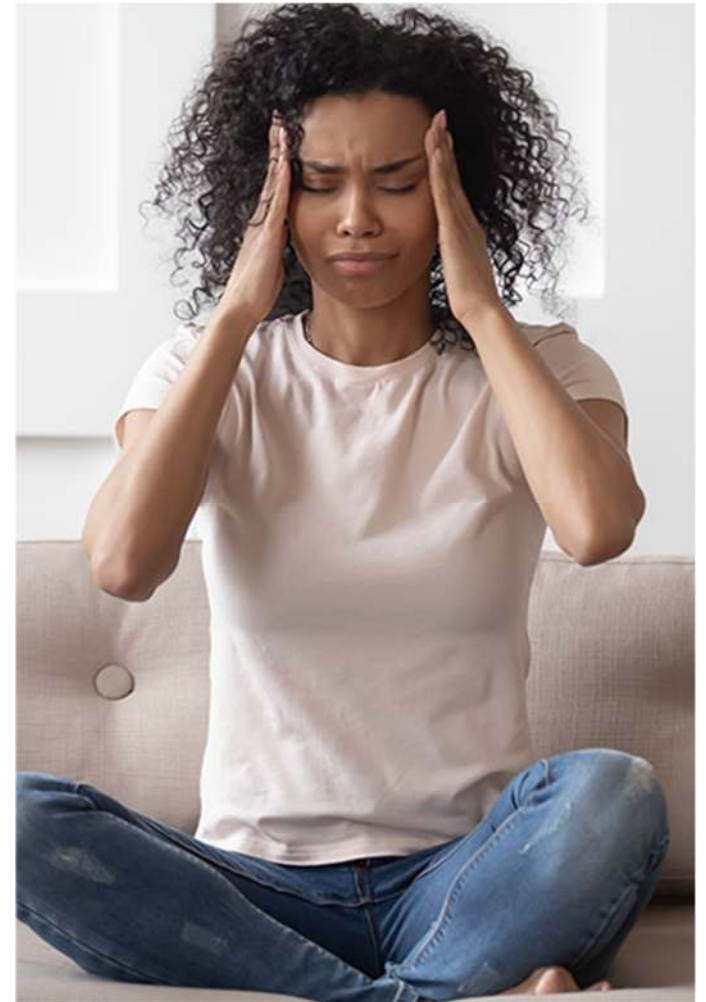


HORMONE DECLINE IS THE PROBLEM

Estrogen

Progesterone

Testosterone





POSITIVE EFFECTS OF ESTROGEN

- Controls hot flashes
- Maintains collagen in skin
- Increases serotonin & dopamine (happy hormones in the brain)
- Maintains bone density
- Increases bone strength
- Helps maintain memory
- Helps prevent neurodegenerative conditions
- Lowers cholesterol & increases HDL
- Protects the bone, breast, brain & heart

PROGESTERONE

Progesterone levels begin to decline after age 30 (long before estrogen).

However, there is a more significant decline in progesterone around age 50.

Progesterone protects against osteoporosis, heart disease

Apoptotic to breast cancer cells.



PROGESTERONE BENEFITS



Enhances
thyroid
hormones

Good for your
bones

Good for your
heart

Helps weight
loss

Keeps
estrogen in
check

May offer
protection
against some
cancers

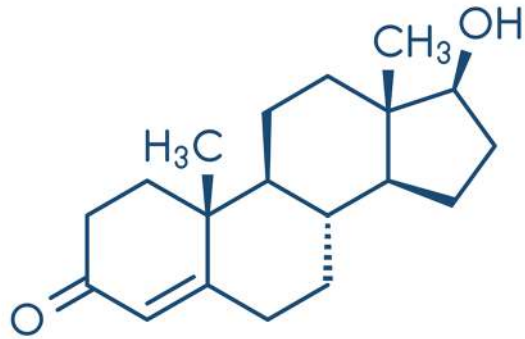
Prevents hot
flushes and
night sweats

Prevents
some
headaches

Promotes
restful sleep

Supports
healthy mood

FACTS ABOUT TESTOSTERONE



testosterone

- Declines in 30s & 40s
- Improves libido & orgasm
- Builds bone
- Decreases excess body fat
- Increases muscle mass
- Improves mental clarity

POSITIVE EFFECTS OF TESTOSTERONE

- Increased energy, vitality and zest for life
- Improved feeling of overall well being
- Depression relief
- Anxiety relief
- Improved cognitive clarity
- Improved memory
- Improved focus
- Enhanced libido
- Enhanced performance
- Breast protection
- Prostate protection
- Brain protection
- Heart protection
- Bone protection
- Increased bone strength
- Increased muscle strength
- Reduced body fat
- Lower cholesterol

CORTISOL

- Cortisol is the body's main stress hormone.
- Cortisol is released from the adrenal glands at any sign of stress - physical, emotional, or mental. You can think of it as the “alpha hormone” because we literally need it for survival.

Cortisol's roles in the body include:

- Mobilizing energy from storage sites in the body for immediate use
- Reducing inflammation and allergies
- Preventing the loss of sodium in the urine to help maintain blood volume and blood pressure
- Helping maintain mood and emotional stability





CORTISOL & BELLY FAT

Increased stress causes increases in cortisol

Cortisol stimulates insulin production

Insulin promotes fat storage

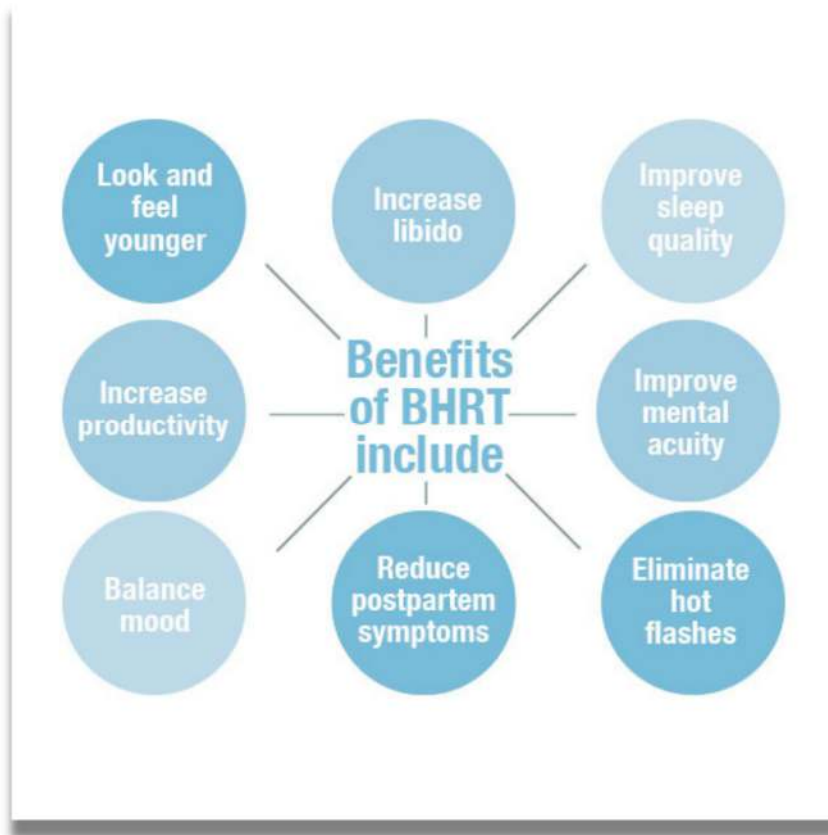
WHAT IS BIO-IDENTICAL HORMONE REPLACEMENT THERAPY (BHRT)?

Bioidentical Hormone Replacement Therapy (BHRT) can be utilized to treat women and men experiencing imbalances or drops in their naturally occurring hormones. Hormones are responsible for most of your essential bodily functions, so when they are disrupted in any way, cascade effects across all your systems can ensue.

Most commonly, BHRT can be used to help treat a wide range of conditions, including:

- Mental clarity
- Low sex drive or libido
- Incontinence
- Anxiety
- Depression
- Menopause/Andropause
- Erectile dysfunction
- Insulin resistance
- Adrenal and thyroid disorders
- Osteoporosis
- Fibromyalgia
- Fatigue

BHRT BENEFITS



Improvement of:

- Hot flashes
- Night sweats
- Mood changes
- Memory loss
- Weight gain
- Sleep issues
- Loss of interest in sex or pain during sex

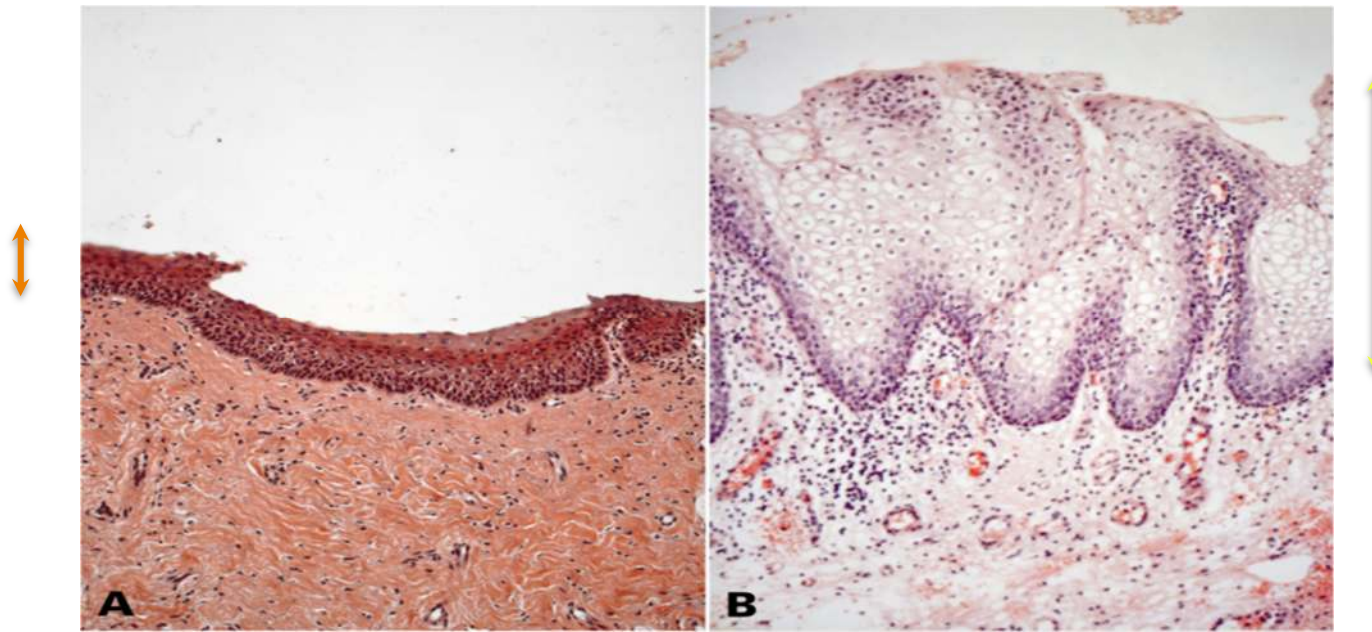


VAGINAL ATROPHY

Understanding Genitourinary Syndrome of Menopause (GSM)

ALTERATION OF THE EPITHELIUM

When estrogen levels start to decline, the epithelium *gets thinner* and becomes more susceptible to trauma (the epithelium protects the mucosa also against mechanical friction during sexual intercourse).

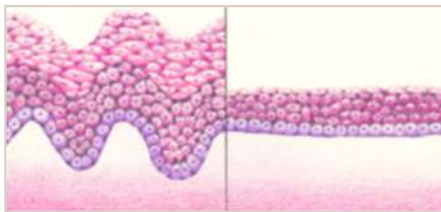


(A): Post-menopausal vaginal mucosa with atrophy caused by decreased oestrogen levels with reduced presence of vessels and a significantly thinner epithelium with lack of glycogen. (B): Vaginal mucosa in reproductive age; the mucosa is well supplied with blood and the epithelium consists of a larger number of cell layers, particularly rich in glycogen. Histology courtesy of Prof. A. Calligaro - University of Pavia, Italy.

SYMPTOMS ASSOCIATED WITH GSM

- Vaginal or vulvar dryness
- Burning
- Dyspareunia
- Lower urinary symptoms of dysuria, urgency & frequency

PATHOGENESIS OF GSM



The decline in estrogen levels associated with menopause are closely linked to:

- Reduction of blood flow and vaginal secretion (vaginal dryness)
- Morphological alterations of the epithelium of the vaginal mucosa
- Decrease of vaginal lactobacilli and increase of vaginal pH levels

PREVALENCE OF GSM

Prevalence estimates vary, but **approximately half of postmenopausal US women** report these atrophy-related symptoms and the negative effect on their quality of life is substantial.

Unlike vasomotor symptoms that tend to decrease over time, genitourinary syndrome of menopause will not spontaneously remit and commonly recurs when hormones are withdrawn.



CURRENT TREATMENT OPTIONS

- Replace estrogen; systemically or locally
- Lubricants or Moisturizers
- V-Tone
- FormaV
- Morpheus8V
- Aviva

v TONE

VTone is a gentle, FDA cleared technology designed to provide intravaginal electrical muscle stimulation (EMS) and neuromuscular re-education to rehabilitate weak pelvic floor muscles, and address stress, urge, and mixed urinary incontinence.



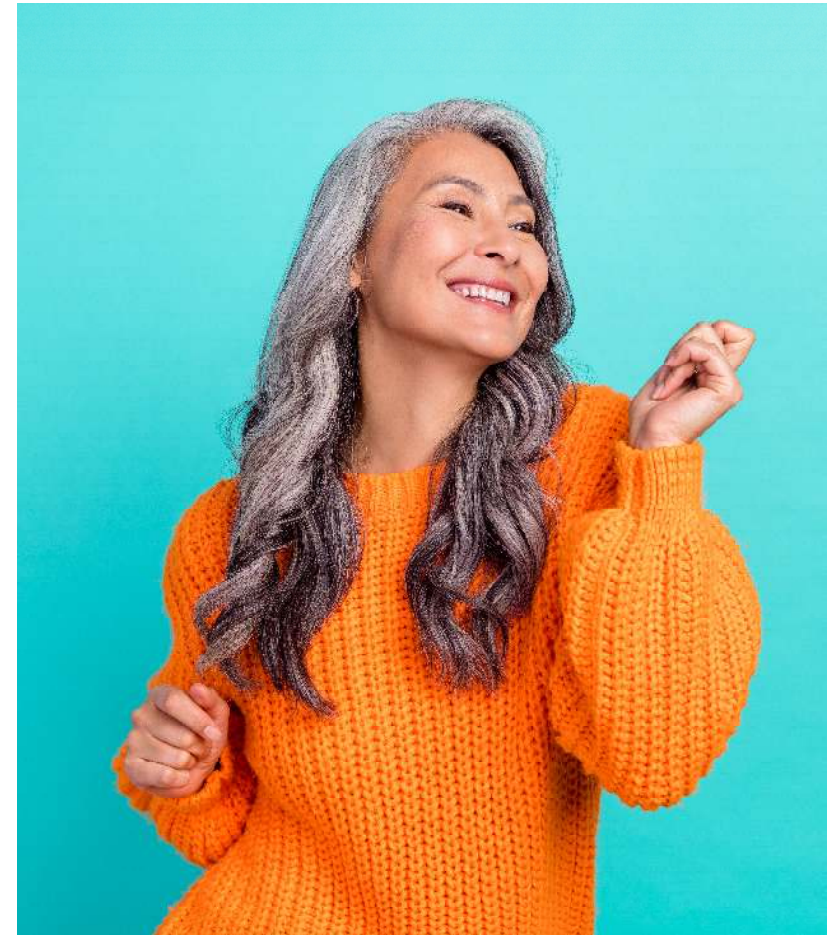
FORMAV

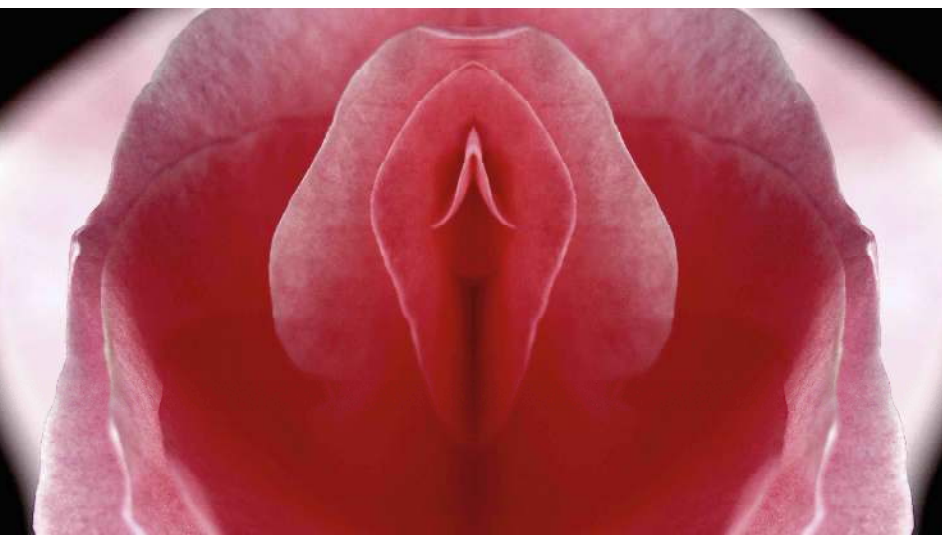
FormaV is a comfortable device that provides uniform volumetric deep heating for tissue treatment with real-time temperature control.



What Are The Benefits Of Morpheus8V?

- Effective, non-surgical vaginal rejuvenation
- Provides a very significant boost in the production of collagen and elastin
- No recovery period or downtime
- Safe, FDA-approved treatment
- Short treatment (30 minutes)
- Can remodel and reduce vaginal scarring
- Improves vaginal moisture
- Enhances vaginal wellness, sensitivity, and intimacy





Aviva Vaginal Rejuvenation is a non-surgical procedure designed to rejuvenate the labia and restore a more youthful appearance and function. The treatment uses radiofrequency (RF) energy to stimulate collagen production, which can improve tightness and elasticity in the vulvar tissues. During the procedure, a handheld device is used to deliver controlled RF energy to specific areas of the vulva. This gentle heating of the tissues encourages collagen remodeling and the production of new collagen. Aviva Vaginal Rejuvenation is a minimally invasive option for women who want to improve their vaginal health and overall well-being.



SKIN CHANGES

Changes to your skin may occur during menopause. Your body stops making as much collagen. You lose some fat under your skin and your skin's elasticity drops. That, combined with dryness caused by hormonal changes, can cause sagging around the neck, jawline and cheeks as well as fine lines and wrinkles.

Some changes that you might notice in your your skin are:

- Sagging and loss of plumpness
- Dryness, Flakiness and itching
- Dark Spots
- Unwanted Facial Hair
- Acne breakouts



SKIN CARE TREATMENT



MORPHEUS8
by INMODE



WHAT IS MORPHEUS8?

- Morpheus8 is a non-invasive facial treatment that uses radiofrequency technology and microneedling to stimulate collagen production and tighten the skin.
- It can be used to improve the appearance of fine lines and wrinkles, as well as sagging skin.
- The treatment requires minimal downtime, making it a convenient option for those with busy schedules.
- Results can typically be seen after just one treatment, but a series of treatments may be recommended for optimal results.

35-44 year old woman treated with Morpheus8



*Treatment results



Woman treated with Morpheus8





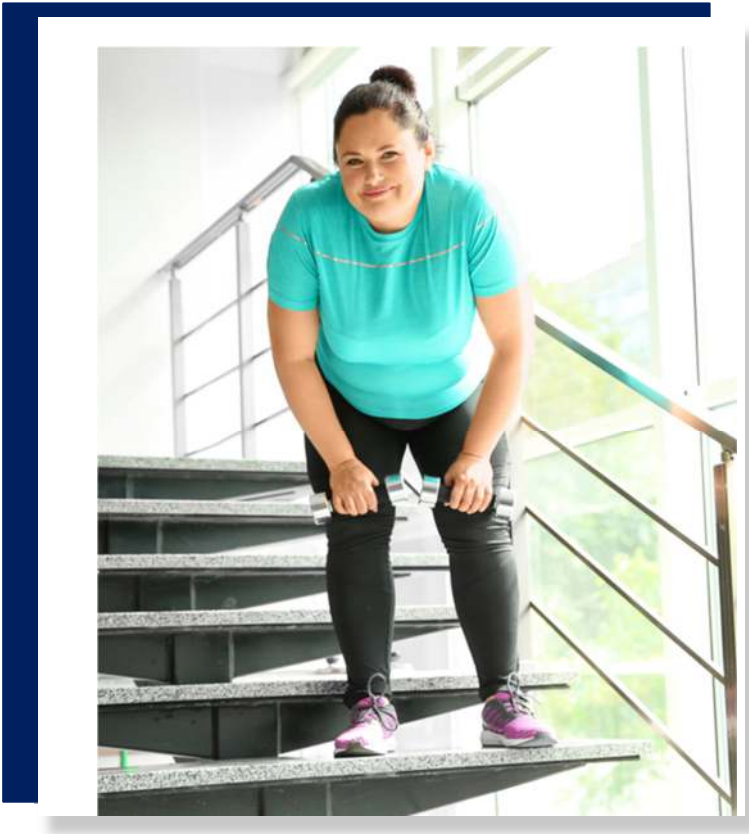
iPixel is a fractional ablative laser treatment that can resurface the skin and can improve the appearance of texture and pigment related concerns. It's highly effective for treating wrinkles, age spots, acne scars, large pores and rough skin texture by stimulating collagen renewal for a refreshed and radiant complexion.

BENEFITS OF CLEARLIFT

- Improves the appearance of sun-damaged skin
- Smooths fine lines and wrinkles
- Shrinks the appearance of pores
- Reduces the appearance of acne scars
- Blends uneven [pigmentation](#)
- Helps the appearance of [rosacea](#)

MENOPAUSE: BODY WEIGHT

- During the menopause transition, many women notice a weight gain, on average of about 5 lb.
- Weight gain during the menopause transition seems to be related mostly to lifestyle & aging.
 - Body fat accumulates
 - Lean muscle mass decreases
 - Sleep deprivation



BODY WEIGHT

Menopause is associated with increased fat in the abdominal region and with decreased lean body weight, independent of age.

Elevated body weight is associated with more frequent hot flushes.

MEDICAL WEIGHT LOSS

- . Semaglutide
- . Tirzepatide
- . B12MIC
- . HCG
- . Peptides
- . Nutraceuticals

This is Devin, our Nurse injector
she lost 65 lbs on our semaglutide
program





SAVANNAH & STEVEN LOST 34LBS
AND 43LBS RESPECTIVELY ON THE
FITLIFE MED SPA SEMAGLUTIDE
MEDICAL WEIGHT LOSS PROGRAM.

This is Suzie, our owner. She has lost 78 lbs. on our semaglutide program

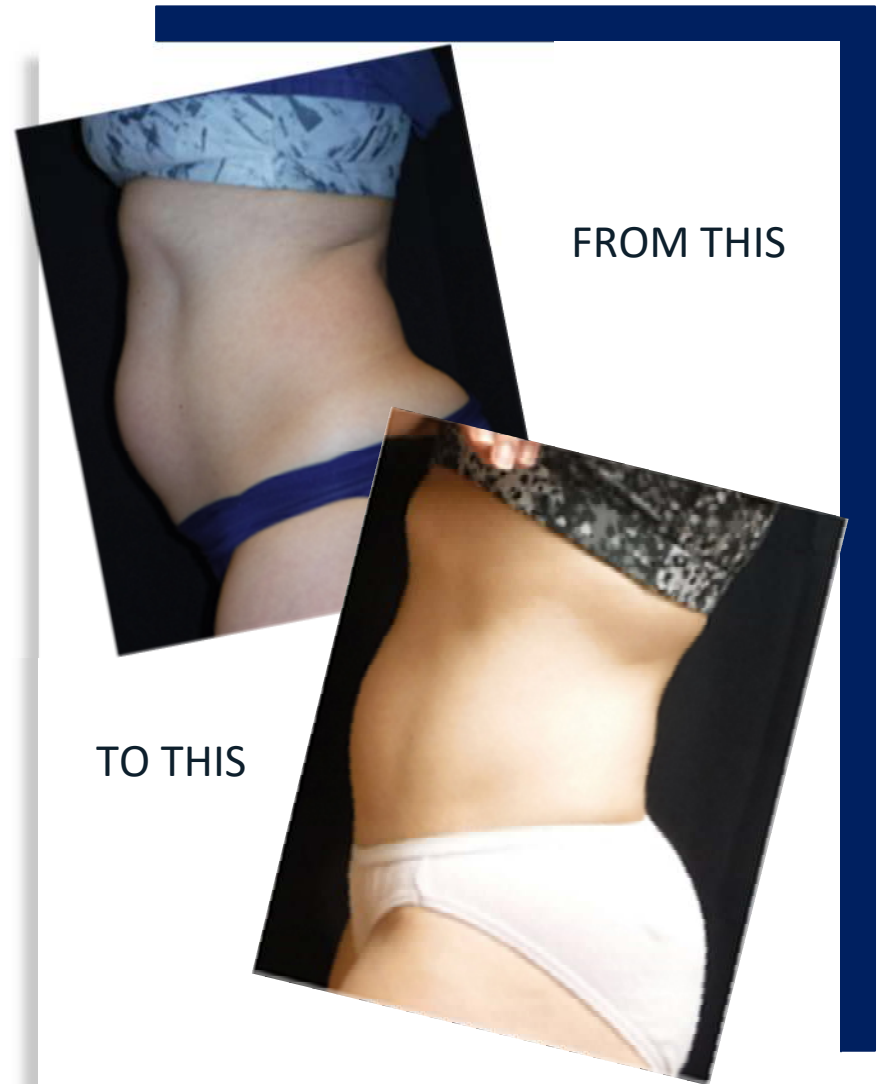


HCG WEIGHT LOSS PROGRAM



EVOLVE X

EvolveX is a hands-free, non-invasive body transforming treatment with RF energy heating and electrical muscle stimulation. Its innovative design melts the fat, tightens the skin and builds muscle all in one treatment.





Hair Restoration

Some Of The Many Benefits Of The Alma Ted

Procedure Include:

- Pain-free and Needle-free.
- Quick and simple.
- Helps support optimal hair regrowth.
- Improves hair volume and thickens hair follicles.
- No post-treatment shedding.
- Also stimulates blood flow of the scalp to improve scalp health.

Alma **TEB**®



BASELINE

POST 1 TX

Courtesy of Candice Stewart, DNP

Alma
For You. For Life.

Alma **TEB**®



BASELINE

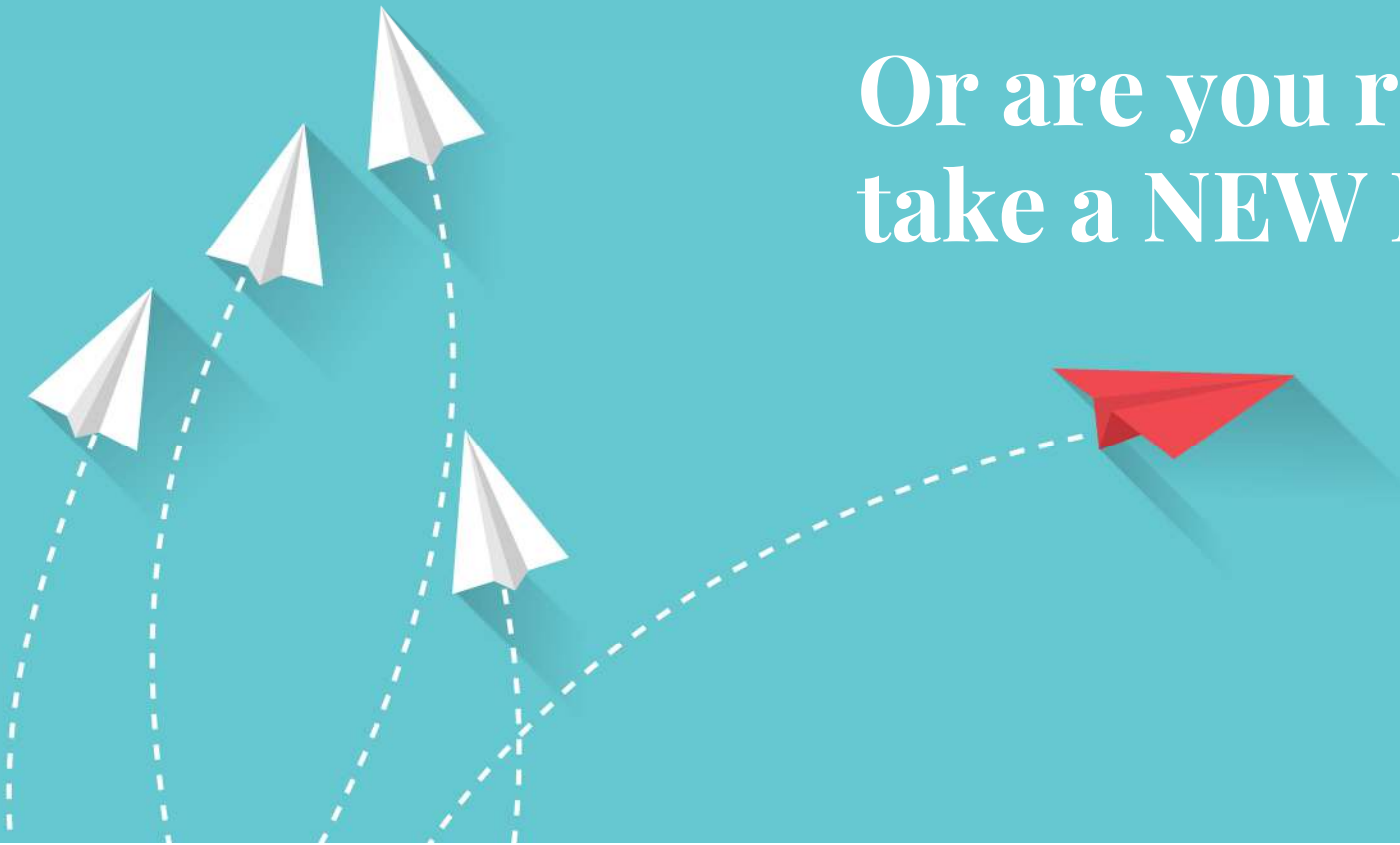
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Courtesy of Harshit Aggarwal, DMD

Alma
For You. For Life.

Will you continue on the old path?

Or are you ready to
take a **NEW PATH?**





NEXT STEPS

- Schedule your consultation [\(480\) 300-7350](tel:4803007350)
- Pick a time that works best for you
- Get ready to meet with our team so you can determine your next step to feeling like yourself again!

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