



DR. TAMMY POLIT
Beautopia Cosmetic Medicine
Medical Director

Making her patients' dreams
come true—and as a result
giving them the keys to
newfound confidence

This January, roughly 1-in-3 Americans will resolve to better themselves in some way. Most will make a resolution to “get into shape.” Search engines will be loaded with question after question about how to transform the body—quickly! Popular resolutions include taking better care of our skin and bodies, as well as spending more “quality” time together.

While you’re searching, consider this: Beautopia Cosmetic Medicine in Colleyville offers the latest and most effective techniques to address our most widely identified body, skin and intimacy issues. Your concerns are Beautopia’s specialty. With Dr. Tammy Polit at the helm, Beautopia offers advanced physician-only administered cosmetic procedures.

happy new year *happy New you*
the transformation begins at beautopia

Dr. Polit has been practicing medicine for 25 years, and has trained with some of the most recognizable names in Cosmetic Medicine and Laser Liposuction—which includes the very inventors of the liposuction techniques that she offers. By enlisting the help of the expert team at Beautopia Cosmetic Medicine, you can change your resolution into your revolution.

(continued on next page)

RESOLUTION #1 GET INTO SHAPE

Beautopia offers the newest and most advanced procedure for tummy tucks, love handle reduction, bra pudge, chin and neck lifts, arm lifts, thigh lifts, and male or female breast reduction called tumescent liposuction. Gone are the days of general anesthesia, large unsightly scars and weeks of house arrest to recover. This no scar style of liposuction is for both men and women. Depending on various life experiences like gaining and then losing weight rapidly or having a baby, the belly skin can stretch and just hang with a pooch of fat. This area can be very stubborn to respond to even the strictest of diet and exercise regimens. Laser liposuction is perfect for all kinds of belly pooches since it not only melts the fat, but also tightens the skin. Then, after the fat is melted, the areas are sculpted by Dr. Polit and the fat is removed. The best part for many people is that there's no downtime—meaning no interruptions to your work or your workout routine. Patients have even gone to yoga the same day of surgery!

That's because a new, different and better-for-the-patient approach can now be done while you are awake. Local anesthesia, called tumescence, is used to numb the treated areas. The client is completely awake and comfortable throughout the procedure—and not groggy afterwards. "The day of the procedure went very smoothly," says Mary DeFelice, who had an abdominal liposuction procedure to correct a fat imbalance due to an old scar. "Dr. Polit had prepped me by telling me what

to expect from the moment I arrived on the day of the procedure and everything went exactly as she said it would. I was awake for the procedure and just as she had told me, I felt no physical discomfort."

Dr. Polit's technique is very precise. Many times after people have had a full scar, traditional tummy tuck, she has had to revise the results so that the client is more satisfied. The upper portion of the traditional tummy tuck techniques can be left with too much of a fat pad. Over time, it can create a pillow effect in the upper abdomen, even though the lower part below the belly button is as flat as a drum. Through tiny entrance openings, Dr. Polit can use laser liposuction to remove the excess pillow and create a beautiful final result. The tiny dot openings heal up very quickly and in most people, do not leave a trace of a scar.

Dr. Polit is just as well-known for her friendly bedside manner as her outstanding results. "I went with Dr. Polit because she made me feel so comfortable and she was very straight forward with what to expect," says Judith Oudeboon, a client of Dr. Polit who had a tummy tuck in January of 2017. "I'm so glad I had it done this way because she managed to flatten my tummy even after three c-sections! She made me feel comfortable in my own body again." Oudeboon confidently adds, "I have had friends that have had (traditional) tummy tucks and mine looks better!"

RESOLUTION #2 TAKE BETTER CARE OF YOUR SKIN

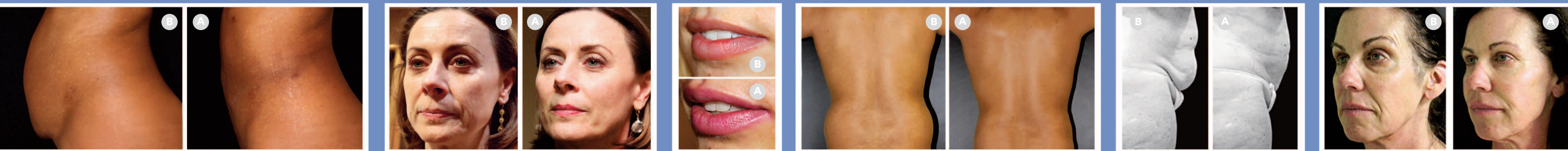
While Beautopia can't remind you every single morning to put on your SPF, they can give you a glowing complexion that you will be so obsessed with, you'll be devoted to taking care of it throughout the new year. Beautopia is now offering the Vampire Facelift, a procedure that requires special training and certification to perform. First, blood is drawn from the client/patient and prepared with an FDA-approved kit to obtain the optimal platelet-rich plasma (PRP) sample. Numbing cream is applied to the client while the sample is prepared. Filler is injected to correct the areas where there may be some age-related facial changes and volume loss. Dr. Polit then injects the PRP as the PRP will enhance collagen production in combination with the filler. Fine wrinkling fades as the skin uses the growth factors from the PRP to rejuvenate itself. PRP continues to improve skin rejuvenation for a full three months and, with appropriate fillers, the results can last anywhere from 3-5 years.

Even if you haven't jumped on the cosmetic filler bandwagon yet, you can still take advantage of this amazing technology. Dr. Polit also performs the Vampire Facial. This procedure—made famous by Kim Kardashian, Keira Maguire and other celebrities—is done with topical numbing followed by professional microneedling. Blood is then drawn and the PRP is isolated. When the PRP is ready, Dr. Polit injects it into specific areas of your face that will give you the best results for anti-aging for your face specifically. There may be some redness for up to 48 hours, but most clients have a healthy glow immediately and the PRP continues to enhance the skin's health and texture over the next three months.

THE VAMPIRE FACIAL What Patients Are Saying

My Vampire Facelift experience gave me great results with no down time. They drew my blood. I thought it was such a plus to be able to use my own blood sample for my procedure. Dr. Polit explained that they were able to use less filler since the PRP will help my body to build up my own collagen. She injected the filler, which already made me look great, to correct the areas where I had some facial droopiness. Then she injected my own PRP. My skin just glowed! I have had filler before but it never made me look that young so quickly. Over the next week the usual mild swelling from the filler went down and I just looked great. No one knew what was different, just that I looked "fresh." Not even a week later, I noticed that the wrinkled skin under my eyes was not only still glowing, but also the fine lines were less visible. My face looked so much younger. I am so happy to see such dramatic changes in the first week!

— LP



B BEFORE
A AFTER

beautopia transformations

"A comfortable environment and a feeling that you have all the facts makes for an enjoyable procedure. I really liked the personal feeling of the experience, the straightforward discussion of what would be involved, accessibility as needed, and of course the wonderful results... I would do this again in a heartbeat!"

— JP

"I really liked the personal attention and attention-to-detail from Dr. Polit. Her expertise was awesome from the very start. I felt comfortable and was confident I was in the right hands. I would recommend Dr. Polit and the non-invasive procedure to anyone. My overall experience was excellent! Dr. Polit is very thorough in not only explaining the procedure, but all along your journey. It has positive, enlightening and fabulous results! Follow her lead and you'll be a better you!"

— WS

RESOLUTION #3 GET YOUR GROOVE BACK

If getting into your intimacy groove isn't as easy as used to be, Beautopia has solutions for both men and women to bring the spice back into your love life. For men, they offer the Vampire "P shot." Similar to the other Vampire procedures, the client's blood is drawn and processed with an FDA approved kit to provide the best isolation of platelets and growth factors. The area is completely numbed with a topical anesthetic. The growth factors—via platelet-rich plasma—are injected pain-free into the area. For anywhere from three weeks to three months, the client should notice a significant improvement and these results should last up to a year or longer.

For the ladies, there's the Vampire "O-shot." Beautopia's very first "O-shot" patient says she can not believe the increase in sensation that she has experienced. "It happened the day after the procedure," she says. "I felt so much more stimulated, like everything woke up down below." She raves, "This really works... I mean, I am 66 years old and it really worked. I think I need to find a partner soon and get married!" This procedure also helps women with stress incontinence, as well as sexual dysfunction.

Many women want to reclaim their younger or pre-baby bodies, restore satisfaction and revive their intimate relationships, so Beautopia also offers ThermiVa. This radio frequency treatment has no discomfort or downtime. It also improves collagen stimulation to augment results and improves stress incontinence. Both the "O-shot" and ThermiVa procedures can be performed together for the very best results.

BONUS RESOLUTION TAKE TIME TO TREAT YOURSELF

Even if you've reached your ideal body shape and all your selfies are #nofilterneeded—it's still important to take the time to pamper and care for your body. Beautopia offers a full menu of services and exclusive skin care products to help you

easily maintain what you have already achieved. ThermiSmooth, IPL photofacials and skin spot treatments, Medical Hydrafacials, Endermologie cellulite reduction therapy, sclerotherapy and 3-D skin tightening treatments using the most advanced technology are available. So get on the ball before the ball drops. Schedule your free consultation today with Dr. Polit and resolve to start your New Year revolution!

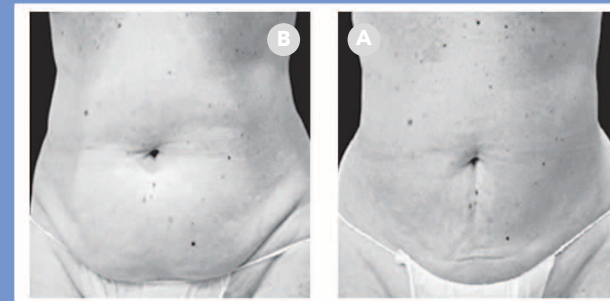
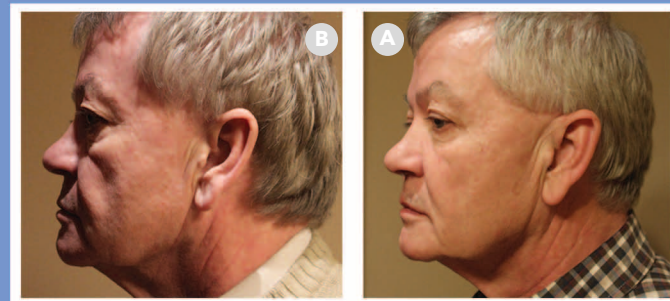
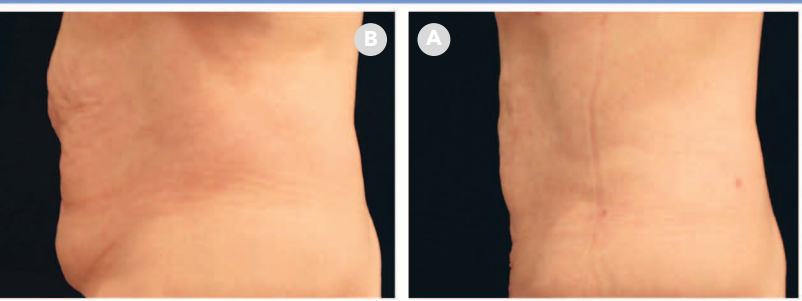
BEAUTOPIA BUZZ What Patients Are Saying

"The doctor and staff are all very professional and treat you like family. I liked the fact that I was able to exercise right away. I would do this again in a heartbeat! My husband is so happy with my results. He said, 'Best money we ever spent!' I'm very happy with my laser liposuction and I'm glad I didn't get the [traditional] tummy tuck surgery."

— JO

"The no-scar tummy tuck is so amazing and has changed my life! I really loved my experience with Dr. Polit, from the consultation to the surgery. I love the turn-out of my surgery. The end results are better than I ever expected!"

— DJ



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B BEFORE
A AFTER

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transformations