



# MEDSPA & WELLNESS SERVICES

The CDA National Reserve MedSpa offers on-site functional wellness and aesthetic services exclusively for our members. Discover how functional medicine can improve your body and overall health, with no down time!

Dependent on the specific treatment or treatments, some of the benefits you'll enjoy are:

- fat reduction
- increased muscle mass
- increased core strength
- increased stability and flexibility
- increased collagen
- overall improvement in skin appearance
- reduce/eliminate pelvic floor dysfunction

Don't miss out on this incredible opportunity to take the first step, or continue your wellness journey at a higher level, all in the privacy and convenience of CDA National Reserve.

The MedSpa services are available Friday through Sunday, by appointment, May - September, at our Wellness Cottage located on property at 6947 W. Chardonnay Lane.

To schedule a private consultation and treatment plan, contact the team at 509-720-9050.

## **Non-Invasive MEDSPA Services at the Wellness Cottage**

### **FACE**

- Hair Regeneration
- Non-surgical Face Lift
  - EmFace
- Radio-frequency Micro-needling
  - Exion Radio-frequency Micro-needling
- Facial Rejuvenation
  - Exion Ultrasound Radio-frequency
- Target Age Spots
  - Exion Clear Ultrasound Micro-ablation

### **BODY**

- Hydrabody
- Skin Tightening
  - Exion Radio-frequency Micro-needling
- Body Contouring
  - Exion Body - Ultrasound Radio-frequency
  - EmSculpt NEO - Electromagnetic Muscle Stimulation
- Function/Rehabilitation
  - EmSculpt NEO - Functional Wellness

### **WELLNESS**

- Pelvic Floor Therapy
- Exosomes

## MEET THE TEAM



### **Gina Timmerman, CCMA, Founder, The Cool Suite**

Gina began working with her first aesthetic doctor 30 years ago in California. Her training and treatments have spanned across 4 states; Nevada, California, Idaho, and Washington. Throughout her career, Gina has worked with some of the top board-certified plastic surgeons in California and Washington. Her passion for patient care and non-invasive procedures helped birth her dream of building The CoolSuite in Spokane, a practice where ONLY non-invasive face and body procedures are offered.

### **Dr. Kai Morimoto, M.D., FACS, Board Certified Plastic Surgeon and Medical Director**

Dr. Morimoto has been in practice since 2004 and has been named Top Doctor consistently since 2008. Her passion for health and wellness is evident by her commitment to learning through continuing education. She has attended training through a fellowship in Anti-aging and Regenerative Medicine. She believes firmly that optimizing a healthy lifestyle through diet and exercise, both before and after surgery, will ensure successful recovery after surgery.

**CDA National Wellness Cottage  
6947 W. Chardonnay Lane  
in CDA National Reserve**

**For consultations and treatment plans,  
call 509-720-9050.**



## Robotic Hair Restoration and Regeneration EXION AI Micro-needling

Restore Your Hair with the Latest in AI-Driven Technology and ReviveX Exosomes.

EXION AI Micro-needling is a state-of-the-art hair restoration treatment that uses robotic technology combined with micro-needling to stimulate the scalp and promote natural hair growth. By targeting hair follicles and boosting blood circulation, EXION AI Micro-needling encourages regeneration and revitalization of hair in thinning or balding areas.

With ReviveX, patients can achieve noticeably fuller hair in a short period of time. Treatments are performed once every 4 weeks over a total of 3-5 months. That's a mere 3-5 treatments, applied topically and post micro-needling, to achieve stunning results.



## Non-Surgical Face Lift EmFace

EmFace is the first therapy that works on the framework of your face from the inside out. EmFace uses a patented combination of Synchronized Radio-frequency heating to stimulate collagen and elastin production and HIFES™ facial muscle stimulation to contract and restore the facial muscles.

EmFace is perfect for individuals looking to achieve a more youthful appearance without surgery or downtime. The standard EmFace treatment protocol consists of 20-40 minute sessions, typically spaced one week apart. Your provider will recommend a customized plan based on your specific needs for optimal results.

EmFace Submentum is the latest addition to the EmFace procedure, specifically designed to non-invasively reduce double chin. It targets every layer from muscle to skin, helping reduce your double chin without needles or bruising, all in just a 20-minute session. The combination of submental tissue stimulation and radio-frequency heating results in an overall aesthetic improvement of the submental area. EmFace requires no downtime, and you can resume your daily activities immediately following treatment.



## Facial Radio Frequency Micro-Needling EXION RF

Elevate your skincare experience with the latest EXION RF Micro-needling device, a blend of advanced technologies and precision.

This treatment combines the benefits of micro-needling with the regenerative power of radio-frequency energy with unparalleled comfort. As tiny needles stimulate collagen production, radio-frequency enhances skin texture, tone, and provides skin tightening, resulting in a firmer, more youthful complexion.

As we age, we naturally lose collagen and elastin. This weakens the skin barrier, leading to many skin conditions causing cell damage. This procedure helps reverse cell damage, provides epidermal resurfacing and sub-dermal adipose tissue fractional remodeling.

Experience an unparalleled outcome with exosomes - this revolutionary treatment harnesses the regenerative potential of ReviveX is the most potent proprietary blend of nanoparticles on the market to nourish and rejuvenate your skin at a cellular level. It improves overall results from micro-needling treatments and reduces down time. This is included with every treatment.

EXION can be used to treat skin laxity, fine lines & wrinkles, acne scars, uneven skin tone and texture, sun damage and stretch marks. To experience full benefits, 3-5 treatments are recommended.

## Facial Rejuvenation EXION Face

EXION Face treatments use a patented combination of radio-frequency energy and targeted ultrasound, providing thermal and mechanical stress to fibroblasts in the deeper reticular dermis. This means EXION Face treatments increase the production of hyaluronic acid, collagen, and elastin. In addition, it improves the skin's overall health and provides progressive results that continue to improve weeks after the treatment.

The EXION Face Applicator is the first non-invasive device to use radio-frequency energy and targeted ultrasound to boost hyaluronic acid by 244% and improve skin laxity. The innovative applicator stimulates fibroblasts in the dermis without needles, which also helps improve skin health, boost hydration, and increase plumpness. It is even ideal for delicate areas, such as around the eyes, which traditional RF Micro-needling devices do not treat.

Common areas treated:

- Around the eyes (orbital rim)
- Around the mouth (peri-oral)
- Natural lip plumping is a favorite because it is toxin free with zero downtime.

## **Target Red and Brown Age Spots**

### **EXION Clear RF**

EXION Clear RF is a non-invasive skin treatment that uses radio-frequency (RF) energy to improve skin tone, texture, and clarity. It's designed to treat fine lines, wrinkles, uneven texture, and skin discoloration.

EXION Clear RF uses artificial intelligence to deliver RF energy deep into the skin. The RF energy heats the skin, stimulating collagen production and skin cell renewal. The controlled thermal effect triggers the body's natural healing process.

What it can treat:

- Sunspots, melasma, or freckles
- Acne and acne scarring
- Red and brown age spots
- Fine lines and wrinkles
- Uneven skin tone

Benefits: Comfortable and minimally invasive, minimal downtime, and long-lasting results.

## **Skin Hydration Hydrabody**

Brighten and smooth areas of your body to improved texture, fight dullness, and prevent breakout and clogged pores.

Target areas:

- Buttocks
- Back
- Thighs
- Neck & Décolleté
- Arms
- Hands

## **Skin Tightening EXION Body - Radio-Frequency Micro-needling**

Elevate your body's total skincare experience with the latest EXION RF Micro-needling device, a blend of advanced technologies and precision.

This treatment combines the benefits of micro-needling with the regenerative power of radio-frequency energy with unparalleled comfort. As tiny needles stimulate collagen production, radio-frequency enhances skin texture, tone, and provides skin tightening - resulting in a firmer, more youthful complexion.

As we age, we naturally lose collagen and elastin. This weakens the skin barrier, leading to many skin conditions causing cell damage. This procedure helps reverse cell damage, provides epidermal resurfacing and sub-dermal adipose tissue fractional remodeling.

Experience an unparalleled outcome with exosomes - this revolutionary treatment harnesses the regenerative potential of ReviveX is the most potent proprietary blend of nanoparticles on the market to nourish and rejuvenate your skin at a cellular level. Improves overall results from micro-needling treatments and reduces down time. This is included with every treatment.

EXION can be used to treat skin laxity, fine lines & wrinkles, acne scars, uneven skin tone and texture, sun damage and stretch marks. To experience full benefits, 3-5 treatments are recommended.

## Body Contouring

### EXION Body - Ultrasound Radio-Frequency

EXION Body is a non-invasive fractional radio frequency and ultrasound treatment for fat reduction and skin tightening within various body areas. This FDA-approved radio-frequency and targeted ultrasound device with cooling technology eliminates fat, improves skin elasticity, and helps you achieve a beautifully contoured body without the need for surgery or extensive downtime.

Most patients see results within a few weeks, but results continue to improve over time following the final treatment. Targeted ultrasound is responsible for fat disruption while the radio-frequency tightens the skin to improve the overall appearance of the skin.

Areas treated for excess fat and cellulite/localized fat deposits in the:

- Abdomen
- Back
- Hips
- Legs
- Arms
- Buttocks
- Saddle bags
- Knees

## Body Contouring

### EmSculpt NEO

EmSculpt Neo is a non-invasive body contouring treatment that uses radio-frequency and high-intensity focused electromagnetic fields (HIFEM) to reduce fat and build muscle.

The radio-frequency heats fat cells to a level that permanently damages them. The body's lymphatic system then removes the fat.

HIFEM induces 20,000 involuntary muscle contractions in 30 minutes that are more intense than those achieved through exercise. This causes the muscles to remodel and create new muscle fibers.

Benefits include:

- Toning and muscle definition: Improves muscle tone and definition
- Fat reduction: Permanently destroys fat cells
- Skin tightening: Helps tighten loose skin
- Cellulite reduction: Firms muscles and improves mild cellulite

## Functional Wellness and Rehabilitation

### EmSculpt NEO

EmSculpt NEO Functional Treatment is used to stimulate neuromuscular tissue for bulk muscle excitation in the legs or arms for rehabilitative purposes.

Benefits of EmSculpt NEO:

- Relaxation of muscle spasms
- Prevention or retardation of disuse atrophy
- Increasing local blood circulation
- Muscle re-education
- Immediate post-surgical stimulation of calf muscles to prevent venous thrombosis
- Maintaining or increasing range of motion



## General Benefits of Electromagnetic Stimulation

**Effects on Tendons, Ligaments & Cartilage:** When applied over non-contractile tissues such as tendons and ligaments, electromagnetic stimulation changes the electrical properties of these targeted tissues. The resulting cell excitation promotes cell proliferation and synthesis of the extracellular matrix. This is essential for the formation of new tissue, including new collagen.

**Effects on Bone:** Electromagnetic stimulation affects bones by promoting osteogenesis (bone formation) and enhancing bone healing. Electromagnetic stimulation also improves vascularization, increasing blood flow to the bone tissue, which further accelerates the healing process.

**Discomfort, Stiffness & Range of Motion:** Repeated stimulation relaxes ligaments and tendons, reducing joint spasms, stiffness and discomfort, thus improving range of motion.



**EMSCULPT NEO**

**BUILD MUSCLE FOR FORM & FUNCTION**

Enhance Muscle Function and Boost Recovery to Promote Longevity and Functional Wellness

**+29%** Muscle Strength Increase\*

**95%** of Patients Reported Improvement in Muscle Atrophy/Weakness\*

**83%** of Patients Reported Improved Range of Motion\*

EMSCULPTNEO.COM | #EMSCULPTNEO

**EMSCULPT NEO** BUILD MUSCLE FOR FORM & FUNCTION

**HOW IT WORKS**

**HIFEM+**  
The #1 muscle technology with specially designed protocols to penetrate deep tissues while simultaneously emitting RF heating.

**SYNCHRONIZED RF**  
The most advanced radiofrequency technology that can heat muscles and surrounding tissues simultaneously, within a magnetic field.

**EXPLORE THE BENEFITS**

- ✓ Muscle Re-education
- ✓ Relaxation of Muscle Spasms
- ✓ Increase of Range of Motion
- ✓ Prevention of Disuse Atrophy
- ✓ Prevention of Venous Thrombosis
- ✓ Improvement of Blood Circulation

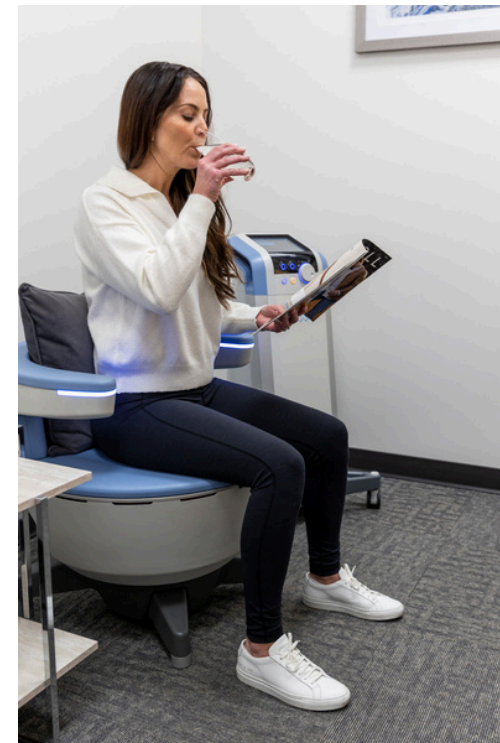
## Pelvic Floor Therapy EmSella

EmSella is a non-invasive, FDA-approved treatment that uses high-intensity focused electromagnetic (HIFEM) technology to strengthen the pelvic floor muscles.

Pelvic floor muscles are a layer of muscles that support the pelvic organs. Strong pelvic floor muscles provide control over the bladder and bowel. When these muscles are weakened, they do not fully support the internal organs, which may lead to difficulty controlling the release of urine.

It is primarily used to treat:

- Urinary incontinence (stress and urge)
- Vaginal laxity
- Pelvic floor weakness after childbirth or surgery
- Erectile dysfunction



## Pelvic Floor Therapy EmSella

### How it Works:

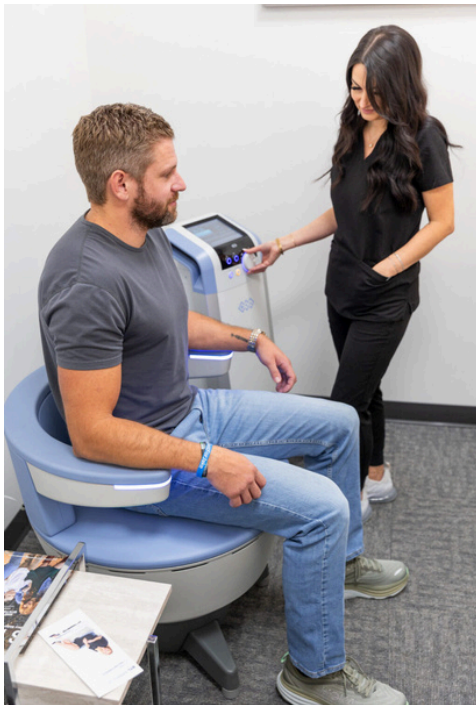
During an EmSella treatment, you sit in a specially designed chair that emits electromagnetic pulses. These pulses stimulate the pelvic floor muscles, causing them to contract involuntarily and repeatedly. This is similar to doing Kegel exercises, but on a much larger scale.

### Benefits:

- Improves urinary control
- Strengthens vaginal muscles
- Enhances sexual function
- Reduces back pain and discomfort associated with pelvic floor weakness

### Treatment Plan:

A typical course of EmSella treatment consists of six sessions, two weeks apart. Each session lasts about 30 minutes.



## Exosomes

The Future of Aesthetics is here! Luvigix ReviveX Exosomes offer the most highly concentrated nanoparticle product on the market for topical use after treatments such as micro-needling, ablative laser, etc. ReviveX serum is formulated with compounds derived from premium perinatal tissue, with an emphasis on skin protection and barrier function support. These compounds aim to harness the natural regenerative properties for skin rejuvenation and revitalization.

### What are Exosomes?

Exosomes are small membrane-bound vesicles released by cells. These extracellular vesicles play a crucial role in intercellular communication by transporting proteins, nucleic acids, and other bioactive molecules between cells.

## Exosomes in Aesthetics

### Skin Rejuvenation

Exosomes are known for their regenerative properties, promoting collagen production and enhancing skin elasticity.

Aesthetic treatments utilizing exosomes aim to improve skin texture, reduce fine lines, and restore a youthful appearance.

### Anti-Aging Effects

Exosomes contain growth factors and signaling molecules that may contribute to anti-aging effects.

These vesicles may stimulate the production of new, healthy skin cells, reducing the visible signs of aging.

### Hair Restoration

In addition to skin benefits, exosomes are being explored for their potential in promoting hair growth and combating hair loss.

The regenerative properties of exosomes stimulate hair follicles and improve overall hair health.