

# MBeauty™

By Dr. Tess

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**Dr. Tess Mauricio, M.D., FAAD is a Board Certified Dermatologist from Stanford University Medical School. She is a Summa Cum Laude graduate at UCSD and was the President of the San Diego Society of Dermatological Surgery. She is known worldwide as "America's Favorite Dermatologist".**

**For more info on Dr. Tess, please visit [www.DrTessMD.com](http://www.DrTessMD.com).**

## Good-Bye 2016...Hello 2017!

Wow...2016 flew by just like that!

In 2016, we opened an M B e a u t y branch at Rodeo Dr. in Beverly Hills to replace the



Glendale location. We had a wonderful Grand Opening party where many of my friends and patients, such as Marla Maples and Paula Abdul, were able to help me celebrate that momentous occasion. We also held numerous successful MPower sessions throughout the year in our Miramar branch where we invited guests who were leaders in their respective industry. Using Facebook Live, I was able to incorporate technology to communicate to everyone around the world who are interested in topics such as life, love, family, beauty, health, and fashion. 2016 also marked the first time that I appeared in the Dr. Phil show and attended the Golden Globes where I met many Hollywood celebrities, such as Lady Gaga, Amy Adams, and comedian Ken Jeong (who is actually a doctor in real life). Those were truly unforgettable experiences!

2017 marks our 13th year of serving our patients, as we look forward to our 3rd year in the Miramar branch. The Dr. Tess Show is starting its 8th season, as The Time Machine Procedure™ turns 5 years old and Timeless MD™ by Dr. Tess skin care product is going on its 4th year.

We will officially introduce groundbreaking procedures, such as ALMI™ Anti-Aging Fat Transfer, vConfidence™, and V-Time Machine Procedure™. We will also open our new MBeauty Life Center located in the same building complex as our MBeauty Clinic in Miramar. We look forward to a brand new year full of hope and great expectations. Have a wonderful 2017!

Sincerely,  
Dr. Tess Mauricio

# WOMEN'S INTIMATE HEALTH REJUVENATION

Groundbreaking Medical Procedures for **Vaginal Rejuvenation**

I feel a special sense of pride and happiness when my fellow physicians with their knowledge, expertise and options choose me to be their Dermatologist, Surgeon, and Doctor.

Dr. Colleen McNally is one of the country's most respected OBGyn. She is the Founder of Women's Health Center in San Diego and my own OBGyn who performed a C-section to deliver my son, Michael, almost 11 years ago. I am proud to say that I am also her Dermatologist and I have helped keep her looking timeless and natural!

As I have pioneered new technologies for women's intimate health, urinary incontinence and sexual dysfunction like the **O-Shot™**, **VConfidence™**, and **V-TimeMachine Procedure™**, I shared my passion and knowledge with Dr. McNally. After doing her own research, she decided to allow me to treat her the day before Thanksgiving. She loved her results so much that she is now as passionate as me and we are partnering to raise awareness about these potentially life changing treatments.

I am so excited to be partnering with Dr. McNally to create more awareness about these new life changing technologies. Watch out for more of our videos on your email, on YouTube and on social media. Our patients can feel secure that they are getting comprehensive evaluation and assessment so we can create a customized plan to optimize results. Hope to see you all soon!

--Dr. Tess Mauricio  
Inventor of the **V-Time Machine™**  
for Vaginal Rejuvenation



## vConfidence™ + The O-Shot™ = VTime Machine™\*

The **vConfidence™** is a non-invasive Laser Treatment performed only by Dr. Tess which takes about 5 minutes to do. There's a slight discomfort during the treatment, but there is no anesthesia needed nor is there downtime after the procedure. Patients can resume regular activities immediately after they leave our clinic.

The **O-Shot™**, AKA Orgasm Shot®, is a non-surgical procedure which uses the growth factors from the patient's own body to stimulate vaginal and clitoral rejuvenation and activate the female orgasm system. The procedure is tolerable, quick, and most importantly, worth it!

Combination of **The O-Shot™** and **vConfidence™** to increase your self esteem and confidence as a woman at any age, by treating symptoms such as:

- Urinary Incontinence
- Vaginal Dryness
- Vaginal Laxity
- Recurring Infection,
- Pain uring sex
- Decrease or Lack of Sensation during sex

\*The O-Shot™ and vConfidence™ procedures can be performed separately or together only by Dr. Tess depending on patient's needs.

# LET'S FACE IT... BIG LIPS ARE IN!

A Blog from MBeauty's Lead Clinical Nurse



No matter what you think of the Kardashian's, it's undeniable that they are setting major trends in the beauty industry. One of them being #KYLIEJENNER-LIPS. Her transformation into womanhood included a larger, more luscious set of lips and the whole world took notice. Injecting filler into the lips to create more surface area is definitely not a new thing. Now it's just more mainstream and dare I say, more accepted!



Personally, I'm not a fan of lips that are too large or ducky. Bigger is not always better. Your lips have to fit your face and still match your other features. Kylie is able to pull off lips that are fuller because she needs it. But sometimes her lips can look too full and I hope most people don't strive for that.

The purpose of this post is to educate potential patients about fillers so they know what is realistic. In our clinic, we use temporary fillers manufactured by Allergan called **Juvederm**, **Voluma**, and **Volbella**. Allergan also makes **Botox** and is one of the most respected Aesthetic companies in the world. **Juvederm** is used to fill lips and wrinkles. **Voluma** is great for cheeks that are sagging because of loss in volume. **Volbella** is our newest filler which can help your lips look fuller and the lines around your mouth smoother. These fillers are injectable gels made of Hyaluronic Acid, which is naturally occurring in our body and is a major component of skin and cartilage. Fillers made of Hyaluronic Acid are the safest type of filler available on the market and has been FDA approved for years. Temporary fillers like **Juvederm** are FDA approved to last UP TO 1 YEAR (**Voluma** lasts up to 2 years). Most people might think this means the filler should last an entire year, which is not entirely true. At the 1-year mark, you essentially have no filler left and are back to baseline.



So going back to Kylie's lips, it takes a lot of filler and maintenance to make the change that Kylie made, which are very thin lips to very full lips. Including the cost it would take, it's not realistic for most people to keep that amount of filler in their lips. I would estimate Kylie used at least 4 syringes of filler at any given time and has to get regular touch-ups with 2 syringes, at least twice a year to keep that type of fullness.

In our clinic, we usually inject 1-2 syringes of **Juvederm** or **Voluma** filler into the lips at one time and recommend maintenance syringe at least once a year. I think having fuller lips makes women feel more feminine and confident so I absolutely believe spending some money on your lips is worth it. However, the amount of filler you should get will depend on the desired look you're aiming for and, of course, your budget.

--Angela Mauricio Torres, RN

Have you tried our best-selling products especially created by Dr. Tess? Find out why our patients LOVE Timeless MD™ Skin Care and HELIOPLUS™ antioxidant supplement!



# THE TIME MACHINE PROCEDURE™

What Do the Media and Marla Maples Think About the TMP?



We are excited to announce that Dr. Tess and The Time Machine Procedure™ was featured in the **Hollywood Reporter**. Here is an excerpt taken from an article written by Elycia Rubin in Sept 2016 titled "Why the Beverly Hills Face-Lift Is on the Decline (Hint: Blame the "Cocktail")".

**...Dermatologist Tess Mauricio, who has offices in Beverly Hills and San Diego, says that since many of her patients "don't want surgery at all," she combines a radio frequency device to resurface the skin and microneedling with platelet-rich plasma to build collagen... "One of the amazing things about TMP is how little downtime there was for the amazing results I see," says Marla Maples. "Just a few days after the treatment, I was ready for an appearance on The Wendy Williams Show."**

Marla Maples also had the Time Machine Procedure™ done before she appeared on the ABC hit show "Dancing with the Stars". Ms. Maples is a proud patient and is not a paid endorser of MBeauty. Please read more of what she has to say about the Time Machine Procedure when she was interviewed.

**WHY DID YOU CHOOSE THE TMP? Anyone who knows me knows I believe in living an organic, natural lifestyle. I'm very particular about the food I eat and what I put on my skin. I wanted to find a way to reverse the sun damage and aging without going under the knife or injecting anything foreign and unnatural. In my life and career I've seen a lot of "unnatural" results so we all have been careful! When Dr. Tess educated me that with the TMP, we're regenerating our own collagen using our body's natural healing process, I knew The TMP was a perfect choice for me. You've got to go natural to get the best and safest results!**

**HOW ARE YOUR RESULTS? I feel good and I'm so grateful to receive the compliments I do about my skin. It's nice when I can shock folks about my true age. One of the amazing things about the TMP is how little down-time there is for the amazing results I see. With my recent TMP I was TV ready for an appearance on the Wendy Williams Show only a few days after, just as Dr. Tess had promised. And I felt confident that my skin looked its best - despite my crazy schedule and lack of sleep!**

**WOULD YOU RECOMMEND IT TO YOUR FRIENDS? DEFINITELY! I love sharing TMP with all my friends and many of them went straight to meet Dr Tess and had their own TMP treatments also! The TMP causes the skin to naturally rejuvenate itself to a younger looking state, without surgery and minimal downtime. What's not to love?**

Before & After Photos of our Time Machine Procedure™ Patients



# ALMI™ FAT TRANSFER

Use Your Own Fat and Growth Factors to Look Younger

**WHAT IS ALMI™?** ALMI™, or Autologous Lipocyte Micronized Injection, is an all-natural, minimally invasive treatment that uses your own cells and tissues, rather than synthetic fillers, to restore a more youthful appearance, by improving volume, texture and tone. ALMI™ patients see remarkable results quickly, and the simple, 45-minute outpatient procedure has the potential to match or exceed the reputation of traditional skin rejuvenation treatments. Skin and structure on your face and hands lose volume and support over time, with aging or weight loss, thanks to the slowing of collagen production as we age. ALMI™ addresses these issues with quick, non-invasive injections performed right in our offices. By using your own body's regenerative cells and fat tissues, ALMI™ offers a complete and purely natural rebuilding of collagen and volume that you have lost due to age and/or weight loss.

ALMI™ is not a facelift, so you don't have to worry about side effects and downtime associated with a fully invasive surgical procedure like a facelift. This procedure is changing the landscape of fat grafting and filler marketplace and Dr. Tess is pioneering this cutting edge, life changing technology.

**IS ALMI™ SAFE?** Because ALMI™ uses your own fat to rejuvenate your skin, there is virtually no risk to patients who do the ALMI™ procedure. However, just like any procedure, ALMI™ should only be performed by an expert provider in a clinic setting. There is minimal to no downtime with this all-natural, outpatient procedure. Most patients return to normal activities immediately after treatment and our staff will share any additional information based on your individual procedure during your consultation.

**WHEN WILL I SEE RESULTS?** Patients report seeing effects immediately and as your body adjusts to the boost of its own rebuilding cells, results are even stronger after several weeks.

**AM I A GOOD CANDIDATE FOR ALMI?** Clients seeing the greatest results from ALMI™ are those who are experiencing collagen loss in their hands, face, neck or other areas. By age 40, most people have up to 20 percent collagen loss and by age 50, up to 30 percent collagen loss. ALMI™ offers an alternative treatment to replace collagen loss to help improve all signs of aging, such as wrinkles, rough texture, dull tone, structure and volume loss, elasticity, and sun spots.



## Patient Testimonial after ALMI™ and Time Machine Procedure™



*"I am so impressed with Dr. Tess and her entire staff. It has been a week since I had the ALMI™ fat transfer and the Time Machine Procedure™ and I look 10 years younger already! The skin on my face is lifted and glowing. My fine lines, under eye circles, large pores and sun spots are greatly diminished. I was very interested in the cutting edge technology utilized during the ALMI™ fat transfer and Dr. Tess carefully explained every step to me during the procedure and made me feel very relaxed and confident in her expertise. I am ecstatic with the results!" --K. Mercial*

# MBEAUTY LIFE CENTER

Achieve Complete Transformation

Dr. James and I are passionate about being more than medical doctors (MDs). We strive everyday to be true mind, body and soul HEALERS! In this spirit, we open the doors of our passion project, labor of love and gift to the world around us - MBEAUTY LIFE CENTER, conveniently located on the second floor in the same complex as M Beauty clinic in Miramar.

Come spend time with us in this Tulum and nature inspired place of peace, love and transformations to learn how to be the Best, Healthiest and Happiest version of yourself. We want you to experience the best expression of self love at MBeauty Life Center simply because you deserve it. We will have health, fitness, beauty, wellness "MPOWER HOUR"



educational classes, inspiring speakers, thought leaders, live demonstrations, day retreats, weekend seminars and creative events to help you BE your very best and live your best life!

Watch out for our calendar of events, try the classes, follow Dr James and me on Facebook Live with our Soul to Skin MD Talks (go to Dr Tess Facebook page) and keep in touch with us. We love hearing your ideas for classes and events. Please let us know how M Beauty clinic and M Beauty Life Center can best serve the community.

--Dr. Tess

## PHOTODYNAMIC THERAPY

Non Invasive Photo Rejuvenation for Different Skin Conditions

Photodynamic Therapy or PDT is a treatment to rejuvenate the skin using a topical substance called Levulan. Photodynamic skin rejuvenation involves the application of Levulan which is then activated with Fotofacial IPL or ELOS Blue Light Acne Laser. PDT can provide significant improvement in skin conditions such as:

- Cystic Acne
- Precancerous Skin
- Actinic Keratosis
- Sun Damage
- Wrinkles
- Pore Size
- Skin Texture
- Pigmentation
- Rosacea
- Sebaceous Hyperplasia

PDT can only be performed in a medical clinic because your skin condition will need to be diagnosed by a dermatologist, like Dr. Tess, prior to performing PDT. PDT is painless, but does require some downtime. Call us or visit our website for more info to see if PDT is for you.



PDT for Skin Rejuvenation



PDT for Cystic Acne

# 2016 YEAR IN REVIEW

Relive 2016 with these photos of Dr. Tess and her friends



# M Beauty™ By Dr. Tess

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## Stem Cell Regenerative Therapy Testimonial



I am an 80 year old Filipina with longstanding scleroderma for which I have been taking Methotrexate. The medication has kept my autoimmune disease fairly much under control but I still have many symptoms which I try to live with as best as I can with other medications intended for symptomatic relief: chronic pain in the lower back; neuropathy symptoms of both feet; inflammation of the joints of the thumbs; Raynaud's phenomenon; and acid reflux symptoms. Dr. Tess Mauricio gave me stem cell treatment from fat cells harvested from abdominal fat tissue on August 18, 2015. She did not guarantee any relief from any of my symptoms. As a nurse and a husband who is a retired physician (ophthalmologist), I accepted this.

Approximately 8 to 10 months after the procedure, some of my symptoms seemed to decrease. Most noticeable was the diminution of the pain and inflammation of the thumb joints and reduction in the frequency of Raynaud's phenomena in my fingertips. Now almost one and a half years after the procedure, the pain in the thumb joints has all but completely disappeared although the disfigurement persists. Occasionally, I still get Raynaud's phenomenon but it is now limited to the tip of my middle finger in the right hand. The pain in the back is less in intensity and frequency. There is no noticeable change in the neuropathy. The same is true of the acid reflux, it is still there.

Was it worth having the procedure done? The answer is yes, although only the rheumatoid swelling and pain in the thumbs, together with the dramatic reduction in Raynaud's phenomena are the only two features of the disease, which without a doubt, seem to have disappeared almost totally. I am still hoping that the other symptoms will diminish with more time." --Donna V. Peczon