



PATIENT SERVICE'S LOOK BOOK

PROVIDER **Anita Becklin-Tyndall –** **CRNP–** **Aesthetic, LMC, SWP**

Ms. Tyndall has extensive knowledge and training consisting of over 25 years' experience in the health care field. As a Nurse Practitioner, she has been fortunate to train under highly respected and skilled physicians in the fields of aesthetics, plastic surgery, acute and long-term care nursing, research and development, men and women's urology, sexual health and lifestyle medicine.



She has been fortunate enough to give educational lectures within the community on lifestyle wellness, develop protocols and training in policy and procedure in the treatment of urology disorders. Making her skills and mindset a set above.

Her lifestyle background is founded and based training by a few of the world's most renowned physicians including Dr. Dean Ornish, Dr. Caldwell Esselstyn, Dr. Michael Greger, Dr. T. Colin Campbell, and Dr. David Katz.

She is licensed in multiple states, board certified in family medicine and lifestyle medicine. She is board licensed in aesthetic medicine. She is a certified board member of the International Society for the Study of Women's Health (ISSWH), the Sexual Medicine Society of North America (SMSNA), The American College of Lifestyle Medicine, American Association of Nurse Practitioners, as well as the American Urology Association.

AESTHETIC SERVICES



BOTOX®

Is a non-surgical treatment that utilizes neurotoxins to temporarily relax muscles to reduce the appearance of fine lines and wrinkles. Treatment Duration is approximately 15-30 minutes and results typically last 3-6 months.

Areas Treated:

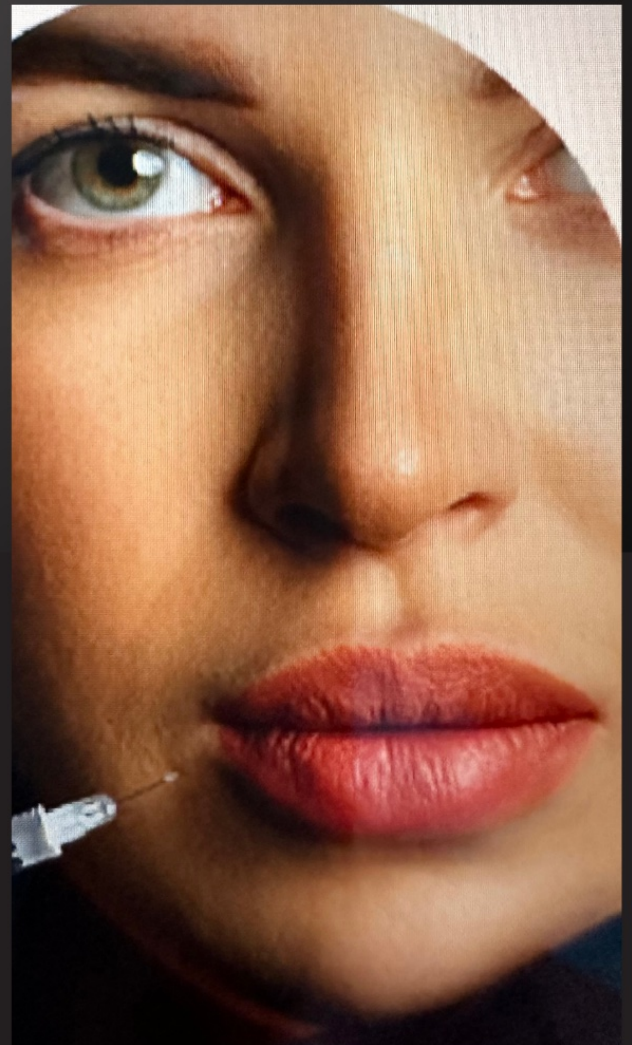
- Forehead lines
- Frown lines
- Crow's feet
- Lip lines
- TMJ
- Migraine
- Shoulder pain
- and much more



DERMAL FILLERS

Dermal fillers are injectable gels used to restore volume and enhance facial contours.

- Areas Treated: Lips, cheeks, nasolabial folds, marionette lines, and more.
- Treatment Duration: Approximately 30-60 minutes.
- Results: Results vary depending on the type of filler used but can last 6-18 months.

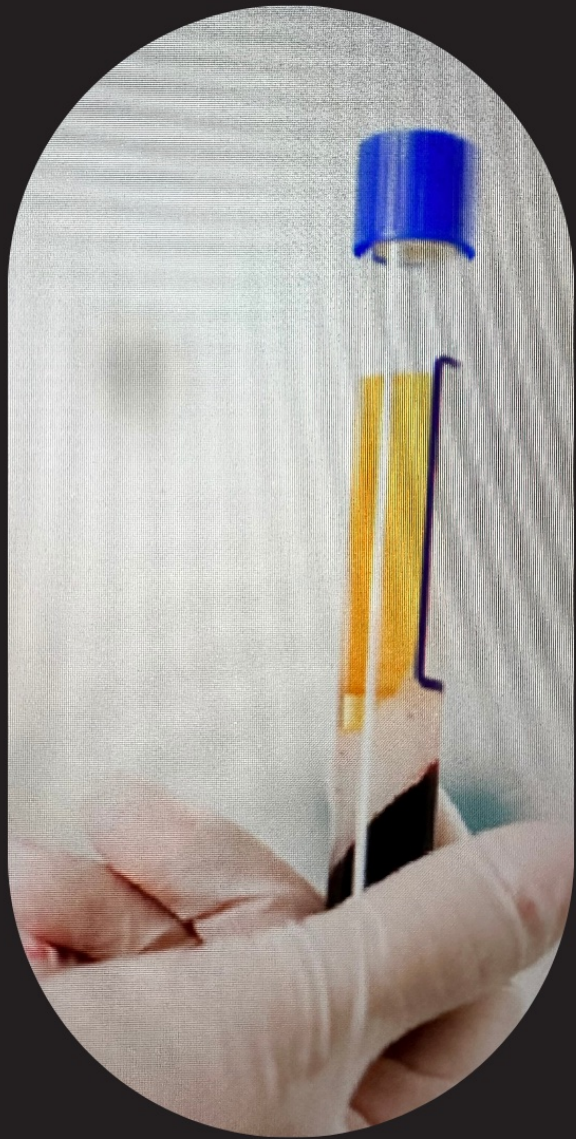


HAIR RESTORATION



Both men and women suffer from hair loss. With in depth look there are now multiple treatments available including oral medications, topical medications, stem cell use, and other modalities.

PLATLET RICH PLASMA (PRP)



Prp utilizes either your own stem cells or plant based stem cells to treat wrinkles, provide a skin glow, female and male sexual enhancement, and hair loss by stimulating re-growth of the collagen.

MORPHEUS 8

Morpheus8 is a new subdermal adipose remodeling device (SARD) that fractionally remodels and contours the face and body. Penetrating deep into the skin and fat, this morphs the aging face of body into a more desired smooth and sleek appearance, for all skin tones. Morpheus8 has the ability to penetrate deeper into the skin than any other microneedling device, going as deep as 4mm. Patient comfort is a major advantage of this device because of the sharper needles and tiny punctures it causes in the skin without tugging or pulling.



MORPHEUS 8



MORPHEUS8

MORPHEUS8 *body*

Morpheus8 can be used on any areas that can benefit from resurfacing and subdermal renewal. Morpheus 8 is used in the treatment of wrinkles, acne scars, stretch marks surgical scars, lower face, neck, decollete, arms, abdomen, buttocks, legs. Depending on your Morpheus8 treatment regime you can expect to have between 1-3 sessions.



MORPHEUS 8

Visible results can be seen within a few days, but typically after three weeks the most noticeable results appear. Improvements continue up to three months after treatment.



The benefit of Morpheus8's color blind technology is that it can be used on all skin types. The unique properties allow even darker tones to be treated.



WEIGHT LOSS

Poor weight management is a major contributor to disease and early death. Weight loss and subsequent healthy weight management is often deterred by overly stressful lifestyles that impair the metabolism and overtax many of the body's systems. We perform an extensive work-up to get to the root cause of obesity and abnormal weight gain.

WEIGHT LOSS

Certain peptides work to correct these issues and support the production of key factors that assist in fat reduction, metabolic efficiency (including blood sugar and insulin support), and ultimately healthy weight management.

Benefits include:

- Decrease in blood pressure
- Decrease in cholesterol
- Decrease in blood sugar
- Decrease in body composition
- Decrease in heart disease
- Improved lean muscle mass
- Better sleep
- Enhanced mental clarity
- Improved body composition
- Enhanced immune function

PAIN/ FATIGUE/ MENTAL HEALTH

Many men and women suffer from chronic pain, fatigue, as well as depression, anxiety, and sleep disorders. SaltWater Aesthetics & Wellness offers alternative measures of wellness to the use of opioids and anti-depression and anti-anxiety medications by personalizing your experience and providing an extensive in-depth look into you.

SEXUAL WELLNESS

HORMONE REPLACEMENT

Bio-Identical hormone therapy (BHRT) is used for the treatment of hormone imbalance symptoms such as fatigue, lack of energy, depression, anxiety, mood swings, day time tiredness, night sweat, joint pain, sleeplessness, memory fog, mid section abdominal weight gain, and “man boobs”,

BHRT are made of plant based material (Wild Yams, etc.) that are pressed into small pellets. The pellets replicate what the body makes in contrast to synthetic hormones. Therefore, the ingredients are FDA approved.

Treatment consists of undergoing a host of labs, meeting with the provider, and undergoing a small office procedure to insert the pellets. The procedure is not FDA approved because of the individualized dosing required.

The Treatment last 3-6 months,

MEN'S SEXUAL WELLNESS

Men's sexual health can be affected by many different problems including Peyronie's disease, prostate cancer, diabetes, trauma, ED and low testosterone to name a few.

However, often times there is confusion (even among providers) by the difference of definition surrounding male sexual health and therefore men often only get a portion or no treatment for the actual cause of their concern. Men can often have just Erectile Dysfunction (ED) or Low Testosterone (LT) or they may have a combination of both. It is important to understand the difference and get there by getting the appropriate treatment.

MEN'S SEXUAL WELLNESS

Erectile Dysfunction (ED)- is the inability to get or maintain an erection long enough to have sexual intercourse (myclevelandclinic.org).

This can be secondary to disease process, vascular disorders, mental, physical, musculoskeletal, or neurological.

Low Testosterone-is a condition in which the testicles don't produce enough testosterone (myclevelandclinic.org).

MEN'S SEXUAL WELLNESS

Low Testosterone
symptoms include:

- Sperm production
- Weight Gain
- Muscle and bone growth
- Development of male sex organs
- Brain and Cardiovascluar health
- Decline in your feeling of general -well-being
- Joint pain and muscule ache
- Force oneself to undertake activities
- Excessive sweating
- Anxiety
- Depressive mood
- Decrease in muscular strength
- (feeling of weakness)
- Sleep problems
- Irritability
- Physical exhaustion
- Lacking interest in leisure activities
- Feeling of getting less done
- Decrease in beard growth
- Decrease in ability/frequency to perform sexually
- Decrease in the number of morning erections
- Decrease in sexual desire/libido

MEN'S SEXUAL WELLNESS TREATMENT OPTIONS

ED treatment can consist of:

Oral medications

Platelet Rich Plasma (PRP)

Injections

ShockWave

Low Testosterone Treatment can consist of:

Testosterone skin gels

Intramuscular testosterone injections

Testosterone patches

Testosterone pellets

WOMEN'S SEXUAL WELLNESS



Better
Than
Kegels

WOMEN'S SEXUAL WELLNESS

We offer a wide range of FDA cleared non surgical treatments for feminine health. These treatments offer you a quick in office solution to treat a variety of symptoms such as:

- Vaginal Dryness
- Vaginal itching and burning
- Vaginal Laxity
- Frequent Urinary Tract Infections
- A decrease in sensation
- Loss of tone of the labia majora
- Vaginal atrophy
- Pain with intercourse
- Urinary incontinence
- Stress incontinence
- Mixed incontinence
- Over active bladder
- Sexual dysfunction
- Pelvic floor weakness
- Genitourinary syndrome
- Changes in aesthetic appearance of the female anatomy

MORPHEUS 8v

(Feminine Health)

One of the few treatments approved by the FDA for vaginal remodeling of tissue. The device is classified as a radiofrequency device that remodels vaginal tissue. Treatment's can range from 1 or more sessions depending on the extent of symptoms. Most experience complete resolution of symptoms after 3 treatments.

Patients can expect to feel a heating sensation during treatment. Results can be felt and seen immediately, with continued results over the following weeks or multiple treatments.

Depending on the intensity of the treatment, there is little to no downtime. Most patients may have slight discomfort during and immediately after treatment but are able to continue about daily life and continue intimacy with partner after just a week or so.



Contact Us

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