

HORTON SPA

At Horton SPA, we strive to meet the needs of all of our patients with a personalized and comprehensive treatment plan to treat and rejuvenate your skin while enhancing your overall appearance. We create beautiful, natural-looking results while focusing on patient comfort, safety, and overall satisfaction in everything we do. All services offered at Horton SPA are performed by our Aesthetic Nurse Practitioner, Emily Sespaniak. At Horton SPA, we believe that healthy skin is beautiful skin. Let us show you how healthy and beautiful your skin can be!

Emily Sespaniak,
NP
Aesthetic Nurse Practitioner

Karen Horton, MD,
MSc, FACS
Board Certified Plastic Surgeon



HORTON SPA

Emily Sespaniak, Aesthetic Nurse Practitioner at Horton SPA, specializes in medical aesthetics and works with Dr. Karen Horton at her exclusive Pacific Heights plastic surgery office.

Emily performs all of the non-surgical cosmetic procedures in the office, complementing Dr. Horton's surgical results. She has extensive experience with medical aesthetics, including Botox, dermal fillers, laser treatments and skin care. Emily is passionate about helping people look and feel beautiful, and she enjoys developing relationships with her patients to help them maintain the long-term health and radiance of their skin. Emily's caring bedside manner and aesthetic eye have made her the go-to aesthetic practitioner in the San Francisco Bay Area.



HORTON SPA



WHERE HEALTHY SKIN
is beautiful skin

Menu of Services

2100 Webster Street, Suite 506 • San Francisco, CA 94115
For More Information, Call: 415-923-3067

www.drkarenhorton.com/HortonSPA

2100 Webster Street, Suite 506
San Francisco, CA 94115

415-923-3067

NEUROMODULATORS (BOTOX®, DYSPORT®)

Neuromodulators such as Botox or Dysport act to soften or eliminate fine lines and deep creases in the skin by temporarily inactivating specific muscle groups in the forehead or around the eyes. Commonly used to relax muscles known as "frown lines", neuromodulators are also safely used to reduce the appearance of "crow's feet" and lines on the forehead. Our aesthetic goal is a rested, relaxed appearance, while still allowing natural facial expressions.

Botox \$15/unit

Dysport \$5/unit

INJECTABLE DERMAL FILLERS

Dermal fillers are injected under the skin to provide volume and structural support in areas of the face, chest and hands that have minimal volume due to genetics, aging and sun damage. Horton SPA offers a variety of semi-permanent dermal fillers to best meet our patients' needs.

We offer unique injection techniques that our patients love for their natural-looking results, less bruising and fewer needle pokes. Treatment results can last up to a year or more. Dermal fillers can take years off your appearance, but are so natural-looking that no one will know you've had anything done!

We offer:

- Restylane-L
- Perlane-L
- Belotero Balance
- Juvederm Ultra XC
- Juvederm Ultra Plus XC
- Juvederm Voluma*
- Sculptra Aesthetic*

Dermal filler pricing starts at \$675 per syringe.



2100 Webster Street, Suite 506
San Francisco, CA 94115

MENU OF SERVICES

IPL/LASER TREATMENTS

Our Lumenis M22 IPL machine provides state-of-the-art technology for improving your skin's complexion with minimal discomfort or downtime. IPL (intense pulsed light) treatments remove brown and red discoloration from the skin, including sun damage, age spots, broken capillaries, scars and more. A series of five treatments is recommended to achieve optimal results. Allow 3 to 4 weeks in between treatments for best results.



Before



After

Laser packages start at \$1500 for a series of 5 treatments. Prices vary depending on area treated.

MEDICAL-GRADE PEELS

Medical-grade chemical peels are the perfect way to keep your skin looking its best, along with your daily skin care regime. Our medical-grade peels are available only in physicians' offices, and they can be performed on the face, neck, back, décolletage, and hands. Each peel is customized for your unique skin needs. Regular chemical peel treatments can decrease fine lines, reduce hyperpigmentation, minimize acne breakouts, and stimulate collagen. Our peels provide maximum effectiveness with minimal irritation and no downtime. Chemical peels are most effective when performed in a series, and peels are often combined with IPL treatments to address overall skin tone and texture.

Individual peel: \$150 Series of Three: \$375

MEDICAL-GRADE SKIN CARE

At Horton SPA, we offer comprehensive, personalized skin care consultations that address all of your aesthetic skin care needs, including:

- Assessment of overall skin health and address any concerns you may have
- Evaluation of risk factors that predispose skin to premature aging
- Development of a daily skin care regime to keep your skin healthy, glowing, and protect it from sun exposure, environmental toxins and aging
- Creation of a personalized treatment plan that addresses your short- and long-term aesthetic goals

SCAR THERAPY

At Horton SPA we provide scar therapy for all of our post-surgical patients, as the outcome of your scar is very important to us. Scar therapy includes education about your scar's healing process, scar massage, topical silicone treatment, and possibly laser treatments. All patients who have had surgery with Dr. Horton will see Emily as part of their routine follow up at 6-8 weeks postoperatively to discuss the best way to care for their scars for optimal cosmetic results. A scar will always be a scar, but there are things you can do to make it look better!

LATISSE® EYELASH LENGTHENING TREATMENT

Enhance your own natural lashes in just 4 months. Ditch the expensive and damaging eyelash extensions! Applied nightly, Latisse® will make your natural lashes longer and thicker. Available by prescription only; requires an in-office consultation.

HYPERHIDROSIS TREATMENT (EXCESSIVE SWEATING)

We offer Botox® to address excessive underarm sweating ("axillary hyperhidrosis"). We encourage patients who have concerns with this issue to come in for a consultation to determine whether this treatment would be appropriate.