



ELEMENTAL AGING

NYCIM

A WHOLE NEW APPROACH TO AGING

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Preserving one's natural beauty, today known as anti-aging, is very similar to healing. They are both art forms that require a holistic perspective. We've taken the same sophisticated approach we apply to medicine and have successfully developed amazing therapies that rejuvenate on all levels of our being - body, mind & spirit.”

Thomas K. Szulc, MD
Medical Director
NYCIM



OUR PHILOSOPHY



Beauty is health made visible.

And it all starts with energy. Energy may not be visible, but it is a part of everything in life. Our philosophy stems from this truth and that everything is connected like a delicate web - always changing through expansion and contraction. The ultimate goal is to stimulate and restore the body's vital energy so that balance is achieved. From balance comes harmony and from harmony comes health, rejuvenation and beauty.

NYCIM goes above and beyond to offer specialized anti-aging treatments that are unique and personalized to each individual. We aim to restore balance within the entire being by incorporating complementary procedures to enhance the skin from the inside out.

Bringing together the latest in modern science and ancient traditional Eastern wisdom and knowledge, we have carefully designed our Elemental Aging Packages to focus on each of the five elements - *Fire, Earth, Metal, Water, Wood*. From the introduction of distinctive energetic skin care products from Switzerland, to the most advanced laser technology engineered in Israel, we're redefining anti-aging treatments and providing you with services found nowhere else in the world for truly radiant results.





F I R E

ELEMENTAL PACKAGE

Fire



TREATMENTS:

Phyto5 Fire Facial
with Biodraineur + Chroma 10 + Biostimulateur

Duration: 60 minutes

Alma Laser Dye-VL

Duration: 20 minutes

Fire is the element of passion, love, warmth, and joy. The organs connected to the Fire element are the heart and small intestine, which are responsible for blood circulation and nourishment for the entire body. On a physical level, an imbalance of Fire can cause fevers, hot-flashes, insomnia, heartburn, poor blood circulation, and hormonal imbalances. On an emotional level, we may feel restless, anxious, disappointed, and frustrated. An outward reflection of this internal imbalance will eventually start to manifest on the skin as redness, blotchiness, poor blood circulation, rosacea, and couperose skin.

This package aims to address these conditions with a series of dynamic Phytobioderme facials using essential oils such as lavender, rosemary, & ylang ylang, as well as a state of the art laser therapy to address excess blood accumulation in the capillaries. Your skin will begin to regain calmness, and your body will restore the feeling of joy.

COST: \$3,300

FREQUENCY: *Series of 6 - performed every 2 weeks*

TIME: *80 minutes total time per session*

INCLUDED PRODUCTS: *Fire Phyt' Ether, Fire Toner, Fire Day Cream
one month supply*



ELEMENTAL PACKAGE

Earth



TREATMENTS:

Phyto5 Earth Facial
with Biodraineur + Chroma 10

Duration: 60 minutes

Focused Radio Frequency + Microneedling

Duration: 20-30 minutes

**Treatments cannot be performed on same day*

The Earth element is central to all other elements and is about giving and receiving nourishment. Its corresponding organs are the stomach and spleen. When the spleen becomes overwhelmed, its ability to regulate lymphatic flow is diminished, which causes an excess of toxins to accumulate in the tissues. This eventually weakens the immune system and leads to a higher toxicity level. When the Earth element is out of balance, we typically feel very anxious, nervous, and worrisome. Physically, we tend to have digestive issues, water retention, and irregular bowel patterns. An unbalanced Earth element will express itself on the skin as blemishes, toxicity, acne, psoriasis, enlarged pores, and lymphatic circulation issues.

This package incorporates the Phyto 5 Earth Facial to stimulate lymphatic drainage and advanced microneedling to decrease pore size and tighten the epidermis. This dynamic duo will bring back the skin's equilibrium, so that it can regain its vibrancy and youth.

COST: \$2,700

FREQUENCY: *Facial: Series of 6 - performed every 2 weeks*
Radiofrequency + microneedling: Series of 4 - performed every 3 weeks

TIME: *60 minutes total time per session*

INCLUDED PRODUCTS: *Earth Phyt' Ether, Earth Toner, Earth Day Cream*
one month supply





EARTH



W A T E R

ELEMENTAL PACKAGE

Water



TREATMENTS:

Phyto5 Water Facial
with Biodraineur + Chroma 10 + Biostimulateur

Duration: 60 minutes

Dermatude - Stem Cell Reactivator

Duration: 60 minutes

**Treatments cannot be performed on same day*

Water is the element associated with winter and connected with the kidneys and urinary bladder. Its main action is filtration, and since over 60% of our body is composed of water, it's essential this element is in a constant state of balance. According to TCM, the kidneys are responsible for our essence and the genetic information that is passed down from generation to generation. It is considered our main energy source. On an emotional level, this element is about courage and determination. When it's out of balance, fear will be the dominant emotion, and physically, we may have issues with bladder infections, low libido, low energy, and chronic pain in the low back and knees. Internally, due to the imbalance of water and low kidney energy, our skin will begin to show issues reflected in lack of tone in the skin, wrinkles, dark circles, and puffiness under the eyes.

This package aims to correct this imbalance by stimulating specific acupuncture points for the kidney and bladder, thereby bringing moisture back to all three layers of the skin and providing it with the nourishment it so desperately needs.

COST: \$3,050

FREQUENCY: *Facial - series of 3 - performed once a month
Dermatude - series of 8 - performed weekly for first 4, then every 2 weeks*

TIME: *60 minutes total time per session*

INCLUDED PRODUCTS: *Dermatude Oxygen Boost Toning Lotion, Dermatude Stem Cell Reactivator one month supply Serum, Dermatude Stem Cell Reactivator Cream*



ELEMENTAL PACKAGE

Metal



TREATMENTS:

Phyto5 Metal Facial
with Biodraineur + Chroma 10

Duration: 60 minutes

Detox - Intravenous

Duration: 60 minutes

Matrix Regeneration Therapy

Duration: 20 minutes

The Metal element is associated with the Autumn season and is about reflecting inward and letting go of things we no longer need. The two organs associated with Metal are the most important eliminating organs in the body : the lungs and large intestine. Without proper detoxification and balance within these organs, our systems become overly sluggish and lack the ability to eliminate toxins properly. Symptoms of this imbalance within the body include constipation, diarrhea, abdominal pain, sinus congestion, allergies, and upper respiratory infections. Since our skin reflects what is going on inside of our body, this imbalance will also represent itself as dry, dull, and lifeless skin that is lacking oxygen and hydration.

This package restores balance on all levels by detoxifying the body with intravenous drainage, stimulating the lymphatic system using matrix regeneration therapy, and incorporating Phytobioderme facials to balance and remineralize the skin.

COST: \$4,200

FREQUENCY: *Series of 6 - performed weekly*

TIME: *140 minutes total time per session*

INCLUDED PRODUCTS: *Metal Phyt' Ether, Metal Toner, Metal Day Cream
one month supply*



A close-up photograph of a textured surface, likely the cover or endpaper of a book. The texture is intricate, with a mix of dark purple, black, and brown tones. The surface appears to have a woven or layered structure, with some areas showing a more uniform color and others showing more complex, almost crystalline patterns. The lighting is dramatic, highlighting the texture and creating deep shadows. The word "METAL" is overlaid in the center in a white, sans-serif font.

M E T A L



W O O D

ELEMENTAL PACKAGE

Wood



TREATMENTS:

Phyto5 Wood Facial
with Biodraineur + Chroma 10 + Biostimulateur

Duration: 60 minutes

Dermatude - Pigment Equalizer

Duration: 60 minutes

**Treatments cannot be performed on same day*

Spring is a time of renewal, regeneration, and rebirth which are all associated with the Wood element. The Wood element is connected to the liver and gallbladder, which are responsible for the filtration of blood and the production of bile and cholesterol. When an imbalance of the Wood element occurs, we typically tend to feel angry, irritable, and impatient. Physically, we may have symptoms of digestive disturbances, headaches, vision problems, menstrual irregularities, high blood pressure, fibromyalgia, and muscle tension. With a Wood imbalance, our liver and gallbladder lack the energy necessary to carry out their primary functions, resulting in a lack of vital energy stimulation and causing our skin to suffer and produce excessive oil, blackheads, and hyperpigmentation.

This package will revitalize your skin by using specific reflexology stimulation, powerful synergistic oils, and Meta-therapy to correct hyperpigmentation and bring energy and vibrancy back to the skin. Your skin will not only regain harmony, but you will have the energy and confidence you need to push forward.

COST: \$3,150

FREQUENCY: *Facial: Series of 3 - performed monthly*
Dermatude: Series of 8 - performed weekly for first month, then every 2 weeks

TIME: *60 minutes total time per session*

INCLUDED PRODUCTS: *Dermatude Oxygen Boost Toning Lotion, Dermatude Pigment Equalizer Serum, Dermatude Pigment Equalizer Cream*



ELEMENTAL PACKAGE

5 Elements Face Lift

When the skin is free of major skin conditions outside of the effects of normal aging, we can use the power of all 5 elements harmoniously to create a lift in the skin, while simultaneously working on all five pairs of yin/yang organs. This package is the most innovative of its kind, as it combines the principles of traditional Chinese medicine with advanced Western medicine aesthetic lasers. Phyto 5's Chromalift series will lift, stimulate, and tone the skin using each of the 5 elements, while ClearLift provides a non-invasive resurfacing treatment that is intended to stimulate the body's production of collagen, leading to a reduction in fine lines and wrinkles.

TREATMENTS:

Chromalift

Duration: 60 minutes

Clearlift

Duration: 20 minutes

COST: \$4,050

FREQUENCY: *Chromalift: Series of 7 - first 5 treatments performed every 3 days - then 2 monthly boosters*
Clearlift: Series of 6 - performed every 2 weeks

TIME: 60 - 80 minutes total time per session

INCLUDED PRODUCTS: *Ageless La Cure Kit (Serum & Cream Duo), Ageless La Cure Firming Eye Serum*
one month supply



ELEMENTAL PACKAGE

Reflexology Zone Lift

Facial reflexology works on the Chinese meridian channels to open up energetic pathways in the body and fix the root cause of stagnation. Using advanced facial muscle manipulation, energy is restored to the areas of the skin that have an imbalance, thereby sending signals to the central nervous system to direct that energy to the organs and glands that need it the most. This package is aimed to stimulate lymphatic circulation and blood flow to all of your body's organs to create balance throughout your entire being. After balance is achieved, we will use your own body's plasma to stimulate collagen growth, which in turn, will decrease the appearance of fine lines and wrinkles and give the skin a more youthful glow.

TREATMENTS:

Reflexology facial with massage

Duration: 75 minutes

Microneedling with PRP

Duration: 60 minutes

**Treatments cannot be performed on same day*

COST: \$3,300

FREQUENCY: Series of 3 - performed every 4 weeks

TIME: 60-75 minutes per session

INCLUDED PRODUCTS: La Crème Visage Face Cream, La Crème Contour/Eye Cream, La Crème Acide/pH Cream
one month supply



“The skin is a mirror for any internal imbalances. Reflexology can restore balance through the networks connecting our skin to our internal environment and leave your skin with a luminous glow.”

Erin Mewshaw, RN
Elemental Aging Specialist





Phyto5 Facial

INDIVIDUAL TREATMENTS

Dermatude

Dermatude is a new non-invasive, non-traumatic method of skin rejuvenation called Meta-therapy, that helps to hydrate and restore the skin's natural glow. It conditions the skin's surface using specially-designed polycarbonate modules that remove dead cells and deeply cleanse the skin.

60 minutes

\$350

Phyto5 Facial

Also known as Phytobiodermie, this quantum energetic skin care line helps to rebalance the body's vital energy through the skin using advanced chromotherapy and lymphatic drainage. After a skin analysis, we will determine which element your body needs to regain balance.

60 minutes

\$250



INDIVIDUAL TREATMENTS

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|---|--|---|
| Chromalift | Signature treatment from Phyto5 using each of the five elements to stimulate vital energy and increase red blood circulation, resulting in naturally lifted and toned skin. Done as a series of five treatments within two weeks. This treatment is perfect to do right before any big event to give your skin a luxurious glow. | <i>60 minutes</i> \$250 |
| Clearlift | ClearLift™ is a non-ablative approach to laser skin resurfacing. Known as the “Lunchtime Facelift”, this treatment is fast and virtually painless, with visible results and no downtime. It works deeply into the layers of the skin to stimulate collagen and reduce the appearance of fine lines and wrinkles from the inside out. | <i>20 minutes</i> \$500 |
| Dye-VL | Dye-VL is a non-invasive, advanced laser treatment that provides overall skin rejuvenation by treating problems below the skin without affecting or damaging the skin’s outer layer. It uses next-generation fluorescence technology (AFT) to treat pigmented lesions including melasma, rosacea, port wine stains, and telangiomas. | <i>20 minutes</i> \$500 |
| Ultrasound | This non-invasive, relatively pain-free treatment uses a combination of ultrasound, radiofrequency technologies, and heat energy to boost collagen production and destroy fat cells. This can be used in combination with diet and exercise to achieve overall fat loss and reduced body circumference in the abdomen, thighs, buttocks, and arms. | <i>30-60 minutes</i> \$500 per area |
| Radio Frequency for face | This machine uses Unipolar RF (radiofrequency) energy to contract collagen fibers within the skin and stimulate the formation of new collagen. It helps to tighten and lift the skin, providing an overall facelift-type effect. | <i>40 minutes</i> \$500 |
| Radio Frequency for body | Combines high energy UniPolar RF technology with a mechanical applicator to deliver deep dermal heating while increasing metabolism within subcutaneous tissue, improving the appearance of cellulite. This treatment is for those who are looking to have smooth skin on the abdomen, thighs, and buttocks. | <i>40 minutes</i> \$500 per area |
| Microplasma RF | Both ablates and heats the skin with microplasma technology. This treatment goes deeper than a traditional chemical peel, offering complete skin resurfacing to balance out uneven skin texture. | <i>20 minutes</i> \$500 |
| Reflexology Facial | This treatment combines all five clay masks from Phyto 5 along with a specially designed reflexology facial massage utilizing international methods from around the globe to help stimulate lymphatic drainage, increase blood circulation, and bring balance to the skin and body. | <i>75 minutes</i> \$350 |
| Microneedling w/ PRP <i>platelet-rich plasma</i> | Known by some as the vampire facial, we utilize an advanced form of this treatment which involves the use of tiny needles on the skin that work to stimulate healing and collagen production. It is enhanced by utilizing your own platelet-rich plasma (PRP) which further stimulates collagen production, regeneration, and a decrease in fine lines and wrinkles. | <i>60 minutes</i> \$1,200 |



PRODUCTS

* All products are tested by Dr. Szulc and the medical team for superior quality and regenerative properties.

Phyto5

A natural anti-aging line that combines both ancient Chinese health and traditional medicinal knowledge together with Swiss medical innovation to create the world's first energetic anti-aging and beauty products that transform the physical body from within. PHYTO5 uses effective blends of natural essential oils, one of the most important elements of modern skincare products, with the ability to balance the 5 basic vital energies in the body, something never before done.

FIRE / SUMMER *May 6 - Jul 19*



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|---|-------------------|
| Toner Fire <i>Sensitive Skin</i> 6.75 oz. | \$43.80 |
| Day Cream Ceresal Corn 1.75 / 3.5 oz | \$66.00 / \$97.00 |
| Night Cream - Balancing 1.75 oz | \$79.20 |
| Phyt'Ether Serum Red 1 oz | \$65.80 |
| Red Clay Mask <i>Face, Body, Scalp</i> 3.5 oz | \$59.80 |

EARTH / INTER-SEASON

Jan 18 - Feb 4, Apr 18 - May 5, Jul 20 - Aug 6, Oct 21 - Nov 7



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| Toner Earth <i>Blemished Skin</i> 6.75 oz. | \$43.80 |
| Day Cream Ceresal Millet 1.75 / 3.5 oz | \$66.00 / \$97.00 |
| Night Cream - Purifying 1.75 oz | \$79.20 |
| Phyt'Ether Serum Yellow 1 oz | \$65.80 |
| Yellow Clay Mask <i>Face, Body, Scalp</i> 3.5 oz | \$59.80 |

METAL / FALL *Aug 7 - Oct 20*



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| Toner Metal <i>Skin Lacking Minerals</i> 6.75 oz. | \$43.80 |
| Day Cream Ceresal Rice 1.75 / 3.5 oz | \$66.00 / \$97.00 |
| Night Cream - Re-mineralizing 1.75 oz | \$79.20 |
| Phyt'Ether Serum Blue 1 oz | \$65.80 |
| White Clay Mask <i>Face, Body, Scalp</i> 3.5 oz | \$59.80 |

WATER / WINTER *Nov 8 - Jan 17*



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| Toner Water <i>Skin Lacking Tone</i> 6.75 oz. | \$43.80 |
| Day Cream Ceresal Buckwheat 1.75 / 3.5 oz | \$66.00 / \$97.00 |
| Night Cream - Toning 1.75 oz | \$79.20 |
| Phyt'Ether Serum Violet 1 oz | \$65.80 |
| Black Clay Mask <i>Face, Body, Scalp</i> 3.5 oz | \$59.80 |

WOOD / SPRING *Feb 5 - Apr 17*



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| Toner Wood <i>Oily Skin</i> 6.75 oz. | \$43.80 |
| Day Cream Ceresal Wheat 1.75 / 3.5 oz | \$66.00 / \$97.00 |
| Night Cream - Clarifying 1.75 oz | \$79.20 |
| Phyt'Ether Serum Green 1 oz | \$65.80 |
| Green Clay Mask <i>Face, Body, Scalp</i> 3.5 oz | \$59.80 |

VEGETAL OIL EMULSION

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| Vegetal Oil Emulsion <i>Face & Body</i> 6.75 oz | \$52.00 |
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ALGODERM MASK

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| Algoderm Mask Base <i>Face & Scalp</i> 3.5 oz | \$59.80 |
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CLEANSE

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| Cleansing Milk 6.75 oz | \$43.80 |
| Facial Cleansing Gel 1.75 / 3.5 / 17 oz | \$21.80 / \$44.00 / \$94.00 |
| Le Phyt-Acid Shower Gel <i>Face & Body</i> 6.8 oz | \$35.80 |

CLEANSE

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| Le Gommage Marin/Marine Exfoliation <i>Face & Scalp</i> 3.5 oz | \$79.00 |
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PROTECT

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| La Creme Acid Face Cream/ pH 1.75 / 3.5 oz | \$55.80 / \$79.00 |
| La Creme Soleil 3.5 oz | \$61.80 |

NOURISH & HYDRATE

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| La Creme Visage Face Cream/Biostimulant 1.75 oz | \$69.00 |
| La Creme Contour/Eye Cream 0.5 oz | \$67.80 |
| Le Gel Visage Face Gel 1.75 oz | \$65.80 |
| La Creme Main/Hand Cream 3.5 oz | \$33.80 |
| Le Masque Gel Visage <i>Face & Scalp</i> 3.5 oz | \$56.00 |

MINERALIZE

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| Oligo 5 1.75 oz | \$59.80 |
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Phyto5

AGELESS LA CURE

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| Ageless Kit <i>Serum & Cream Duo</i> | \$218.00 |
| Ageless Clay Mask 1.75 oz | \$49.50 |
| Ageless Balancing Toner 6.75 oz | \$39.00 |
| Ageless Hydrating Cleansing Foam 4.75 oz | \$43.80 |
| Ageless Algae Mousse 1.75 / 3.5 oz | \$47.80 / \$66.00 |
| Ageless Pigmentation Cream 1.75 oz | \$75.00 |
| Ageless Firming Eye Serum 0.5 oz | \$83.00 |
| Ageless Phyto-Peel 2.5 oz | \$73.00 |
| Ageless Nourishing Cream 1.75 / 3.5 oz | \$71.50 / \$87.80 |
| Ageless Extreme Cream 1.75 oz | \$75.80 |

Anteage MD

The AnteAGE system was developed from cutting-edge stem cell science. Stem cells repair skin damage caused by solar radiation, pollutants, injury, infections and aging, and restores your skin's natural ability to heal itself.

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| AnteAge MD Serum 30 ml | \$190.00 |
| AnteAge MD Accelerator 30 ml | \$120.00 |

Celergen

Celergen is a Swiss line using proprietary Cellular Marine Complex that is extracted from the DNA of deep-sea marine life, which through nearly 30 years of research has been associated with powerful anti-aging properties.

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| Celergen Serum 30 ml | \$250.00 |
| Celergen Capsules 30 capsules | \$350.00 |



Syrene

A specialty line from New Zealand that uses active and pure extracts together with rich marine nutrients from the Pacific to nourish, hydrate and repair the skin.

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| Aqua Gel Refreshing Toner 150 ml | \$68.00 |
| Aqua Light Moisture Gel Lotion 100 ml | \$68.00 |
| Aqua Intense Cream 50 ml | \$75.00 |
| Aqua Hydrating Masque 100 ml | \$80.00 |
| Aqua Eye Restore Essence 30 ml | \$75.00 |
| Aqua Gel to Foam Cleanser 120 ml | \$55.00 |
| Aqua Masque Advanced Hydration 25 ml x 8 | \$80.00 |
| Travel Pack Set | \$68.00 |



Dermatude

A range of proprietary natural anti-aging products created to work in tandem with the effect of Meta-Therapy. Helps enhance and prolong the effect of the treatment regime.

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| Oxygen Boost Cleansing Milk 140 ml | \$59.95 |
| Oxygen Boost Toning Lotion 140 ml | \$34.95 |
| Soft Radiance Enzymatic Peeling 140 ml | \$79.95 |
| Active Hydra Booster Facial Cream 50 ml | \$59.00 |
| Extreme Lifting Complex Facial Cream 50 ml | \$59.00 |
| Stem Cell Reactivator Facial Cream 50 ml | \$89.00 |
| Stem Cell Reactivator Serum 50 ml | \$80.00 |
| Pigment Equalizer Facial Cream 30 ml | \$89.00 |
| Pigment Equalizer Serum 50 ml | \$80.00 |
| PepX Eye Boost 30 ml | \$79.00 |
| Perfect Skin CC Cream Anti-Redness 15 ml | \$75.00 |
| Perfect Skin Blur Cream 30 ml | \$72.00 |
| Multi Defense SPF 30 30 ml | \$75.00 |





NEW YORK CENTER FOR INNOVATIVE MEDICINE

Changing the status quo that anti-aging and beauty can only
be achieved through chemicals or surgical procedures with our
Elemental Aging natural therapies.

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