

THE MAN'S GUIDE



**EVERYTHING YOU NEED TO KNOW
ABOUT COSMETIC PROCEDURES FOR MEN**



DR. AARON STANES



DR AARON STANES

Dr Aaron is an internationally trained and highly respected cosmetic physician with extensive experience in cosmetic medicine.

He has pursued multiple post-graduate qualifications, and has worked in well-regarded hospitals around Australia as a medical doctor.

He will always strive for no less than the best, and put your safety as a priority.

He frequently works alongside one of Australia's top cosmetic surgeons and trains other medical practitioners in cosmetic medicine around Australia.

Non surgical cosmetic treatments with Dr Aaron can:

- Masculinise the jawline giving it a square and sharp appearance.
- Strengthen the chin, adding power to the lower face.
- Reduce double chin fat, improving the definition of the jawline.
- Improve skin quality and texture.
- Get rid of dark under eye hollowing, helping you to look rested.
- Stop under-arm sweating, critical for those important moments when giving your best impression counts.
- Straighten nose bumps, giving it a masculine appearance.
- Enlarge the size of your penis, to boost your confidence in both the locker-room and the bedroom.
- Lift sagging skin that is making you look older.

Dr Aaron can also provide treatments that keep you looking as young as you feel, all without expensive and risky surgery.



TELL ME MORE...

Have you been considering what cosmetic medicine can do for your confidence and appearance?

Thousands of men are taking action right now. They understand that appearance is important for our confidence in both our personal lives and relationships, and in a professional environment.

If you look good, then you can feel good.

As men, competition is everything. We need to be at our best, physically, mentally and emotionally so that we can achieve our goals, and support those that are important to us.

Looking tired, or lacking strong masculine features can have real implications on your success in life.

Thankfully, there is now an easy way to masculinise and strengthen your facial features and manhood without surgery, with minimal to no downtime or risk. More and more men every day are taking advantage of these treatments.

Dr Aaron Stanes is Australia's leading provider of non surgical cosmetic injectables for men in Melbourne and Sydney. Having undergone these treatments himself, he understands why some men have reservations and hesitations about undergoing such procedures. It is with this understanding that he has developed a logical and structured framework for helping men around Australia improve their confidence and self satisfaction with certainty.

Putting yourself first so that you can then help those around you is critical, and Dr Aaron is here to help get you what you deserve.



THE JAWLINE

Masculinity is reflected in the strength and squareness of the jawline. Many men lack jawline definition due to the shape and size of their jawbone. Jawline sculpting with dermal fillers is a quick way to significantly improve the shape and definition of the jawline, giving it a more masculine appearance.

Jawline sculpting can:

- Strengthen and contour a 'weak' jawline.
- Widen and masculinise the lower face.
- Restore definition that has been lost with age.
- Correct asymmetry.

How does it work?

Jawline sculpting works through the injection of dermal fillers into strategic and key locations along the jawline.

Augmenting the volume in these areas leads to a predictable improvement in the jawline shape and structure, making it look squarer and more defined.

The process has minimal discomfort, and only takes around 10-15 minutes. When done by a leading jawline contouring specialist, it is a very safe procedure.



TIME

Treatment takes approximately 15 minutes.



PRICE

Prices start from \$700 (packages available).



RESULTS

Results are immediate and last from 12-24 months.

3 THE CHIN

The male chin gives balance and definition to the central lower face. Ideally, it should be square in shape, as wide as the lips, and protrude forward from the face in line with the jawline. Having a chin of ideal shape and size can transform the lower face and neck, in a natural way.

Chin augmentation can:

- Square the chin shape
- Improve jawline definition
- Correct asymmetry.
- Improve the appearance of a double chin.

How does it work?

Chin augmentation works through the injection of dermal fillers into strategic and key locations in the chin.

Augmenting the volume in these areas leads to a predictable improvement in the shape of the chin, making it look squarer and more defined.

The process has minimal discomfort, and only takes around 10-15 minutes. The procedure is very safe, when done by an expert in male treatments.



TIME

Treatment takes approximately 15 minutes.



PRICE

Prices start from \$700 (packages available).



RESULTS

Results are immediate and last from 12-24 months.

THE DOUBLE CHIN

Genetics and diet can lead to an accumulation of fat under the chin. This is known as a 'double chin', and can quickly spark trouble for those trying to put their best foot forward with a defined and professional look.

The double chin adds weight to the face, and makes you look older, and ruins definition of the jawline and chin. It can make you look unhealthy, even if you aren't.

Fat blasting can:

- Permanently destroy unwanted fat cells under the chin.
- Tighten loose skin under the neck.
- Strengthen and contour a 'heavy' jawline by reducing the neck fullness.
- Restore definition that has been lost with age.

How does it work?

Double chin injections with Dr Aaron is done by a simple injection of an exclusively potent fat dissolving fluid into targeted areas of stubborn fat.

Strong anaesthetic is used, so there is minimal discomfort, and the procedure generally takes less than 10 minutes.

The solution permanently destroys the fat cells, which are then broken down by natural processes over 6-8 weeks. When done by an expert cosmetic physician, the procedure is very safe.



TIME

Treatment takes approximately 15 minutes.



PRICE

Prices start from \$1200 (packages available).



RESULTS

Results are seen after 6-8 weeks.



TREATMENTS

Average of 2-4 treatments required.

TIRED EYES

Looking tired can hold you back. It can give the impression that you aren't looking after yourself. Some people have naturally hollow and dark under eyes due to the structure of their face. Non surgical cosmetic injectables can improve this appearance in minutes, helping you to look refreshed and rested.

A tired appearance is one of the most common reasons men are turning to cosmetic injectables, often after discovering that creams and serums just don't cut it.

Tear trough filler can:

- Improve hollow under eyes.
- Resolve a tired appearance.
- Soften dark circles.

How does it work?

Tear trough fillers are performed in the office. Tiny needles are used to strategically inject small quantities of dermal fillers in key areas around the under eyes to provide supportive volume and structure, and reduce hollowness and darkness.

The treatment has almost no discomfort, and takes around 10 minutes to perform. When done by an expert tear trough filler specialist, it is very safe.



TIME

Treatment takes approximately 15 minutes.



PRICE

Prices start from \$700 (packages available).



RESULTS

Results are immediate and last from 12-24 months.

WRINKLES & SKIN

Great skin is simple; with a plan. Men around Australia are becoming more and more interested and invested in looking after their skin (no longer relying on a bar of soap!).

Well kept skin helps you look fresh and youthful.

Anti wrinkle injections can:

- Soften fine lines and wrinkles.
- Masculinise the brow.
- Improve skin quality by controlling oil production

'Bro-tox' is already commonplace amongst many men around Australia, and most people wouldn't even know it. When done correctly these very men simply look fresh and sharp, and not fake or bizarre. Perhaps it's time to see what anti wrinkle injections can do for your confidence?

How does it work?

Anti wrinkle treatments work by using targeted injections directly into muscles that are responsible for visible wrinkles.

These muscles then relax as the injected solution starts to take effect, meaning they don't contract with as much strength as normal. The skin therefore doesn't bunch, and wrinkles are softened. Oil production can also be improved.

Tiny needles are used, and the treatment takes less than 10 minutes. When done by an expert anti wrinkle injection specialist, your treatment will be very safe.



TIME

Treatment takes approximately 10 minutes.



PRICE

Prices start from \$500.



RESULTS

Results are seen from 1-2 weeks.

SWEATING

Are you troubled with excessive under arm sweat? Whether it's at work, or when you're out and about, axillary hyperhidrosis (i.e. sweaty pits) is never welcomed.

With a few very quick injections to the under arm area, you can get rid of sweaty underarms (and no, you don't sweat more in compensation).

Anti sweat injections can:

- Stop excessive sweating.
- Solve unpleasant body odour.
- Stop visible sweat patches.
- Protect your clothes from sweat stains.

How does it work?

Anti sweat injections work using tiny injections of a liquid into the problem areas. The solution temporarily stops the sweat glands from functioning.

Over 6-12 months, function returns to normal, without any lasting effect on the sweat glands themselves.

It is extremely safe, and simple to undergo. Pain is minimal, and there is no downtime. Importantly, there is NO definitive evidence that when preventing sweat using this treatment, that you will sweat more in other areas.

The treatment takes around 10 minutes to perform. When done by a leading anti sweat injection specialist, it is a very safe procedure.



TIME

Treatment takes approximately 10 minutes.



PRICE

Prices start from \$970.



RESULTS

Results are seen from 1-2 weeks.

THE NOSE

A man's nose is central to the strength of the face. Being the central feature, it ties together the upper, mid and lower face, and provides a defining point between left and right sides. The ideal nose is straight, without hooks, bumps or humps, defined and of appropriate size, and with masculine angles at the transition points to the forehead and upper lip.

Now, those who are dissatisfied with the shape and appearance of their nose can significantly transform the central feature of the face with no surgery, no downtime, with minimal risk and discomfort, in under ten minutes.

Nose fillers can:

- Straighten crooked noses.
- Disguise humps and bumps.
- Masculinise the shape and size of your nose.
- Correct asymmetry.
- Improve an unsatisfactory surgical nose job result.

How does it work?

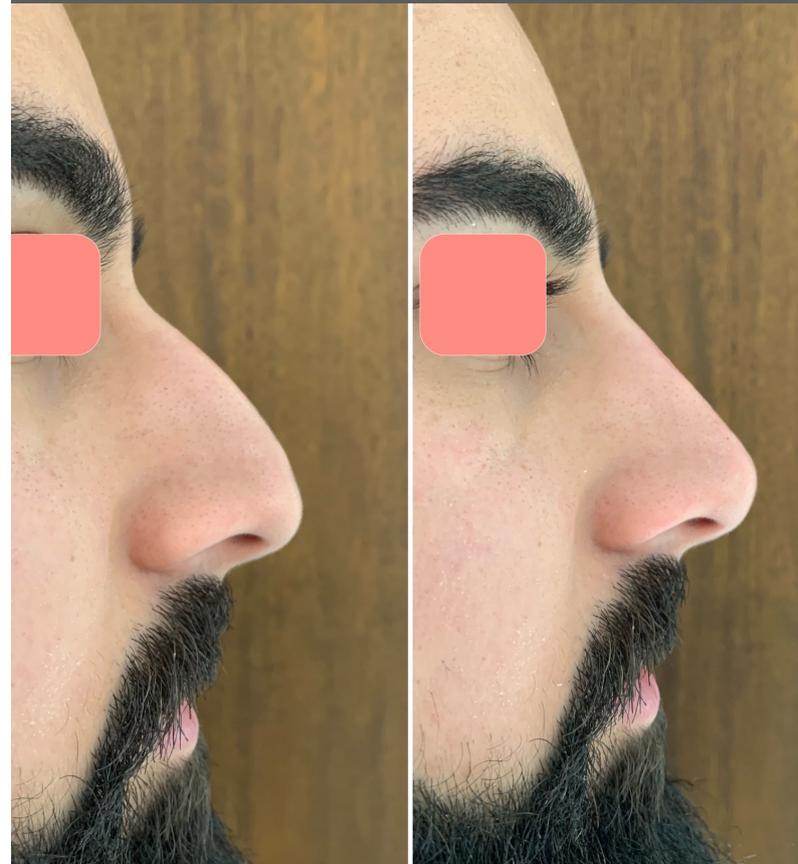
Nose fillers are straightforward to undergo, especially when you have an expert cosmetic doctor performing the procedure.

Dr Aaron has helped hundreds of people transform their lives by improving the shape of their nose.

Tiny needles are used to judiciously inject precise quantities of the highest quality dermal fillers in strategic locations to balance the shape of the nose.

The process has minimal discomfort, and only takes around 10 minutes.

When done by a leading nose filler specialist, it is a very safe procedure, and results can be outstanding with a very high satisfaction rate.



TIME

Treatment takes approximately 15 minutes.



PRICE

Prices start from \$990.



RESULTS

Results are immediate and last from 12-24 months.

YOUR MANHOOD

Non surgical penis enlargement procedures using dermal fillers are tried and tested, having been done extensively over the past 20 years. Dr. Aaron uses a safe approach, incorporating techniques based on those developed over 20 years of clinical research, and refined in collaboration with one of the World's leading experts in penis enlargement surgery.

Non surgical penis enlargement is all about increasing confidence. It's suitable for anyone (over the age of 18 with no serious medical conditions) wanting to quickly and safely improve the size of their penis.

Penis filler can:

- increase girth
- increase volume
- increase flaccid length

How does it work?

In general, only one treatment is needed to get a noticeable result. Anaesthetic is used to ensure maximum comfort.

Dermal fillers are injected to increase the girth (While both flaccid and erect), and flaccid length of the penis. Girth is arguably the most important measurement, and is more related to sexual satisfaction of your partner than length.

The whole procedure takes 30-60 minutes, and there is minimal downtime. Results are immediate, frequently last well beyond two years. Treatments can be repeated as necessary, so if you like it, it's easy to maintain or go bigger!



TIME

Treatment between 30-60 minutes.



PRICE

Prices start from \$4500.



RESULTS

Results are immediate and may last from 2-5 years.

SAGGING SKIN

Men develop sagging skin over time, making them look older. Folds of skin, and loss of contour and definition, along with reduced skin thickness and quality all combine to give an aged appearance. Thread lifting offers a non surgical alternative to face lifting surgery that is safe, affordable, and with minimal discomfort and downtime, to restore the youthful contours of your face and neck, in as little as 30 minutes.

Thread lifting can:

- Improve the folds around the nose and mouth.
- Restore jawline contour and definition.
- Lift sagging skin of the mid and lower face.
- Restore lost collagen; improving tissue strength.

How does it work?

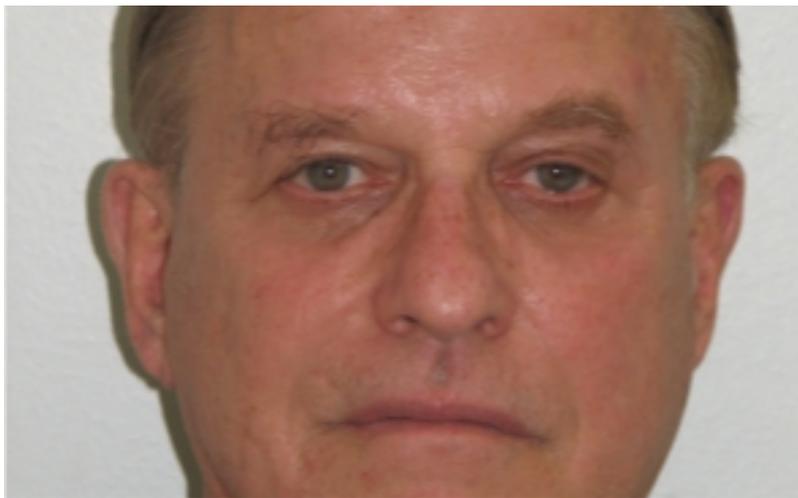
Thread lifting is performed by inserting dissolvable threads under the skin with small needles.

The areas are treated with anaesthetic, ensuring minimal discomfort. Once inserted, the skin is lifted by the threads, and nothing is visible outside of the skin.

The insertion points heal over a few days, and bruising and swelling quickly resolves. Lifting the skin immediately improves the shape, definition and contour of the mid and lower face.

Collagen is then produced by the body around the thread over 3-6 months, improving the results.

The procedure takes around 30 minutes, and when done by a leading thread lift expert, is very safe.



TIME

Treatment takes approximately 30 minutes.



PRICE

Prices start from \$3000.



RESULTS

Results are immediate and last from 12-24 months.

FACETITE

Facetite is the world's leading non surgical treatment to achieve facelift like results without expensive surgery or scars.

Using Facetite, Dr Aaron can lift nasolabial folds and smile lines, sharpen the jawline and reduce saggy jowls, and restore a youthful neck silhouette with this minimally invasive treatment that has almost no discomfort and downtime.

Facetite is the affordable alternative to surgical face lifting. It has quickly become one of the most popular treatments worldwide due to its powerful skin tightening and lifting effect that can last upwards of 5-7 years.

How does it work?

A tiny heating probe is placed gently under the skin, to selectively tighten and tone targeted areas, and reduce fullness and fat. The result?

- Sharper more youthful contours of the face and neck, all done in under an hour.
- Safe and comfortable procedure, done in under an hour.
- Affordable, non surgical alternative to a facelift.
- Minimal downtime, with most people back at work in 3-5 days.
- Can be combined with thread lifts, dermal fillers, and skin tightening for best result.



TIME

Treatment takes approximately 60 minutes.



PRICE

Prices start from \$3250.



RESULTS

Minimal downtime with results lasting up to 5-7 years.

NECKTITE

Achieve a head turning jawline and neck silhouette with Necktite.

Necktite is a minimally invasive alternative to liposuction that removes unwanted double chin fat and tightens skin. The result is a sharper and more defined jawline, and a notable reduction in double chin fat and loose 'turkey neck' skin..

- Safe procedure done using local anaesthetic, and with minimal downtime.
- More affordable than traditional liposuction, and with added skin tightening results.
- Less downtime than normal liposuction owing to the radiofrequency skin tightening, with most people back to work in 3-5 days.
- Can be combined with threads, radiofrequency microneedling and collagen stimulating treatments for the best results.

How does it work?

Necktite is a minimally invasive procedure that uses small volume liposuction combined with radiofrequency tissue heating to reduce fullness of the neck, and tighten and lift the skin.

It is done under local anaesthetic in under an hour, and is very safe, with minimal discomfort and downtime.

Unlike traditional surgery, Necktite directly improves the quality of the skin via collagen stimulation. Surgery simply removes excess skin, leaving the remaining skin in its current condition.



TIME

Treatment takes approximately 60 minutes.



PRICE

Prices start from \$3250.



RESULTS

Minimal downtime with results lasting up to 5-7 years.



DR. AARON STANES

ANTI-AGEING & COSMETIC PHYSICIAN

THANK YOU!

If a cosmetic procedure has your interest, and you want to create definition and boost your confidence without the use of surgery, then contact Dr Aaron today to arrange a consultation.

You'll have plenty of time to ask questions, and get everything you need to make the decision to proceed with your procedure.

I'M INTERESTED

BOOK NOW

