



About the Doctor

Dr. Suzanne Bentz is the Medical Director and owner of Red Mountain Family Medicine and Red Mountain Med Spa. As a board certified in Family Practice physician, she received her medical degree from the University of Health Sciences at North Texas State University in 1991 and founded Red Mountain Family Medicine in 1994. The practice has grown substantially since then, and Dr. Bentz is pleased to work with a team of talented and dedicated medical professionals who provide personalized, quality care to her patients.

The *American Board of Bariatric Medicine* has certified Dr. Bentz in bariatric medicine, which deals with the treatment of obesity and related diseases. Medical weight loss is of special interest to Dr. Bentz and she strongly believes Bariatric Physicians are the most qualified professionals to assist patients with losing weight. Dr. Bentz has helped thousands of patients lose unhealthy pounds and maintain a healthy weight. Many of her patients have lost over 100 lbs. and have successfully avoided gastric bypass surgery.

Dr. Bentz has received advanced training in aesthetics and in the use of lasers. She has been awarded Platinum Plus injector status with Allergan, the makers of Botox®, for her experience in using Botox® for facial rejuvenation. Dr. Bentz is excited to share her knowledge and expertise with her patients to help them preserve a youthful, ageless appearance.



Red Mountain Med Spa is the Valley's most luxurious spa and premier provider of non-surgical cosmetic and spa procedures. At Red Mountain Med Spa, you'll find the latest beauty and anti-aging treatments in a serene spa setting. Staffed with a well-educated and professional medical staff, this lavish spa offers a sanctuary where clients can relax, renew and rejuvenate.

Red Mountain Med Spa regularly supports numerous local children's and women's charities.

Dr. Suzanne Bentz D.O.
(Owner & Medical Director)
Diplomate, American Board of Bariatric Medicine,
Board Certified in Family Practice

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Spa Menu

Red Mountain Med Spa is the premier provider of medically supervised weight loss, anti-aging therapies, and non-surgical cosmetic procedures. We invite you to explore our complete menu of services that will further enhance your innermost beauty and outermost expression. Please contact us today to schedule a consultation.

MEDICAL WEIGHT LOSS

OUR PHILOSOPHY

At Red Mountain Med Spa we believe that beauty and good health begin with attaining (and maintaining) your optimum healthy weight. Dr. Suzanne Bentz is board certified in Bariatric Medicine, which deals with the treatment of obesity and other related diseases. She and her caring and knowledgeable staff have a special interest in medical weight loss and believe bariatric specialists are most qualified to assist patients with losing weight. Dr. Bentz has helped thousands of patients lose unhealthy pounds and maintain a healthy weight. Many of her patients have lost over 100 lbs. and have successfully avoided gastric bypass surgery.

MEDICALLY SUPERVISED WEIGHT LOSS PROGRAM

At Red Mountain Med Spa, our primary focus is to help you lose weight, reverse the effects of aging, and create a healthier you! Our programs are personalized, because everyone is unique. Patients are guided through a customized weight loss program with the expertise of a caring physician and staff. At Red Mountain Med Spa we offer a variety of services that produce maximum weight loss results.

WEIGHT LOSS MEDICATIONS

One of the first steps in successful weight loss is controlling hunger, appetite and food cravings; therefore, a number of our clients are prescribed appetite suppressing medications. Dr. Bentz and her staff carefully evaluate each patient to determine the best approach and medication to help them achieve their weight loss goal. Price: \$199 to start, which includes exam, lab work, body composition analysis, low calorie diet plan and first month's medication. Refills for medications ranges from \$65-125 per month.

HCG PROGRAM

HCG is the most exciting development in medical weight loss! This natural hormone helps you burn stored excess fat, so you can lose weight AND inches from your waist and stomach. People who've struggled with a slow metabolism, hormone imbalance, or menopause are finally losing weight and they're losing it fast! At Red Mountain Weight loss, we offer only medical grade HCG, and the only patented HCG available. Our HCG is prescribed in a liquid/sublingual form, or for your convenience, we also offer easy-to-use HCG tablets. The tablets are perfect for patients who travel frequently, or want the convenience of not having to mix or refrigerate their medication. This all-natural hormone is safe and effective for weight loss, with no stimulants to make you feel nervous or jittery. HCG liquid or tablets are convenient to use, with no risk of developing immunity (as with the injected form). Patients stay on the program continuously until they reach their weight loss goal. Our patients lose an average of 12 to 20 pounds per month! *For optimal results, the HCG program can be combined with the appetite suppressant program.* Price: The HCG program is \$375 to start, which includes your exam, lab work, body composition analysis, low calorie diet plan and first month's supply of medication. Monthly refills are \$285.

VITAMIN WEIGHT LOSS INJECTIONS

Called the "Weight Loss Shot," this safe and effective injection helps burn fat, increase energy and decrease hunger. Shots can safely be taken once or twice a week or as needed when your weight loss is at a standstill.

- Price: \$10 Single Dose
- Price: \$20 Double Dose
- Shot Card Special - \$100 – good for 12 single shots or 6 double shots.*

WEIGHT LOSS PRODUCTS

We offer a wide range of weight loss products that will assist you in your weight loss goals, such as high-protein meal replacements, vitamin supplements, and so much more!

FACIAL AESTHETICS

OUR PHILOSOPHY

At Red Mountain Med Spa we believe that when you look good, you feel good. Dr. Bentz has received advanced training in aesthetics and the use of lasers. She has been awarded Platinum Plus Injector status with Allergan, the makers of Botox and Juvederm, for her experience in using their products for facial rejuvenation. Dr. Bentz is excited to share her knowledge and expertise with her patients to help them preserve a youthful, ageless appearance.

BOTOX®

Botox is injected into muscles and used to improve moderate-to-severe lines and wrinkles. Botox successfully treats wrinkles that are caused by muscle contraction; such as frown lines, crow's feet, forehead creases and neckbands. Price: \$10 per unit

JUVÉDERM®

Juvederm is a smooth consistency gel made of hyaluronic acid – a naturally occurring substance in your skin – that is used to instantly rejuvenate a variety of problem areas. Juvederm restores your skin's volume and smoothes away facial wrinkles and folds, like your "smile lines" or "parentheses" – the creases that run from the bottom of your nose to the corners of your mouth. Price: \$400 per syringe

RADIESSE®

Radiesse is an injectable filler that replaces the lost collagen and volume, giving you the full cheeks and firm skin of your youth. Radiesse wrinkle filler does more than just "fill-in" lines and facial wrinkles – it replenishes volume and stimulates the production of your own natural collagen with results that last up to a year. Price: \$400 per 0.8 syringe/\$600 per 1.5 syringe

MICRODERMABRASION

A safe, non-invasive procedure that stimulates the production of healthy skin cells and collagen, using gentle exfoliation to abrade the surface of the skin, leaving a fresh and invigorated skin surface. Price: \$125/ \$75 add-on with purchase of a peel

DERMAPLANING

A safe, non-invasive procedure that gently exfoliates and removes the surface layer of dead skin cells. Increases cell turnover rate and removes facial hair allowing the skin to glow. Price: \$75.00 per 30 minute treatment/ \$50 add-on with another treatment

CUSTOM FACIALS

At Red Mountain Med Spa, we offer 60 minute customized facials that are tailored around your exact skin type and needs. Our patients end their session feeling refreshed and relaxed with a healthy glow. Price: Starting at \$99

CUSTOM PEEL MENU

CUSTOM PEELS (CHEMICAL PEELS AND PEEL ALTERNATIVES)

We offer customized medical strength peels designed for optimal results. These peels are great for treating acne, rosacea, sun damage, age spots, and unevenly pigmented skin. Our chemical facial peel will stimulate, firm and tighten the skin. For the best results, a series of 3-4 peels is recommended.

ILLUMINIZE PEEL BY SKIN MEDICA

The Illuminate Peel s is a non-invasive, very superficial chemical peel that utilizes milder alpha-hydroxy acid combinations to maximize skin rejuvenating effects, with mild irritation. The peel increases skin glow and radiance, tightens the skin, and improves clarity, color and skin texture. This peel is safe for all skin types and is recommended as a sun damaged skin treatment and anti-aging treatment. Price: \$100

VITALIZE PEEL BY SKIN MEDICA

The Vitalize Peel helps fight the effects of time, sun damage, and environmental assaults. This powerful, yet non-damaging peel is safe for all skin types. It is recommended as an anti-aging skin treatment, or for those with sun damaged or acne prone skin. Price: \$150

REJUVENIZE PEEL BY SKIN MEDICA

The Rejuvenize Peel has an advanced formulation of peeling agents, with built in anti-irritant and penetration enhancers. The peel provides controlled exfoliation of the uppermost, damaged layers of skin to reveal fresher, healthier skin. The peel is effective for those with sun damage, pigmentary changes, or mild acne scars and is only for those who have previously had a Vitalize Peel with no negative effects. Price: \$225

VI PEEL

The Vi Peel is a unique blend of powerful ingredients which produce dramatic results with minimal downtime.

With the Vi Peel, most patients enjoy the following benefits:

- Improved tone, texture and clarity of your skin.
- Reduction in the appearance of age spots, freckles and hyperpigmentation.
- Softened lines and wrinkles.
- Improvement of some acne skin conditions.
- Mild stimulation of collagen, for firmer, youthful skin.

Price: \$300

LASER TREATMENTS

REFIRM SKIN TIGHTENING

Revolutionary skin tightening procedure using bi-polar radio frequency energy to precisely heat the dermal tissue within the treatment area. Stimulating collagen production and producing a firming effect on lax skin. An effective treatment to gently tighten your skin. Price: \$300.00 each or Series of 3 for \$800.00

MATRIX SUBLATIVE RF

With this skin rejuvenation treatment controlled, fractional RF energy is effectively applied to the dermis, producing significant dermal impact with minimal epidermal disruption. This treatment is safe for all skin types and patients notice reduction of mild to moderate wrinkles, mild acne scars, superficial skin discolorations, as well as a smoother and tighter skin texture. Price: \$750.00 each or Series of 3 for \$1,999.00

LASER HAIR REMOVAL

Remove unwanted hair from virtually any area of the body with a specific heat energy that targets pigment in the hair. Pricing is as follows:
0 – 15 minutes \$75.00
15 – 30 minutes \$150.00
30 – 45 minutes \$225.00
45 – 60 minutes \$300.00

LASER VEIN TREATMENTS

This treatment works to reduce the appearance of small and medium size facial and leg spider veins. Superficial red veins are successfully treated with a laser, causing the veins to coagulate and shrink. Several treatments may be required over monthly intervals for the best results. Price: \$150 per session

SCLEROTHERAPY

This is a treatment that involves simple injections of a solution into spider veins and smaller varicose veins. A "sclerosing" agent is injected into the vein that eventually causes the vein to shut down, shrink and be absorbed by the body. Price: \$150 per 15 minute treatment.

IPL FOTO FACIAL

This treatment effectively treats wrinkles, hyperpigmentation, age spots, and sun damage. In addition to minimizing these imperfections, it also evens the overall skin tone and stimulates collagen production, making skin appear fresh and youthful. Prices: \$300.00/treatment or \$800.00 for a series of 3 treatments \$1500.00 for a series of 5 treatments + 5 Post-Hydration Facials

VELASHAPE II

VelaShape II is the first and leading FDA cleared, non-invasive, medical solution for circumferential reduction and the first FDA class II cleared platform for cellulite reduction, making it a true body contouring solution! VelaShape II features the revolutionary combination of bi-polar radiofrequency (RF), infrared light energies, plus negative pressure and tissue manipulation to create a reduction in the circumference of the treated area and a smoother appearance of the skin's surface. Most people experience no pain and no side effects. Price: \$200.00 per treatment or \$600.00 for a series of 4 treatments \$1,119.00 for a series of 8 treatments + 2 touch-ups

TRINITI

The Triniti Skin Series combines three of today's most effective technologies to achieve total facial renewal. Save time and get beautiful results in just three treatment sessions! Each Triniti treatment session includes: The IPL Foto Facial, Refirm Skin Tightening, and the Matrix IR Wrinkle Reduction (provides visible results to mild to moderate wrinkles). Treatment is safe and effective for most skin types. Price: \$1,000 (includes 3 treatments in one appointment)/Series of 3 Treatments - \$2,499

BIO-IDENTICAL HORMONE THERAPY

Regain your youth – Look and feel years younger!

The Natural Bio-Identical Hormone Therapy offered at Red Mountain Med Spa helps men and women experience more restful sleep patterns, greater energy and increased libido. This highly effective hormone therapy restores your natural hormonal balance for optimum health and happiness.

Our Natural Bio-Identical Hormone Therapy was created from all natural compounds that have the same molecular structure and effect as those prepared naturally by the body. They are easily metabolized by the body and help improve a variety of conditions – including weight gain, sleep issues, osteoporosis and even depression.

Patient testing and analysis are done by our knowledgeable and experienced medical staff to create the exact hormone therapy dosage that is right for you.

The Natural Bio-Identical Hormone Therapy from Red Mountain Med Spa delivers consistent, healthy levels of hormones for 3-5 months in women and 4-6 months in men. Book your consultation today, reclaim your body and return to a normal hormonal balanced life. Price: Consultation: \$125 + Lab Fees Pellet Insertion: \$250 – 450 (Women) \$400 + (Men)

MASSAGE THERAPY

At Red Mountain Med Spa, we believe that every massage should be a full 60 minutes and all massages include aromatherapy, a scalp massage and moist heat therapy, to promote deeper relaxation and well-being. We offer a variety of massages such as Relaxation, Deep Tissue, and Therapeutic. 90 minute treatments are also available upon request for an additional fee.

MEDICAL GRADE SKIN CARE PRODUCTS

At Red Mountain Med Spa we only use the finest medical-grade skin care products from companies like NIA 24, Obagi, Skin Medica, Allergan (Latisse, Clinique Medical, Prevgave MD) and others.

GIFT CARDS

Red Mountain Med Spa has gift cards available for purchase. Pick yours up today and give someone the gift of beauty. We offer gift cards in any dollar amount.

RED MOUNTAIN MED SPA CARES

Red Mountain Med Spa deeply believes in the importance of giving to a variety of causes. We support charitable organizations in the community such as the "Kids Crusade," which raises funds for three different orphanages in the Valley, Fellowship of Christian Athletes, North Scottsdale Little League, Sunshine Acres children's home, and Samaritan's Purse – Operation Christmas Child.