

PHILLY
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CENTER



Advanced Longevity &
Regenerative Medicine

The living form.

A Guide to Regenerative Aesthetics at
Philly Wellness Center.

A more considered way to age.

Aging is not one process. Rejuvenation should not be one treatment. Skin, facial movement, pigment, volume, tissue support, scalp health and overall health can each shape what you see.

The Living Form begins with the reason for a concern, then explains the treatment category that belongs to it. Some options have specific established uses; autologous approaches such as PRP, PRFM, microfat and nanofat have distinct materials, evidence and clinical considerations.

“The goal is not to ask one treatment to do every job.”

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A story of aging, then renewal.

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Aesthetic aging has layers.



Collagen & elastin

In the dermis, structural collagen and elastic fibers change with age. This may contribute to fine lines, texture, firmness and resilience.

Pigmentation

Cumulative ultraviolet exposure can affect pigment production and retention, making color variation more noticeable on frequently exposed areas.

Fat & support

Regional changes in facial fullness or position, together with deeper support, can make contours, hollows, creases or shadows more noticeable.

Expression

Repeated smiling, frowning or squinting folds skin in recurring patterns. Expression-linked lines are distinct from texture and facial fullness.

Hormones & health

Hormonal transitions and whole-body health can influence skin and hair appearance. A visible change is a clue—not a diagnosis by itself.



The mirror shows more than one story.

Fine lines & texture

Dermal collagen and elastin changes can sit alongside dryness, cumulative light exposure and daily environmental stress.

Hollows & shadows

Facial fat sits in separate compartments. Regional change can alter contour and the way light moves across the face.

Skin & hair shifts

Hormones, medicines, sleep, stress, nutrition and systemic conditions can influence how skin and hair look.

Uneven color

Pigment can become less even over time. A new or changing spot should not be assumed to be an age-related mark.

Movement lines

Repeated muscle movement creates dynamic folds; these may become more visible at rest as skin elasticity changes.

One clear next step

Identify the concern, understand the layer or context, then compare treatment categories only when they answer different questions.

Observe

Name what has changed.

Understand

Identify the layer or context.

Address

Choose the right category.

Reassess

Return to the original concern.

Foundation before intervention.

Healthy-looking skin is not a single procedure. Cleansing, exfoliation, hydration, selected topical care and thoughtful home routines can support the surface before—or alongside—more intensive care.

Professional facial care

Facial services focus on surface care and selected topical support within an in-office protocol.

Barrier-minded routine

Skincare is selected for the person, the concern and the treatment context—not as a universal formula.

Continuity

Professional facials and home care can help keep the next treatment decision connected to the original concern.



Three ways to begin with skin.

PWC signature facials begin with professional skin care. They offer different starting points for surface care, light-based support and selected topical additions—not substitute names for resurfacing or structural procedures.

Dull, dry or congested-looking skin

The Essential Reset pairs AquaFIRME cleansing and exfoliation with an Epicutis home-care edit.

Want a topical-support add-on

The Infusion Edit uses AquaFIRME facial care with topical light infusion in the approved protocol.

Want a light-based facial component

The Luminous Circuit combines AquaFIRME, red light and Epicutis within the approved facial protocol.

Texture or surface change is the main concern

Renewal review. NeoGen PSR, Nouvaderm or Rejuvapen serve a different procedure category than a facial service.



Recognize the system

Shown: the AquaFIRME workstation used in PWC facial services. Your selected facial determines the handpieces and topical products used.

Read the skin before you renew it.

Visible surface change has more than one cause. Renewal begins with a clear distinction between a cosmetic concern, a skin-quality question and a visible change that needs medical assessment first.

Rough or dull surface

Surface quality can be discussed through professional facial care or selected energy-based renewal procedures.

Pores & fine texture

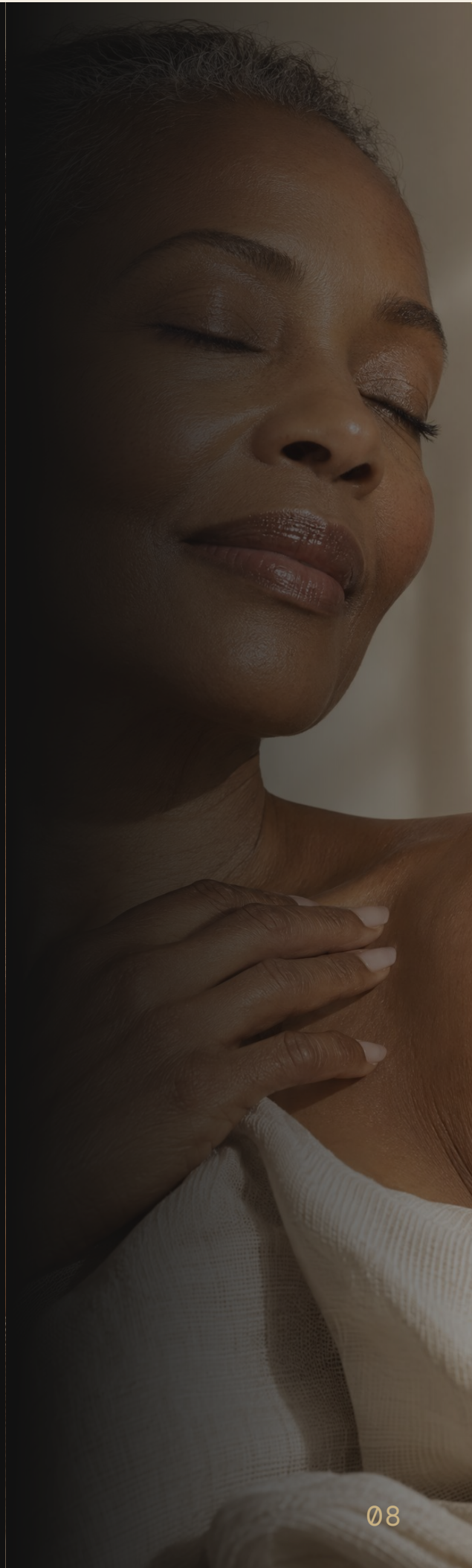
Microchannels, plasma, laser and fractional RF are different procedure categories with different instructions.

Uneven-looking tone

Color variation may have several contributors. Sun-related brown spots, freckles or selected superficial redness can bring Lumecca IPL into the assessment—after the concern is identified.

A changing spot

A new, changing, painful or undiagnosed lesion should be assessed clinically before cosmetic treatment.



How renewal changes by approach.

A treatment name does not tell the full story. The delivery method changes the procedure category, treatment-day instructions and aftercare plan.

NeoGen PSR • nitrogen plasma

A prescription dermatologic device that delivers controlled thermal energy from nitrogen plasma to skin.

Nouvaderm • 1927-nm thulium laser

A cosmetic skin-resurfacing procedure delivered by trained providers; exact suitability and aftercare are procedure-specific.

Rejuvapen NXT • powered microneedling

Powered needles create mechanical microchannels. Its precise use follows current device labeling and clinical assessment.

Renewal is not a promise of one “best” technology. It is a comparison of the procedure category that fits the concern.

The Art of Light.

LUMECCA IPL • PHOTOREJUVENATION

Lumecca is intense pulsed light for selected brown and red targets. It is color correction—not general resurfacing.

Selected color changes

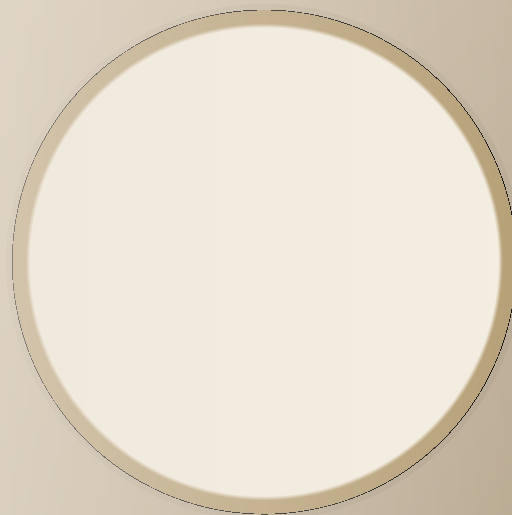
Sun-related brown spots, freckles, uneven pigment and selected superficial redness can be evaluated after a clinician identifies the concern.

A temporary visible step

Treated pigment can darken before it sheds. Flaking and light-sensitivity precautions are part of aftercare.

Different from resurfacing

Nouvaderm, NeoGen PSR and Rejuvaper are laser, plasma and microneedling categories. Each answers a different skin-quality question.



Support is not the same as surface renewal.

Radiofrequency is controlled energy. Delivery below the skin, through electrode pins or through a focused handpiece changes the procedure category.

QuantumRF · below the skin

Minimally invasive pulsed bipolar RF delivered through a cannula for a deeper procedure-based approach.

Morpheus8 · fractional RF

Electrode pins deliver RF through skin in a fractional pattern for a different level of skin procedure.

AGNES · focused RF

A provider-delivered RF handpiece for a precise, localized treatment area.

The technology name is only the beginning. Treatment area, skin type, degree of intervention and aftercare determine the experience.

Which RF treatment does what?

The delivery method matters because it changes where the energy is used, the degree of intervention and the kind of care plan that follows.

Deeper support

QuantumRF is a minimally invasive RF procedure delivered below the skin. It is not an external facial or a microneedling treatment.

Small, precise areas

AGNES uses a focused RF handpiece when the plan centers on a localized area rather than broad surface care.

Fractional RF

Morpheus8 uses electrode pins to deliver fractional RF through skin. It is a different procedure from powered microneedling without RF.

What comes next

Restore and Renew answer surface questions; Rebalance addresses movement and structural facial-use categories. Remodel has its own role.

Recognize the system

Shown: a Morpheus8 workstation. Handpiece, tip and treatment area are named in the care plan because they affect the procedure category and instructions.

The face moves, holds volume, and reflects light.

Expression and structure are different facial questions. A line caused by movement is not the same as a contour, hollow or surface-quality concern.

Expression • Xeomin

A prescription injectable for adults with specific U.S. upper-facial-line indications. A qualified healthcare professional injects it into muscles.

Structure • Bellafill

An injectable implant with specific FDA-labeled facial uses. It is a structural-material category, not an expression treatment.

Surface & support

Skin quality and deeper support remain separate questions addressed in the Restore, Renew and Remodel chapters.

Xeomin and Bellafill have different materials, intended roles and patient information. A facial plan should name the concern before it names the product.

Facial balance is a map, not a single treatment.

PWC separates what moves, what needs structural consideration, what belongs to skin quality, and what calls for an autologous-material discussion.

Expression

Xeomin belongs to the muscle-movement category for its specific labeled facial indications.

Structure

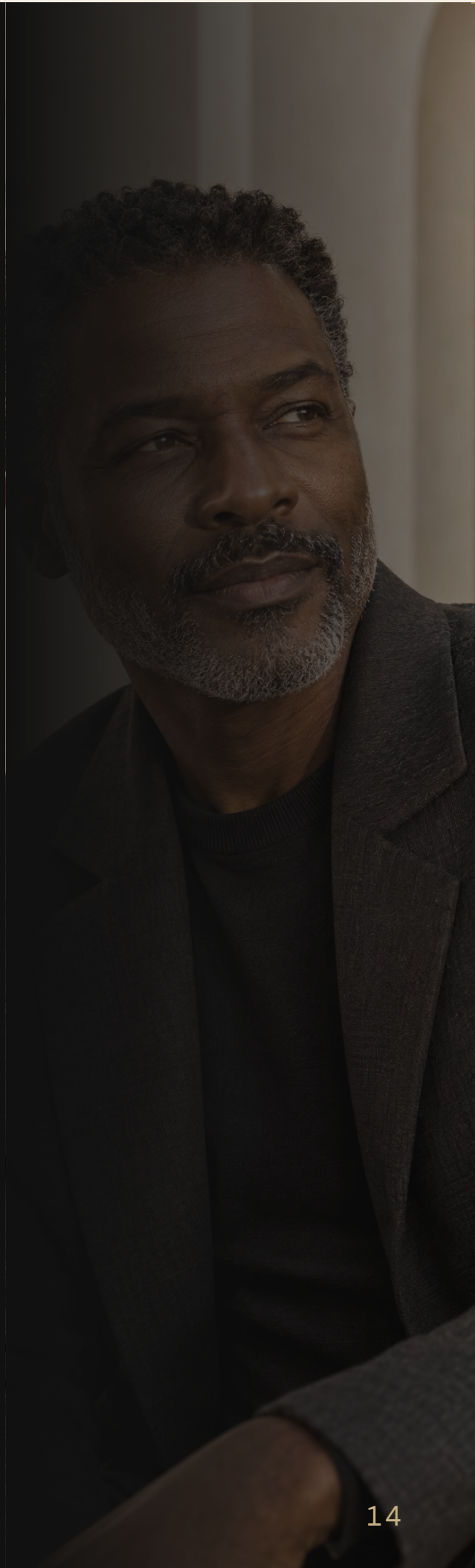
Bellafill belongs to a specific facial implant category with its own labeled-use and safety information.

Skin quality

Professional facials, skincare and selected renewal procedures answer a different set of concerns.

Autologous material

PRP, PRFM, microfat and nanofat are not interchangeable with established injectables. The next chapter explains why.



Your own material is not one category.

Autologous approaches begin with a patient's own blood or tissue, but the preparation, procedure and clinical role can be very different. "Autologous" describes the source.

PRP

A blood sample is processed to concentrate platelets in plasma, then prepared for the selected treatment area.

PRFM

PRFM uses a fibrin matrix that retains platelets. It is a distinct preparation, not simply "stronger PRP."

Why material matters

A blood-based preparation, a structural implant and a fat-derived procedure are different categories with different evidence and instructions.

Established & emerging

Some services have specific established uses; autologous and fat-derived procedures require clear discussion of evidence, alternatives and limits.

"The source of a material is only the beginning. The preparation and intended role matter too."

The autologous palette.

Microfat, nanofat and fat harvesting are connected by source material, but they are not the same preparation or treatment role.

Microfat

A patient's own fat is harvested and prepared in small parcels for a volume-focused procedure.

Nanofat

A more finely processed fat-derived preparation used in selected skin-quality and restorative procedures; it is not a structural filler.

Fat harvesting

Harvesting, processing and placement are a procedure-based sequence with their own preparation and aftercare plan.

“A careful plan distinguishes an established facial-use category from an emerging autologous procedure.”

The same principles extend beyond facial skin.

Regenerative-aesthetic planning also considers body contour, scalp and hair change, women's wellness and precise localized concerns. The question remains the same: what is changing, and which treatment category belongs to it?

Evolve

Uses RF and electrical muscle/nerve stimulation through applicators, depending on the configuration.

T-Shape 2

Combines external RF, vacuum massage and low-level laser light through a contact handpiece.

QuantumRF

A minimally invasive pulsed bipolar RF procedure delivered beneath the skin.

Mesotherapy

A clinician-directed technique whose product, route and intended role determine the specific procedure plan.

Match the body goal to the plan.

Body treatments are not interchangeable. PWC first identifies the concern, then explains the degree of intervention and the role of each technology.

Skin laxity & deeper support

QuantumRF is the minimally invasive option in this guide. It is distinct from an external device series and requires a procedure-day plan.

Cellulite appearance

T-Shape 2 combines external RF, vacuum massage and low-level laser light. Its cleared U.S. use includes temporary improvement in the appearance of cellulite.

Localized contour concern

Evolve uses external applicators with RF or electrical stimulation, depending on the PWC configuration and treatment goal.

Muscle conditioning

Evolve muscle/nerve-stimulation options are configuration-specific. They address a different goal from RF heating or a cellulite-appearance series.

“A clear plan names the concern first—then the technology and the degree of intervention.”

Hair changes need a different inquiry.

A hair plan has two jobs: understand why hair is changing, then decide whether a PWC procedure supports the plan.

PRP

A blood sample is processed to concentrate platelets in plasma. It is a blood-based scalp procedure, not a diagnosis for hair loss.

PRFM

PRFM uses a fibrin matrix that retains platelets. It is a distinct preparation with its own protocol and evidence limits.

Fat-derived procedures

Microfat, nanofat and selected fat-derived approaches require harvesting and processing.

Assessment first

Sudden shedding, patchy loss, scalp symptoms, scarring or unexplained change deserves medical evaluation before an aesthetic procedure.

The goal is a defined scalp plan, not a promise of regrowth, density or a fixed treatment response.



EmpowerRF: three applicators, three roles.

EmpowerRF is one workstation with different applicators. PWC names the exact applicator because it determines the treatment method and the applicable instructions.

FormaV

Uses temperature-controlled bipolar RF for volumetric deep heating. The precise intended use follows the current model-specific instructions.

VTone

Uses intravaginal electrical muscle stimulation. In its verified cleared configuration, it supports neuromuscular re-education of weak pelvic-floor muscles.

Morpheus8V

Uses needled fractional RF. It is a minimally invasive procedure, not the same experience as an external applicator.



EmpowerRF
system shown

What a private visit should clarify.

A women's-wellness appointment identifies the concern, confirms the exact applicator, and explains treatment-day instructions before any service begins.

Treatment experience

The visit is private and clinician-led. Preparation, sensation, aftercare and follow-up are based on the specific applicator and its current instructions for use.

What the applicators address

VTone is used in its cleared configuration for pelvic-floor neuromuscular re-education. FormaV and Morpheus8V are used only according to their current model-specific U.S. labeling.

Candidacy

Symptoms, medical and gynecologic history, and contraindications are reviewed before a procedure is selected. Some concerns need medical evaluation first.

What this does not replace

Technology does not replace diagnosis or care for new, painful, bleeding or otherwise concerning symptoms.

Small area. Precise plan.

A localized concern deserves a technology that matches its category—not a generic aesthetic answer.

ThermaVein

A single-use probe and brief energy pulse used for selected visible thread or spider veins.

CryoProbe

A very cold gas is delivered through a selected applicator for clinician-directed treatment of certain superficial lesions.

AGNES / NeoGen PSR

Focused RF and nitrogen plasma are provider-directed technologies for selected localized concerns.

A new, changing, painful, bleeding or otherwise undiagnosed lesion needs appropriate medical evaluation before cosmetic treatment.



Smooth by Design

DIOLAZE • LASER HAIR REDUCTION

Diolaze uses laser energy directed toward pigment in selected hair follicles. It is designed for the person who wants less unwanted hair over time—not a promise that every hair will disappear.

Common areas

Legs, underarms, bikini area, back and face are common treatment areas. The plan names the site, skin context and desired level of reduction.

Reduction—not total removal

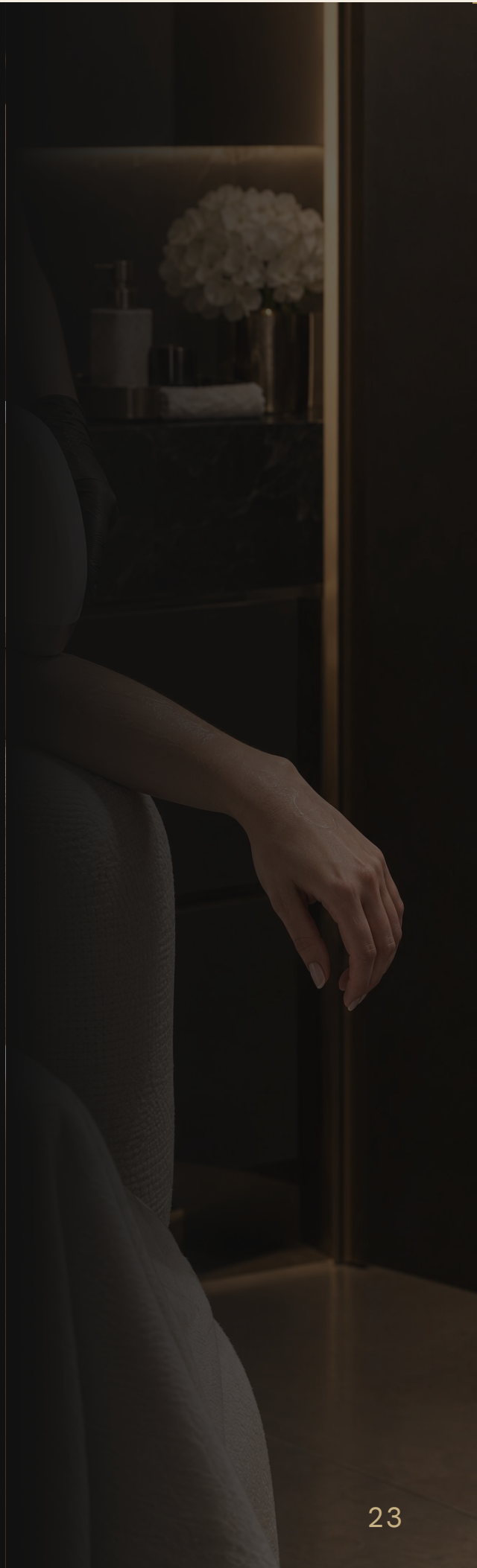
Laser hair reduction describes a long-term reduction in hair—not permanent elimination of every follicle or a guarantee of the same response in every area.

Why a series

Hair follicles cycle through growth phases. Multiple treatments are generally needed because only follicles in a responsive stage are addressed at a given visit.

Suitability matters

Hair color, skin type, recent tanning and treatment settings matter. Very light blond, white, gray and red hair may respond poorly because there is little target pigment.



One plan. Several roles.

PWC combines treatments when separate concerns need separate approaches—not to make one visit more complicated. A thoughtful protocol names the role of every element.

A

TOTAL NECK TRANSFORMATION

QuantumRF + Morpheus8 + four T-Shape 2 sessions + individualized maintenance. The full signature sequence follows on page 25.

B

FACIAL REBALANCE

Expression, structural facial-use categories, skin quality and autologous material are considered as distinct roles.

C

RESTORE + RENEW

Professional facial care and skincare can support a surface-care plan; selected renewal procedures answer a different question.

D

BEYOND THE FACE

Body, hair, women's wellness and targeted corrections use the same principle: choose the mechanism that fits the concern.

Combination care has a simple purpose: give each concern its own role rather than asking one treatment to do every job.

Total Neck Transformation.

A PWC signature sequence for a neck-and-jawline plan that brings deeper support, fractional RF and an external session series into one clearly defined protocol.

01 QUANTUMRF · DEEPER SUPPORT

Pulsed bipolar RF is delivered below the skin in a minimally invasive procedure.

02 MORPHEUS8 · FRACTIONAL RF

Electrode pins deliver fractional RF for a separate skin-quality procedure.

03 T-SHAPE 2 × FOUR SESSIONS

Four external sessions use RF, vacuum massage and low-level laser light as the PWC series component.

04 INDIVIDUALIZED MAINTENANCE

Skincare, facial support and selected in-office review are revisited according to the care plan.

This is a PWC signature sequence. Recovery pattern and result timeline vary by individual.



Long-term aesthetic care is a rhythm.

A treatment plan does not end on procedure day. It moves from assessment through care and recovery, then returns to the original concern as skin, goals and life change.

Assess	Clarify the concern, relevant history, skin or scalp context and the treatment category that fits.
Treat	Select professional facials, skincare or in-office procedures only when they answer a defined question.
Recover	Follow the procedure-specific preparation, aftercare and contact guidance provided for the selected service.
Maintain	Professional facials, skincare and selected in-office care can support an individualized maintenance strategy.
Reassess	A quarterly review may be useful for some plans; timing is individualized rather than a universal requirement.

Technologies in this guide.

QUANTUMRF

Minimally invasive pulsed bipolar RF.

11 • 12 • 17 • 18 • 25

LUMECCA / NEOGEN / NOUVADERM

IPL, plasma and 1927-nm thulium laser renewal categories.

08 • 09 • 10 • 22

AQUAFIRME / REJUVAPEN / EPICUTIS

Professional facial care, powered microneedling and selected skincare.

07 • 09

EMPOWERRF

FormaV, VTone and Morpheus8V applicator guide.

20 • 21

PRP / PRFM / FAT-DERIVED

Blood-based and autologous microfat, nanofat and fat-harvesting procedures.

15 • 16 • 19

MORPHEUS8 / AGNES

Fractional and focused provider-delivered RF categories.

11 • 12 • 22 • 25

T-SHAPE 2 / EVOLVE

External RF, vacuum/light, and muscle-stimulation body systems.

17 • 18 • 25

RED LIGHT / TOPICAL LIGHT INFUSION

Signature facial-menu add-ons within PWC facial protocols.

07

XEOMIN / BELLAFILL

Expression and structural facial-treatment categories.

13 • 14

TARGETED CORRECTIONS / DIOLAZE

ThermaVein, CryoProbe, mesotherapy and laser hair-reduction categories.

17 • 22 • 23

The technologies in this guide are selected after a clinical assessment. PWC services and protocols evolve; ask your care team about today's menu and procedure-specific care.

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Begin with a conversation.

Start with the concern you want to understand. We will help you compare mechanisms, degree of intervention and the path that fits your goals.

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