



## **VOTIVA**

### **VAGINAL REJUVENATION**



The simple process of aging affects every aspect of the body, including intimate areas like the vagina. Changes to the vagina over time can impact more than your appearance; they can also result in dryness and discomfort in this sensitive area. Now, there is a nonsurgical method of vaginal rejuvenation that reverses these changes and the uncomfortable symptoms that often accompany them. Acqua Medspa features the revolutionary Votiva for women looking to turn back the clock on their most personal areas.

Votiva is a safe, noninvasive vaginal rejuvenation treatment used to improve the appearance and function of the female private area. This state-of-the-art device corrects intimate issues that occur from childbirth or aging such as looseness and a wrinkled appearance of the labia (vaginal lips),

painful or decreased sensation with intercourse, weakening of the vaginal muscles, and mild urinary incontinence. Votiva shrinks, tightens and rejuvenates the entire area inside and out. The device uses radiofrequency (RF) energy, which emits gentle heat that stimulates collagen to remodel and tissue to shrink.

## THE AGING VAGINA

The vagina can be subject to a variety of changes over time, due to loss of collagen and elastin, drops in estrogen levels and the toll childbirth can take on the body. The vaginal lips, known as the labia, may stretch, sometimes to the point of extending outside of the body. The unsightly appearance of the aging labia may lead to acute self-consciousness for a woman when she wears tight clothing or during intimacy with her partner.

At the same time, women may experience physical symptoms associated with these visible changes, including increased vaginal dryness and irritation and decreased sexual satisfaction. In some cases, the symptoms may become severe enough to impact a woman's quality of life, keeping her from wearing certain types of clothing or participating in some activities. Fortunately, vaginal rejuvenation addresses both the appearance and the physical symptoms in a single, painless procedure.

## VOTIVA OVERVIEW

Votiva is an innovative treatment that addresses both the internal and external vaginal area without discomfort or downtime. The procedure



utilizes radiofrequency energy to deliver targeted heating to the tissue, constricting and tightening the tissue while stimulating the body to produce additional collagen and elastin. The comfortable treatment is performed right in our office on an outpatient basis without the need for anesthesia, incisions or recovery time afterward.

## HOW DOES VOTIVA COMPARE TO SURGERY?

Surgical procedures such as vaginoplasty and labiaplasty require incisions and anesthesia, which also means additional risks. Votiva is a simple, nonsurgical treatment based on RF heat. While some patients with more severe signs of aging to the vagina may benefit from surgical correction, women with mild to moderate anatomical changes, or symptoms like dryness or painful intercourse, will get sufficient relief with Votiva. In addition, by rejuvenating the tissue both inside and outside the vagina, Votiva can achieve more than just tightening and reduction commonly obtained with surgery alone.



## TREATMENT BENEFITS

A single Votiva treatment can address a myriad of feminine concerns:

- Stretched, wrinkled labia that sometimes protrudes outside the vaginal opening
- Diminished sensitivity that can affect sexual satisfaction and sex drive
- Discomfort caused by laxity of the labia and vaginal walls
- Excessive dryness and irritation
- Low self-esteem due to changes in the appearance of the vagina

Our physicians will assess your situation to determine whether Votiva might produce the best results for you. If Votiva is not the right treatment, additional methods of vaginal rejuvenation are available so that treatments can be customized to the precise needs of each patient and produce the most desirable outcome.

## PROCEDURE DETAILS

Votiva is performed without the need for anesthesia. Two different handpieces for the device allow for different treatment outcomes:

### FORMAV

This device applies consistent RF energy to both the internal and external vaginal area, tightening the inner vaginal walls as well as the labia. Women notice softer, smoother skin after treatment, with



less sagging of the labia and an improved appearance overall.

## **FRACTORAV**

This resurfacing device enhances skin tone and texture, while deeper heating stimulates additional collagen and elastin production. FractoraV produces natural, long-lasting results as it works with the body's processes to reverse signs of aging and restore youthfulness to the vagina.

These devices can be used separately or together during a single treatment session to achieve the best possible results. Nadia will assess which handpiece will work best for you based on your precise concerns and desired results.

## **COMFORTABLE TREATMENT, NO DOWNTIME**

The Votiva procedure is a relatively comfortable treatment performed in Acqua's private and luxurious treatment rooms. Our treatment specialist will review your concerns, do an examination and create a customized treatment plan just for you. A numbing cream is applied to the area to ensure your comfort throughout. One handpiece will be used to cause shrinkage and tightening of the internal muscles, while the other will improve wrinkles and skin tone. You may have either one or both used during your session, depending on your needs.

Patients can expect to feel a warm sensation during treatment with little or no discomfort during and after the appointment. The heat emitted is not intense enough to cause pain and patients may even find the warming sensation to be somewhat pleasant. Overall, the treatment is similar to undergoing your annual gynecology exam.

After treatment, patients may resume regular activities right away. You may be advised to avoid intercourse for a few days after the procedure, but restrictions on activities after Votiva are very minimal. You should not experience any discomfort that would interfere with your daily tasks and side effects from the procedure are very rare.

## **QUICK RELIEF**

Some women notice an improvement in the vaginal area immediately following their very first treatment session. However, it is more common to see positive changes in the weeks following the procedure, as collagen and elastin levels increase, and tissue constricts naturally. A series of treatment sessions is usually recommended to achieve full results, which can be very long-lasting. The number of sessions will depend on your specific treatment goals, which will be discussed at your initial consultation. Most of our patients have two to three sessions at four to six-week intervals; however, most patients experience significant results after their first treatment.



## **HOW MUCH DOES VOTIVA COST?**

Votiva fees vary based on the particular needs of each patient, but usually range from \$1,500 to \$3,000. Packages are available to reduce costs for patients requiring a series of treatments.

**If your feminine health has changed and made you self-conscious or physically uncomfortable, nonsurgical solutions are now available. Call us today at 901-522-6910 to find out if Votiva is the right choice for you.**