



LOOKBOOK





WELCOME TO OUR LOOKBOOK.

MODERN MEDICINE AND INNOVATIVE TOOLS AND TECHNIQUES HAVE

transformed the world of cosmetic enhancement, making it more convenient, comfortable, and accessible. At Eterna Cosmetic Surgery, our founder and resident cosmetic surgeon Dr. Elizabeth Hernandez is a skilled practitioner and a proactive leader when it comes to ensuring her patients have the most options, to achieve the most impressive and personalized results.

Although she is an experienced surgeon, Dr. Hernandez understands that many patients prefer nonsurgical solutions, for any number of reasons. Because her #1 goal is to help patients achieve personally-tailored results based on their own goals, she takes an innovative approach to treatment, considering how multiple procedures or techniques might be blended for each patient.





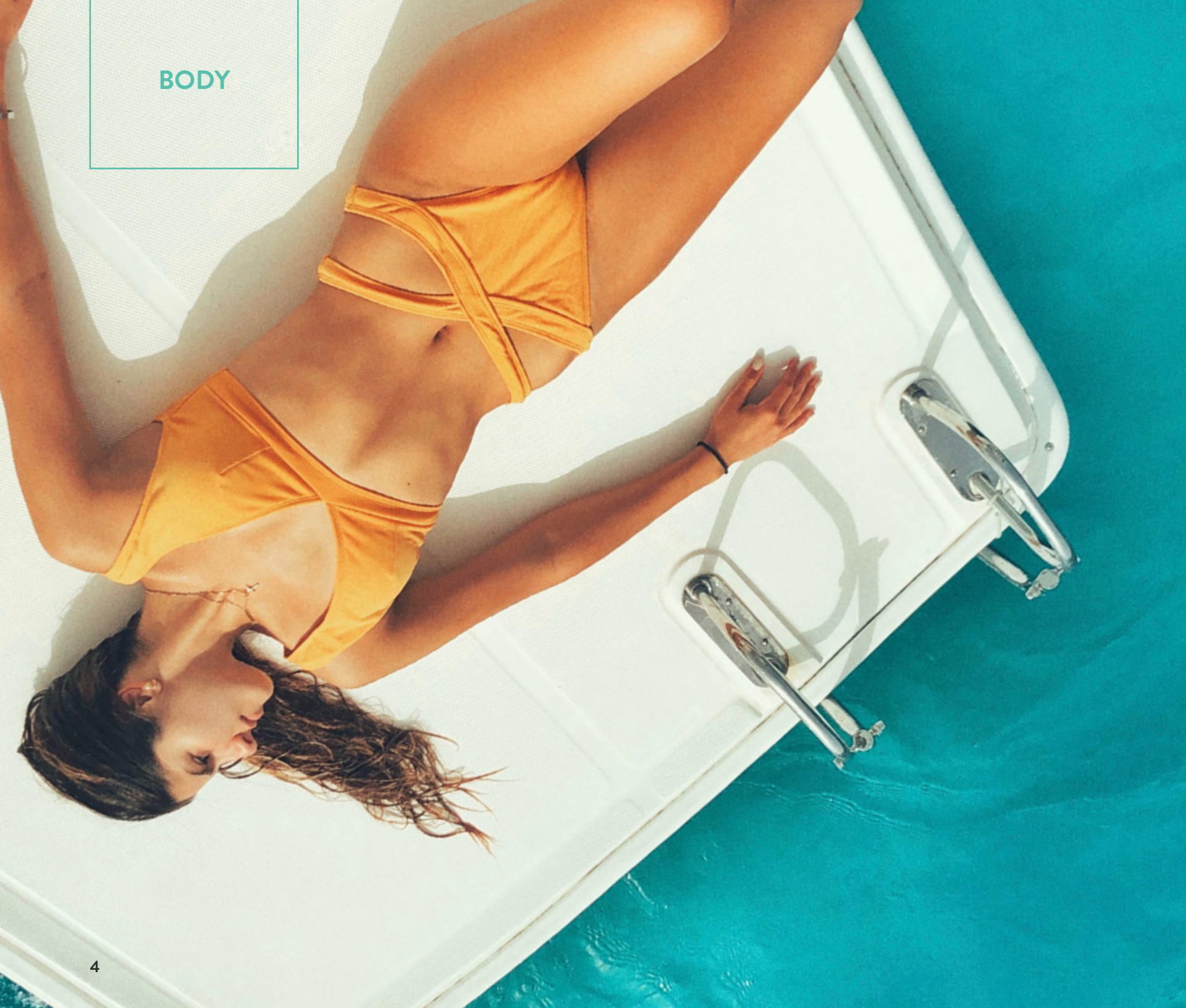
SEE FOR YOURSELF.

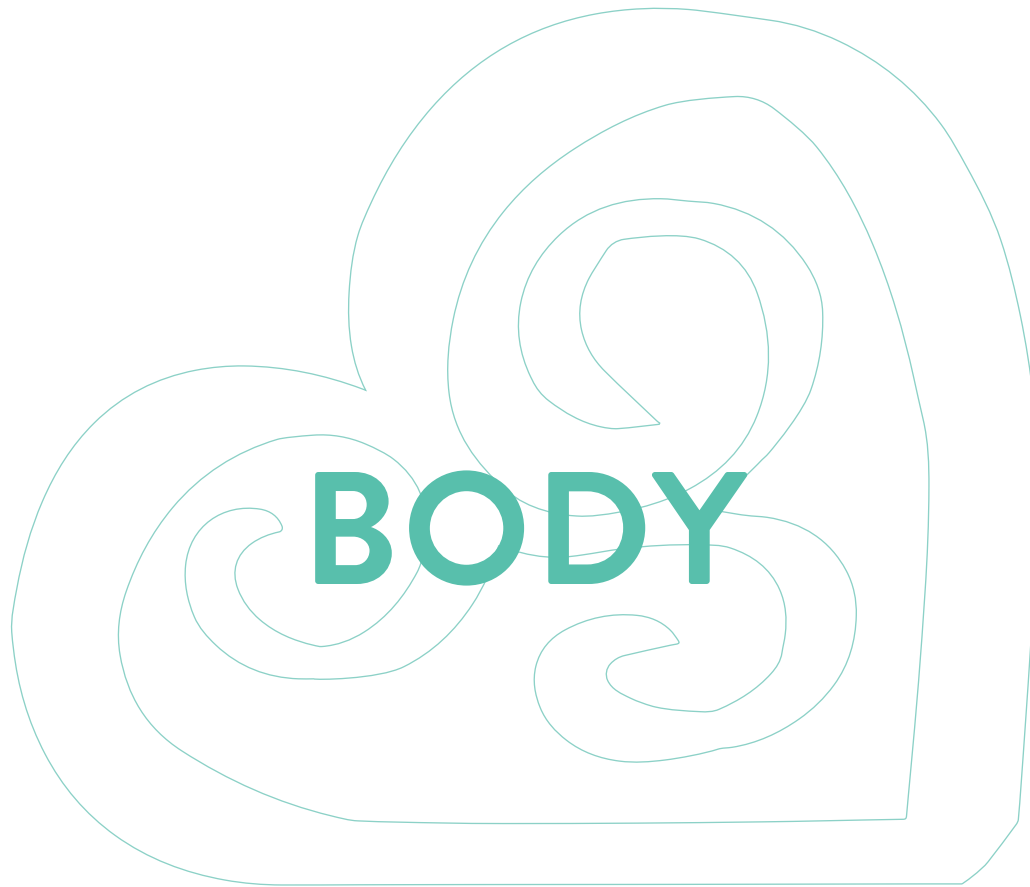
This Look Book describes and illustrates all of the procedures we offer here at Eterna Cosmetic Surgery. It explains the purpose of each procedure, what we like to call the “Eterna difference,” who is a good candidate, and of course shows before and after photographic examples of real Eterna patients.

Table of Contents

<u>Body</u>	4
<u>Breast</u>	29
<u>Neck & Face</u>	35
<u>Hand Rejuvenation</u>	53
<u>For Men</u>	57
<u>Sexual Wellness</u>	71

BODY





BODY

AccuTite



AccuTite

What does it do?

AccuTite is a nonsurgical, radiofrequency-based procedure that tightens skin, reduces unwanted fat, restores more youthful skin contours, and stimulates production of new collagen to continue the natural skin renewal process. AccuTite effectively treats virtually any part of the body:

- Forehead
- Eyelids
- Smile Lines
- Lower Face/Jawline
- Neck
- Axillae (armpits)
- Hyperhidrosis of the Axillae
- Upper Arms
- Hands
- Abdomen
- Inner Thighs
- Knees
- Calves

What makes the Eterna difference?

Dr. Hernandez blends her experience using this powerful-but-precise technology with her sense of artistry, to produce precisely targeted results. Those changes can be dramatic, but they are always natural looking.

Who is an ideal candidate?

- All adult ages and genders
- Close to your ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

BODY

AVIVA FemTite
Scarless Labiaplasty



AVIVA FemTite Scarless Labiaplasty

What does it do?

More and more women are looking to rejuvenate their intimate areas as well as the rest of their body. AVIVA FemTite is a nonsurgical procedure that restores a more compact, youthful appearance to external genitalia by reducing as much as 40-50% of excess skin on the labia majora, labia minora and mons pubis.

What makes the Eterna difference?

While Dr. Hernandez can perform surgical Labiaplasty when indicated, she understands that most patients would rather not undergo surgery. By offering AVIVA FemTite as a very viable alternative, she can help patients achieve their desired goals in a way that fits their preference and lifestyle.

Who is an ideal candidate?

- Women in their 20s to 50s with redundant, sagging or wrinkly labia
- Women who suffer labial discomfort or pain during intercourse or certain types of exercise such as bicycling, or who see an embarrassing bulge when wearing tight pants
- Close to your ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

Dr. Hernandez does recommend surgical Labiaplasty for women with torn or very large labia minora.

BODY

Body Contouring



Body Contouring

What does it do?

Sometimes, no matter how much you exercise and watch what you eat, stubborn pads of fat refuse to go away. Whether your unwanted fat is the result of aging, pregnancy, and/or weight loss, a body contouring procedure can give you a slimmer smoother shape with firmer skin. Non Surgical body contouring is safe and effective for any part of the body, including the face.

What makes the Eterna difference?

In keeping with Dr. Hernandez's desire to offer the most personalized treatment to every patient, she may recommend any one of these procedure options. Or, she may recommend a blended combination of two or more:

- BodyTite
- Liposuction

- CoolSculpting
- FaceTite
- Morpheus8
- EmbraceRF
- AccuTite

Who is an ideal candidate?

- All adult ages and genders
- Close to your ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

BODY

Buttock
Augmentation



Buttock Augmentation

What does it do?

Also known as a buttock lift or gluteoplasty, a buttock augmentation is a surgical procedure that lifts the bottom to remove the excess skin and produce a more lifted, smooth buttock contour.

What makes the Eterna difference?

Here at Eterna Cosmetic Surgery, we also offer two other procedures to enhance the appearance of your buttocks, Brazilian Butt Lift (which consists of liposuction and fat transfer to the buttocks) and filler injections, such as Renuva or Bellafill, which are minimally-invasive alternatives.

Who is an ideal candidate?

- Adults whose bottom has started to sag due to significant weight changes, aging or other factors
- Adults who wish to enlarge the overall size of their buttocks
- Close to your ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

BODY

Cellfina®



What does it do?

Few things are more frustrating than cellulite, something that challenges about 85% of adult women. Unfortunately, common cellulite “remedies” don’t really work. Cellfina® is a unique technology that uses a tiny microblade to release fibrous bands below the skin’s surface cellulite’s dimply, lumpy appearance. One treatment eliminates cellulite for up to five years.

What makes the Eterna difference?

As a woman, Dr. Hernandez understands her patients want solutions that will produce real, lasting results. While Cellfina® is the only solution that truly eliminates cellulite, Dr. Hernandez advises patients that BodyTite may also reduce the appearance of cellulite, by removing excess fat and tightening skin. She may also recommend Oraser Cellulite Control cream, a product from ZO Skin Health that works to tighten skin over time.

Who is an ideal candidate?

- Women who want to get rid of cellulite in their thighs and or buttocks
- Close to your ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

BODY

Hyperhidrosis



Hyperhidrosis

What does it do?

If you're among the 2-3% of Americans who suffer from hyperhidrosis—excessive perspiration under your arms, on your palms, on the soles of your feet, or on your face—nonsurgical treatment can transform your life. Eliminating excessive sweating can restore your confidence, improve your comfort, and protect your clothing.

What makes the Eterna difference?

- Here at Eterna, Dr. Hernandez treats hyperhidrosis in different ways, depending on location and whether the condition is mild, moderate, or severe
- Morpheus8 can permanently reduce overproduction of sweat on the underarms, face, palms, and soles after a series of 2 to 3 treatments
- Combining AccuTite with Morpheus8 permanently reduces underarm sweating, frequently with only 1 treatment
- Botox injections also work to temporarily calm underarm sweat glands

Who is an ideal candidate?

- Anyone who suffers from excessive perspiration on the armpits, palms, soles, or face
- Good overall health
- A non-smoker
- Realistic expectations

BODY

Liposuction



Liposuction

What does it do?

Liposuction is a proven surgical method for removing unwanted fat from almost anywhere on the body. Some of the most popular areas are the double chin, chest, abdomen (tummy pooch), arms, back, flanks (or love handles) and thighs.

What makes the Eterna difference?

As an experienced surgeon, Dr. Hernandez is able to use her skill to precisely sculpt contours as she removes excess fat, so results look naturally slimmer, smoother and more fit.

Who is an ideal candidate?

- All adult ages and genders
- Close to ideal weight but with stubborn remaining fat pockets (liposuction is not a solution to obesity)
- Good overall health
- A non-smoker
- Realistic expectations

BODY

No-Cut Tummy Tuck



No-Cut Tummy Tuck

What does it do?

Men and women can develop poochy belly fat and loose, saggy skin due to weight loss, pregnancy, or the passage of time, but a healthy diet and exercise cannot always fix the problem. Eterna's No-Cut Tummy Tuck with BodyTite gives patients an alternative to invasive surgery for slimming the abdomen. It is particularly effective for those with mild to moderate excess skin and fat.

What makes the Eterna difference?

Dr. Hernandez uses her unique ability to combine treatment techniques to achieve optimal, individualized results for each patient.

Who is an ideal candidate?

- All genders and skin types
- Close to ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

BODY

Scar Revision



Scar Revision

What does it do?

Surgical scar revision can significantly improve the appearance of conspicuous scars such as those caused by burns, previous surgery, or traumatic injury, including keloid (raised) and hypertrophic (thickened) scars. With this procedure, we can treat scars anywhere on the body.

What makes the Eterna difference?

As an experienced surgeon, Dr. Hernandez is able to identify which types of scarring require surgical revision to minimize their appearance and which can be effectively treated with a nonsurgical alternative procedure.

Who is an ideal candidate?

- All genders and skin types
- Good overall health
- A non-smoker
- Realistic expectations

BODY

Scarless Arm Lift



Scarless Arm Lift

What does it do?

Thanks to Eterna's Scarless Arm Lift, you can say goodbye to saggy, flabby upper arms without undergoing invasive surgery. This nonsurgical procedure removes excess fat and tightens skin to restore more youthful and toned-looking upper arms, producing surgical quality results. Without visible scars, no one will ever know it wasn't your workout routine that did the trick.

What makes the Eterna difference?

Dr. Hernandez has a special talent for blending treatment techniques to produce exponentially better results. For the Scarless Arm Lift, she uses a combination of BodyTite, Morpheus8 and liposuction as needed to achieve each patient's aesthetic goals.

Who is an ideal candidate?

- All genders, usually in their 30s to 50s
- All skin types, with mild to moderate laxity on the upper arms
- Close to ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

BODY

Smooth Thigh Lift



Smooth Thigh Lift

What does it do?

Thanks to Eterna's Scarless Arm Lift, you can say goodbye to saggy, flabby thighs without undergoing invasive surgery. This nonsurgical procedure removes excess fat and tightens skin to restore more youthful and toned-looking thighs, producing surgical quality results. And it leaves no scars to give you away.

What makes the Eterna difference?

Dr. Hernandez has a special talent for blending treatment techniques to produce exponentially better results. For the Smooth Thigh Lift, she uses a combination of BodyTite, Morpheus8 and liposuction as needed to achieve each patient's aesthetic goals.

Who is an ideal candidate?

- All genders and skin types – anyone who wants slimmer, firmer looking thighs
- Close to ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

BREAST



BREAST

Eterna Breast Lift



Eterna Breast Lift

What does it do?

Have your breasts lost their perkiness? Pregnancy, nursing, weight loss, and the simple act of aging can all cause your skin to stretch and your breasts to sag. Our Eterna Breast Lift turns back the clock so your breasts are firmer and higher once again—without the time, pain, lengthy recovery, and scars of surgery. This procedure is not for women who want to enlarge their breasts.

What makes the Eterna difference?

This procedure is a good example of why Dr. Elizabeth Hernandez pioneered the use of BodyTite technology in San Antonio. With her extensive experience using this minimally-invasive technique, she can precisely-tailor skin tightening to achieve each patient's aesthetic goals. Results look and feel entirely natural.

Who is an ideal candidate?

- Any woman (typically in her 20s to 50s) who wants to give her breasts a rejuvenating boost, without surgery
- Close to ideal weight (BMI of 30 or lower)
- C-cup or smaller
- Skin that is still elastic
- Good overall health
- A non-smoker
- Realistic expectations

Eterna Breast Lift is not for women who are pregnant or breast-feeding.

BREAST

Fat Transfer Breast
Augmentation



Fat Transfer Breast Augmentation

What does it do?

Now you can get bigger breasts without having to undergo invasive surgery to insert silicone or saline implants. Fat transfer literally uses fat cells harvested from another part of your body to enlarge your breasts. No foreign objects, and no downsides of surgery. Results look naturally curvaceous.

What makes the Eterna difference?

Using fat transfer to enlarge breasts is a leading-edge technique Dr. Hernandez recommends for patients who want a larger cup size but don't want synthetic implants. Although this is not a surgical procedure, her experience as a cosmetic surgeon enables her to create beautifully personalized results based on each patient's desired look, without significant scarring.

Who is an ideal candidate?

- Women who want to add a cup size to her breasts without using implants, and who can spare enough fat to supply the transfer process
- Women who want to replace breast mass lost due to breast-feeding
- Women who have had previous breast implants removed but want to retain the larger breast size
- Close to ideal weight
- C-cup or smaller
- Skin that is still elastic
- Good overall health
- A non-smoker
- Realistic expectations

Fat Transfer Breast Augmentation is not for women who are pregnant or breast-feeding.





FACE & NECK

FACE & NECK

Earlobe Repair



Earlobe Repair

What does it do?

For most of us, earrings are part of our look. But as we get older (or if we wear very heavy earrings), earlobes can stretch out of shape and sag. And accidents do happen, leading to tears in the lobe. Here at Eterna, we can fix those problems, so you can get back to wearing your favorite earrings in style.

What makes the Eterna difference?

As an experienced surgeon, Dr. Hernandez has the skill and deft hand to perform delicate repairs to refresh and restore earlobes to their more youthful or pre-injury status.

Who is an ideal candidate?

- All ages and genders
- Good overall health
- A non-smoker
- Realistic expectations

FACE & NECK

EmbraceRF



EmbraceRF

What does it do?

Not quite ready for a face and/or neck lift? EmbraceRF is an innovative, minimally-invasive procedure designed to tighten and smooth skin on the lower face and neck that has become damaged due to exposure to the elements, the passage of time, acne, or other factors. Embrace RF combines FaceTite and Morpheus8 technologies in a two-step treatment, giving patients the benefits of both. This procedure works on and below the surface, producing the most dramatic skin tightening results of any nonsurgical treatment or device available:

- Fine lines and wrinkles
- Sun damage
- Enlarged pores
- Acne scars
- Stretch marks

What makes the Eterna difference?

Dr. Elizabeth Hernandez was the first to introduce both FaceTite and Morpheus8 to patients in San Antonio. Her

expertise using each of these procedures and combining them in the EmbraceRF procedure is unsurpassed. She always gives patients the option to add platelet-rich plasma (PRP) treatment, to further enhance effectiveness of the Morpheus8 procedure.

Who is an ideal candidate?

- All genders
- Anyone in their 30s to 50s with early signs of aging but only moderate skin damage
- Close to ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

FACE & NECK

Facetite



FaceTite

What does it do?

FaceTite is a minimally-invasive, radiofrequency-based procedure that can produce near-surgical quality results, removing fat and firming skin to eliminate deep wrinkles, folds and lax skin on lower face and neck. We use FaceTite to restore smoother, more youthful contours on the:

- Chin (double chin)
- Jowls (jaw line)
- Neck

FaceTite also improves the body's natural skin renewal process by stimulating production of new collagen.

What makes the Eterna difference?

As the first provider in San Antonio to adopt this versatile and effective alternative to surgery, Dr. Henderson has the expertise to provide each patient with beautifully personalized results.

Who is an ideal candidate?

- All genders
- Anyone in their 30s to 50s with early signs of aging but only moderate skin damage
- Close to ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

FaceTite is not recommended for those taking certain medications or women who are pregnant or breast-feeding.

FACE & NECK

Facial Fat Transfer



Facial Fat Transfer

What does it do?

As we get older, our skin loses its elasticity and our face loses fat, causing us to look old and unhealthy. Our face may look gaunt, and the skin can appear transparent. Fat transfer uses fat cells from another part of the body to replace lost volume in the face and lift sagging skin. This nonsurgical process provides very natural looking results for patients, with no scars.

What makes the Eterna difference?

Dr. Hernandez's surgical expertise allows her to individually tailor this procedure based on each patient's current skin condition and desired results.

Who is an ideal candidate?

- All genders
- Have enough fat elsewhere in the body to supply the transfer process
- Any who wants to restore youthful facial contours
- Close to ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

FACE & NECK

Lip Augmentation



Lip Augmentation

What does it do?

A lip augmentation procedure can add youthful allure to your face and accentuate your smile. We can plump lips to make them fuller and enhance their overall shape, giving you a more pronounced pout or restoring volume lost due to aging.

What makes the Eterna difference?

Lip augmentation is not a “one size fits all” treatment, so at Eterna, we offer multiple options:

Temporary injectable fillers (Juvéderm Ultra XC, Juvéderm Vollure, or Revanesse Versa) are fast and affordable, but results last just a few months so treatments must be repeated to retain your new look.

Injectable collagen filler (Bellafill) looks very natural and can last up to 5 years.

Fat grafting (transfer), the latest (and all-natural) option in lip augmentation that provides long-lasting results.

Who is an ideal candidate?

- Good overall health
- A non-smoker
- Realistic expectations

FACE & NECK

Morpheus8



Morpheus8

What does it do?

Time, lifestyle, and the elements all conspire to wreak havoc on our skin, and not only the face. Morpheus8 is a unique procedure that blends microneedling with radiofrequency heat to gently dissolve subsurface fat and tighten skin, restoring youthful, healthy looking contours. It is an excellent choice to improve the appearance of the:

- Face
- Neck
- Décolletage
- Breasts
- Abdomen
- Waist
- Back
- Hips
- Buttocks
- Thighs
- Knees

The microneedling aspects of this procedure is particularly effective at stimulating production of healthy new skin cells.

What makes the Eterna difference?

Morpheus8 is another example of Dr. Elizabeth Hernandez's leadership when it comes to bringing the most innovative and effective body enhancement procedures to patients in San Antonio. To accelerate results, Dr. Hernandez recommends patients add PRP (platelet-rich plasma) as a final touch to Morpheus8 treatment.

Who is an ideal candidate?

- All genders
- Anyone in their 30s to 50s with early signs of aging but only moderate skin damage
- Close to ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

FACE & NECK

Nose Contouring



Nose Contouring

What does it do?

If you wish you could make changes to your nose but don't want surgery, nose contouring may be the solution. At Eterna, we can use nonsurgical techniques to correct many problems, eliminating the need for rhinoplasty surgery. You may have heard this option referred to as a "liquid nose job," because we use dermal fillers and/or Botox to produce desired results. Nose contouring is best for:

- Minimizing the appearance of bumps
- Making the nose appear straighter
- Increasing symmetry
- Lifting a droopy tip
- Diminishing "bunny lines" that appear when you scrunch up your nose

Botox are temporary, repeat injections every few months can maintain the changes.

Who is an ideal candidate?

- All ages and genders
- Anyone who wishes to make certain non-structural changes to their nose
- Good overall health
- A non-smoker
- Realistic expectations

What makes the Eterna difference?

In keeping with Dr. Hernandez's individualized approach to treatment, she may use either Juvéderm Voluma or Botox or a combination of the two for contouring. Because fillers and

FACE & NECK

Suture Suspension
FaceLift



Suture Suspension FaceLift

What does it do?

This innovative procedure is only minimally invasive, yet it can provide 50-70% as much lift as surgery, without all the downsides associated with invasive surgery. Results are very natural looking, without scars, and can last as long as 5 years. Dr. Hernandez performs this technique to rejuvenate the appearance of the:

- Brows
- Cheeks
- Jowls
- Neck

Who is an ideal candidate?

- All genders
- Anyone in their 40s and 50s who have loose skin on the face and/or neck but do not want (or are not yet ready for) facelift surgery
- Close to ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

What makes the Eterna difference?

Dr. Hernandez trained with the Surgeon who created the Suture Suspension FaceLift in order to bring this impressive option to middle-aged patients who want to look younger and re-energized without surgery.

HAND REJUVENATION





HAND REJUVENATION

HAND
REJUVENATION



Hand Rejuvenation

What does it do?

Like our face and neck, hands reveal our age. Hand rejuvenation treatment from Eterna can replenish lost volume, tighten loose, crepey skin and minimize imperfections, restoring the healthy, youthful look our hands used to have.

What makes the Eterna difference?

We offer several different options for hand rejuvenation, all of them nonsurgical and all of them effective in different ways. With advice from Dr. Hernandez, patients can choose the solution that fits their personal goals and lifestyle:

- AccuTite
- Morpheus8 (with optional PRP treatment)
- Fat Transfer
- Bellafill injections
- PRP injections
- HydraFacial MD
- ZO Skin Health hand care products

Who is an ideal candidate?

- All genders
- Anyone who wants to restore a more supple, youthful appearance to their hands
- Good overall health
- A non-smoker
- Realistic expectations

FOR MEN





FOR MEN

Body Contouring



Body Contouring

What does it do?

Sometimes, no matter how often you hit the gym and try to eat healthier, stubborn pads of fat refuse to go away. Whether your unwanted fat is the result of aging and/or weight loss, a body contouring procedure can give you a trimmer, attractively contoured shape with firmer skin. Non Surgical body contouring is safe and effective for any part of the body, including the face.

What makes the Eterna difference?

In keeping with Dr. Hernandez's desire to offer the most personalized treatment to every patient, she may recommend any one of these procedure options. Or, she may recommend a blended combination of two or more:

- BodyTite
- Liposuction
- CoolSculpting
- FaceTite

- Morpheus8
- EmbraceRF
- AccuTite

Who is an ideal candidate?

- All adult ages and genders
- Close to your ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

FACE & NECK

Double Chin Reduction



Double Chin Reduction

What does it do?

A poochy double chin can make you look older or heavier than you are, and it steals definition from your facial features. Just say no to that, with double chin reduction from Eterna. We can help you get rid of submental fat and tighten skin, if necessary, to restore a lifted, smoother, more youthful profile – no surgery required.

What makes the Eterna difference?

Since every patient has different concerns and goals, we offer many double chin reduction options. They all produce substantial improvement, but since each treatment works differently, Dr. Hernandez may recommend a combination of procedures to produce the best possible results for you:

- FaceTite
- Morpheus8
- EmbraceRF
- Suture Suspension FaceLift
- AccuTite

- Liposuction
- CoolSculpting
- Kybella injections
- Neo Firm Neck & Décolleté Tightening Cream

Who is an ideal candidate?

- All genders and skin types
- Any adult with submental fat who wants smoother, well-defined chin contouring
- Close to your ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

FOR MEN

Liposuction



Liposuction

What does it do?

Liposuction is a proven surgical technique for removing unwanted fat from almost anywhere on the body. Some of the most popular areas are the face, double chin, neck, chest, abdomen (belly pooch or love handles), arms, back, flanks, buttocks and thighs.

What makes the Eterna difference?

As an experienced surgeon, Dr. Hernandez is able to use her skill to precisely sculpt contours as she removes excess fat, so results look naturally slimmer and smoother.

Who is an ideal candidate?

- All adult ages and genders
- Close to ideal weight but with stubborn remaining fat pockets (liposuction is not a solution to obesity)
- Good overall health
- A non-smoker
- Realistic expectations

FOR MEN

Male Breast Reduction



Male Breast Reduction

What does it do?

If you're a guy with enlarged breasts, we can help you achieve a flatter, firmer chest you'll love to show off when the weather gets warm. In the vast majority of cases, this does not require surgery, although as an experienced surgeon, Dr. Hernandez performs both surgical and nonsurgical procedures. In order to produce the most effective, highly personalized results, she often combines treatment techniques:

- Male breast reduction surgery (mastectomy)
- Non Surgical male breast reduction
- Liposuction

What makes the Eterna difference?

Whatever treatment plan is right for you, you can count on Dr. Hernandez to use her technical skills and artistic eye to not only smooth your chest but precisely sculpt natural looking male contouring that will improve your confidence as well as your appearance.

Who is an ideal candidate?

- Men of any age who want a leaner, more masculine looking chest
- Close to ideal weight
- Good overall health
- A non-smoker
- Realistic expectations

FOR MEN

Nose Contouring



Nose Contouring

What does it do?

If you wish you could make changes to your nose but don't want surgery, nose contouring may be the solution. At Eterna, we can use nonsurgical techniques to correct many problems, eliminating the need for rhinoplasty surgery. You may have heard this option referred to as a "liquid nose job," because we use dermal fillers and/or Botox to produce desired results. Nose contouring is best for:

- Minimizing the appearance of bumps
- Making the nose appear straighter
- Increasing symmetry
- Lifting a droopy tip
- Diminishing "bunny lines" that appear when you scrunch up your nose

Botox are temporary, repeat injections every few months can maintain the changes.

Who is an ideal candidate?

- All ages and genders
- Anyone who wishes to make certain non-structural changes to their nose
- Good overall health
- A non-smoker
- Realistic expectations

What makes the Eterna difference?

In keeping with Dr. Hernandez's individualized approach to treatment, she may use either Juvéderm Voluma or Botox or a combination of the two for contouring. Because fillers and

FOR MEN

P-Shot® Lift



P-Shot® Lift

What does it do?

Say goodbye to erectile dysfunction with Eterna's P-Shot® Lift. Instead of drugs, this quick, safe, and highly effective treatment uses platelet-rich plasma (PRP) derived from your own blood to boost circulation and skin health for up to a year or more. The P-Shot® delivers impressive results that help improve:

- Sensation
- Size
- Ability to achieve and maintain firmness
- Angled erections

What makes the Eterna difference?


Dr. Hernandez trained with Dr. Charles Runnels, the doctor who created the Priapus Shot®, giving her the skills and experience to perform this procedure precisely as needed.

Who is an ideal candidate?

- Men of any age who want a more fulfilling sex life
- Good overall health
- A non-smoker
- Realistic expectations

SEXUAL
WELLNESS





SEXUAL WELLNESS

SEXUAL WELLNESS

O-Shot® Lift



O-Shot® Lift

What does it do?

Ladies, if pregnancies or aging have taken a toll on your sex life, it's time for the O-Shot® Lift. This simple, safe, amazingly effectively injection can boost your sexual:

- Libido
- Sensation
- Satisfaction
- Confidence

Who is an ideal candidate?

- Almost any woman, of any age, who wants a more fulfilling sex life
- Good overall health
- A non-smoker
- Realistic expectations

What makes the Eterna difference?

The O-Shot® was developed by Dr. Charles Runnels, the same doctor who invented the Vampire Facial. Both procedures use platelet-rich plasma (PRP) derived from your own blood to stimulate circulation and new cell production. Dr. Hernandez trained with Dr. Runnels himself, to ensure her patients receive full benefit of this precise treatment.

SEXUAL WELLNESS

P-Shot® Lift



P-Shot® Lift

What does it do?

Say goodbye to erectile dysfunction with Eterna's P-Shot® Lift. Instead of drugs, this quick, safe, and highly effective treatment uses platelet-rich plasma (PRP) derived from your own blood to boost circulation and skin health for up to a year or more. The P-Shot® delivers impressive results that help improve:

- Sensation
- Size
- Ability to achieve and maintain firmness
- Angled erections

What makes the Eterna difference?

Dr. Hernandez trained with Dr. Charles Runnels, the doctor who created the Priapus Shot®, giving her the skills and experience to perform this procedure precisely as needed.

Who is an ideal candidate?

- Men of any age who want a more fulfilling sex life
- Good overall health
- A non-smoker
- Realistic expectations





LEARN MORE.

This Look Book gives you an overview of the procedures we offer at Eterna Cosmetic Surgery, but we know you have more questions. You can explore specific procedures in greater detail on our website, but the best way to learn which options might be the best choices to address your personal concerns is to schedule a consultation with Dr. Elizabeth Hernandez herself. A face-to-face meeting allows you to get all your questions answered and get recommendations from a talented and experienced surgeon committed to helping you achieve the best possible results.

[Schedule a Consult](#)