

DERMATOLOGY + PLASTIC SURGERY

For Your Best Self

ANITA SALUJA, MD | REBECCA NOVO, MD

WELCOME 2021

WE HAVE ALL BEEN ANTICIPATING YOUR ARRIVAL!



Sharing our buzzworthy solutions for trending concerns:

STRESS & THINNING HAIR



We are ALL taking Nutrafol, a breakthrough formula to help reverse the root causes of non-genetic hair loss: stress & inflammation. Best results seen after 3 months and ongoing daily supplementation.

Nutrafol has Sensoril® Ashwaghandha + BCM-95® Biocurcumin + Hydrolyzed Marine Collagen + more!

Ashwaganda: a stress-adaptogen, meaning it helps our bodies improve it's response to stress...Creating a calmer, healthier you

BCM-95® Biocurcumin: a potent antioxidant combats micro-inflammation

Hydrolyzed Marine Collagen: promotes healthy hair and diffusion of nutrients

[View Product](#)

DRY, CRACKED SKIN

For dry and sensitive skin, perfect in any medicine cabinet to instantly boost hydration and repair dry skin, our two favorite products for the winter, or any travel to dryer, altitude climates:



Advanced Dermal Repair:

Vitamin C: a free radical scavenger

Vitamin E: an important antioxidant and free-radical scavenger

Fatty acids: help keep the skin moist and supple

Hyaluronic acid: retains up to 40 times its weight in water on the surface of the skin

Alastin Soothe & Protect:

Physalis Angulata Extract: a natural plant extract that helps calm skin.

Chamomile Extract: an antioxidant with calming properties.

Shea Butter Triterpenes: Soothes sensitive and healing post-procedure skin

[View Product](#)

[View Product](#)

"AT HOME" ANTI-AGING

CELLUMA LED LIGHT THERAPY

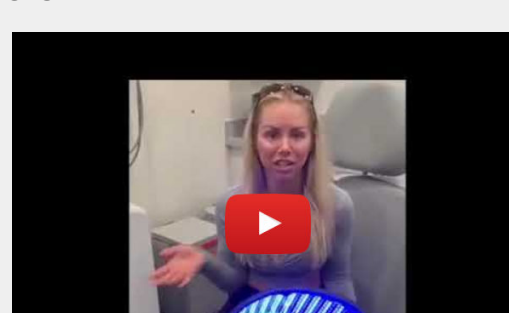
Stores are full of DIY tools for beauty & skin, however we do not endorse trying procedures at home ie, microneedling, dermaplaning "kits".

Tested, safe, and Best Self approved is: Celluma LED light therapy, for incredible anti-aging, anti-inflammatory results.

Can be applied to body from head to toe, best results are seen with consistent use weekly, after boosting with three treatments per week for four weeks:



Celluma LED Therapy - Dr. Saluja & Dr. Novo



Celluma Light Therapy Testimonial - Dr. Saluja & Dr. Novo

Call [321.241.1160](tel:321.241.1160) or email info@foryourbestself.com to order your Celluma.

Introducing Mobile Check-In

QUICK | SIMPLE | SECURE

Our practice is implementing an electronic check-in process in order to improve your overall experience. Phreesia, in partnership with Dermatology + Plastic Surgery, is excited to offer you the ability to complete the registration process prior to your appointment.

How does it work?

Prior to your appointment, you will receive a text message and/or email prompting you to check in.

Once you have opened your mobile check-in link, you will be prompted to verify your identity by answering a few security questions. This ensures that all information entered is private and secure.


During your mobile check-in, you will be presented with a series of questions related to your health. You can also sign office policies and consents as needed, and make a payment if a balance or copay is due.

Make sure you provide us with an up-to-date cell phone number and email address to streamline your arrival at the doctor's office with Mobile Check-in.


Explore us online at www.ForYourBestSelf.com!

Connect with us:

 [@drsaluja_drnovo](#)

 [@drsaluja](#)

Learn more by listening and subscribing to our Podcast

 **For Your Best Self Podcast**

6559 N WICKHAM RD SUITE C-105, MELBOURNE, FL 32940

321.395.3298