

# OUR SERVICE CATALOGUE

*Medically Managed Health Services*



Harmony Health Cosmetic Clinic



# HELLO I'M DR. SWABY

Dr. Sandra Swaby, is a Board-Certified Cosmetic Surgeon, based in Kingston, Jamaica, over a decade of experience in the field of Cosmetic Surgery.

Dr. Sandra Swaby has recently earned the title of "Physician" from the American Academy of Cosmetic Surgery, a rare distinction for Doctors outside of the United States. She is an active member of the World Association of Gluteal Surgeons WAGS. She has done training with and acquired membership at the following organizations: American Academy of Anti-Aging Medicine; American Academy of Aesthetic Medicine; American Society of Cosmetic Physicians; and American Aesthetic Medicine, as well as nanofat bioregeneration certification from the San Diego Academy of Regenerative Therapy and Stem cell therapy At Regemstem, Florida.

Dr. Sandra Swaby founded Harmony Health Cosmetic Clinic, in Kingston, Jamaica, with the mantra "Looking and Feel Great". Harmony Health is a highly patient centric practice, dedicated to loving patient care and "Body Positivity".

Dr Swaby is also a wellness coach, motivational and public speaker who has connected with audiences and individuals around the world. Apart from being a Tedx alum she shares with audiences the goodness of connecting to self, and giving ourselves permission to be enough.

**She is a proud mother, a fitness enthusiast, committed wife, loyal daughter, trustworthy friend and a child of the Universe. Namaste**

Her tertiary education tract reads as follows: Hubert Humphrey Fellow Graduate Student from Emory University in Atlanta, Georgia; Master of Public Health & Master of Business, both degrees from the University of the West Indies in Kinston, Jamaica; Medical Degree from Higher Institute of Medical Sciences in Villa Clara, Cuba; and Certificates and CEUs from many other institutions and association. Dr. Sandra Swaby specializes in natural enhancement of body and face, She has unending pursuit on continuing surgical education, and her patients trust that they're in great hands.

*Dr. Sandra Swaby*

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# WELCOME

## HARMONY HEALTH COSMETIC CLINIC

Located in the place considered the heartbeat of the Caribbean, Kingston, Jamaica, Harmony Health Cosmetic Clinic, Limited (Harmony Health) embraces the “Body Positivity” movement when it comes to cosmetic surgery. I, Dr. Sandra Swaby, an aesthetic/cosmetic fellowship trained cosmetic surgeon, and member of the America Academy of Cosmetic Surgery and the World Association of Gluteal Surgeons provide the highest standard of surgical, non-surgical, and minimally invasive treatments to help you achieve the best, harmonious, natural, and beautiful long-lasting results that you deserve.

We recognize that you have many options when it comes to selecting a cosmetic surgeon and our team values serving your aesthetic needs. Thank you for visiting our page and placing your confidence and trust in Harmony Health.

**Sandra Swaby, AACS, ACAM, A4M, ASCP, AAA, MPH, MD**  
**Founder**

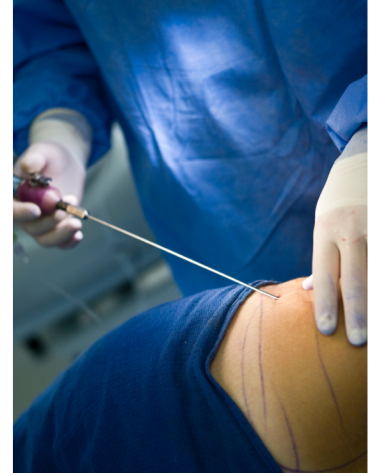
*Dr. Sandra Swaby*

# SERVICES DETAIL

## BODY SCULPTING

Liposuction (Lipo) is done to the following areas:

- Arms
- Chin
- Thighs
- Knees
- Calves
- 360 Lipo to abdomen, waistline, and back



## FAT GRAFTING

Fat Grafting is done to the following areas:

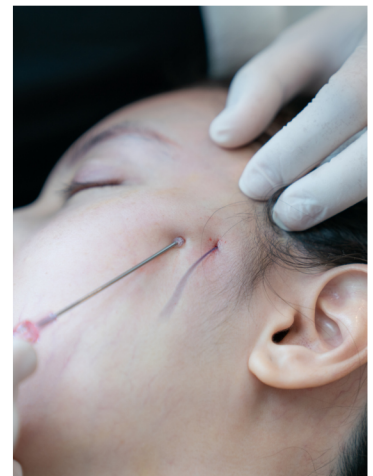
- Face
- Breast
- Hip Dips & Buttocks (BBL)
- Back of Arms
- Mons Pubis (FUPA)
- Penis (Girth Enhancement)



## PDO THREAD COLLAGEN INDUCTION

collagen Induction is done to the following areas:

- 4 Vector Facelift
- Breast lift (for plumpness)
- Hip Dips & Buttocks (BBL)
- Spiderweb Butt-lift
- Cat Eyelift
- Tear Trough Rejuvenation

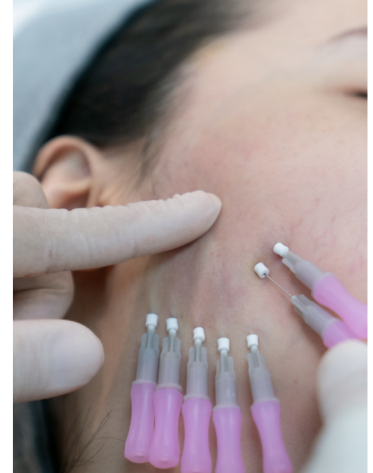


# SERVICES DETAIL

## PDO THREAD COLLAGEN INDUCTION

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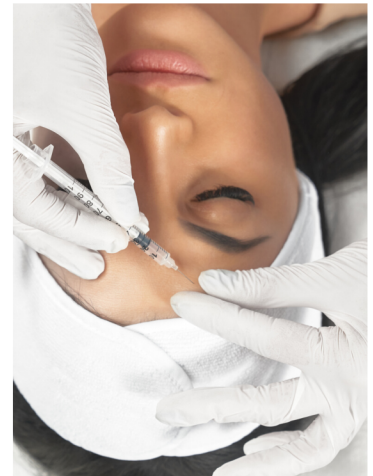
- Kissable Lips Definition
- Nasolabial Lines Volumization
- "Snatch" Chin, Neck and Jaw-line Rejuvenation
- Skin Tightening to:
  - Abdomen
  - Knees
  - Decolletage
  - Arms
  - Thighs
  - Back



## BOTOX

Botox is done to the following areas:

- Forehead & #11s
- Crow's-feet (Lateral Eyes)
- Chin
- Masseter Softening
- Platysma Muscle (Neck Bands)
- Armpits, Feet & Palms (For Excess Sweating)



## BOTOX

Botox is done to the following areas:

- Blepharospasm
- Migraines
- Bruxism (Teeth Grinding)



# SERVICES DETAIL

## STEM CELLS

Stem Cell procedure is done to the following areas:

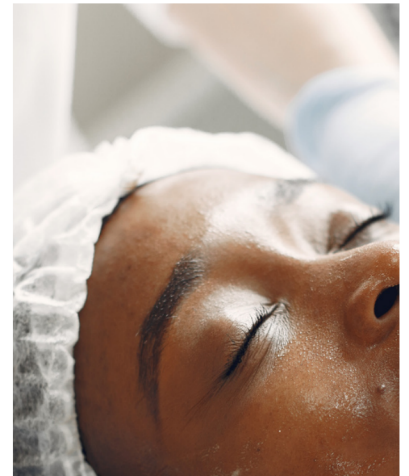
- Intravenous Infusions
- Joint Injections



## FACIALS

Facials procedure includes the following areas:

- Micro-needling with CBD oil, Hyaluronic Acid, PRP, & Skin Booster
- Vitamin C Mask for Skin Repair
- Salicylic Acid Mask for Acnes Sweating



## INTRAVENOUS VITAMINS & NUTRIENTS

IV Vitamins and Nutrients includes the following:

- NAD+
- Red Dahlia
- White Tulip
- Daisy
- Vera Immune System Support
- Areca Palm Detox
- Marigold Energizer
- Myers Cocktail
- Glutathione



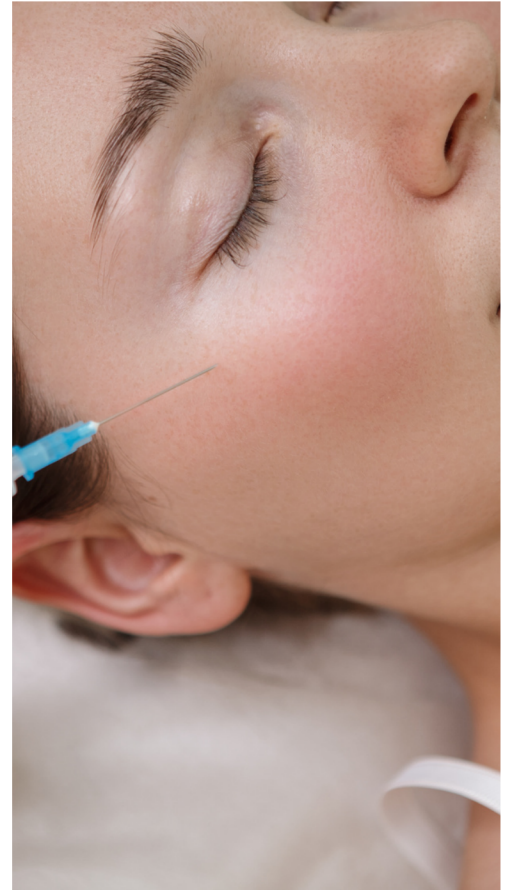
# SERVICES DETAIL

## ACID & FILLERS

### HYALURONIC ACID AND DERMAL FILLERS

As we age, the fat, muscles, bone, and skin in our face begins to thin. This loss of volume leads to either a sunken or sagging appearance of the face, fine lines, wrinkles, folds, and thin lips. Injectable HA is used to reduce the appearance of fine lines and wrinkles, facial folds, and to create structure, framework, and volume to the face and lips. See below for some reasons to get this service

- ✓ **To smooth out lines around the nose & mouth (Marionette line, smile lines and parentheses)**
- ✓ **Enhance and restore volume to sunken cheeks or temples**
- ✓ **Diminish vertical lip lines and smooth out chin crease**
- ✓ **Improve symmetry along facial features**



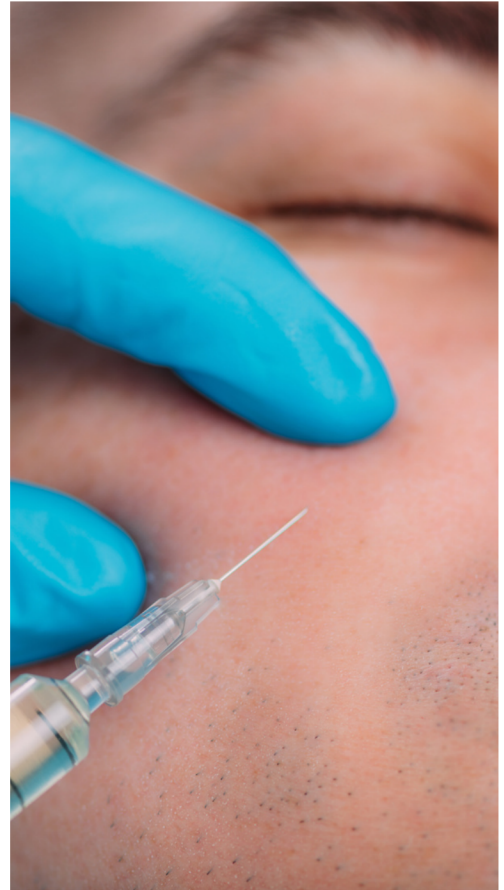
# SERVICES DETAIL

## ACID & FILLERS

### SCULPTRA FILLERS

SCULPTRA (PLLA) is a bio-stimulating treatment. Sculptra works by addressing the underlying cause of aging skin from loss of collagen. Once injected in the face (or buttocks), Sculptra stimulates the natural growth of new collagen. This leads to restoration of facial volume over time and a dramatic improvement of the skin texture. Results are natural and become noticeable after 2-4 sessions (based on individual concerns). The effects of Sculptra can last up to 25 months.

- ✓ **Poly-L-Lactic Acid to the Face  
(Stimulate your body's own collagen)**
- ✓ **Non-surgical Butt Enhancement**



# PLATELET RICH PLASMA (PRP)

Platelet-rich plasma consists of two elements: plasma, or the liquid portion of blood, and platelets, a type of blood cell that plays an important role in healing throughout the body.

## PRP TREATMENT

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- Acne & Acne scar(s)
- Facial Skin Rejuvenation
- Lip Rejuvenation
- Female Sexual Health (O-Shot)
- Female Sexual Health (P-Shot)

## PRP TREATMENT

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*Joint Injection(s)*

- Shoulder
- Knee
- Elbow
- Ankle
- Wrist

## PRP TREATMENT

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- Breast plumping (Done along with PDO threads & Fat Grafting)
- Penile Enhancement (Done along with Fat Graft to the penis)

## *LOOKING FORWARD TO WORKING WITH YOU!*

We recognize that you have many options when it comes to selecting a cosmetic surgeon and our team values serving your aesthetic needs. Thank you for visiting our page and placing your confidence and trust in Harmony Health.

Dr. Sandra Swaby

*THE SECRET OF GETTING  
AHEAD IS GETTING STARTED.  
LET'S GET STARTED!*



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