

## *Biltmore Restorative Medicine & Aesthetics' Guide for Out of Town Patients*

On your next vacation, come to Asheville where you can renew yourself mind, soul, and body. Biltmore Restorative Medicine is the perfect complement to your vacation in the mountains of Western North Carolina. While you treat yourself to the sights and sounds of Asheville and the surrounding area, treat your body to a complete restorative experience with Biltmore Restorative Medicine & Aesthetics.

Biltmore Restorative Medicine & Aesthetics is the region's ultimate medical practice for restorative medicine and hormone balancing. Through highly specialized, state of the art treatments, Biltmore Restorative Medicine & Aesthetics is dedicated to supporting out of town patients. Come visit and find out how we can help you feel better, look better, and love better!



*Dr. George Ibrahim*

### *What is Medical Tourism?*

Medical tourism is traveling to another state or country for a medical procedure. Traditionally people travel to foreign countries because their home country doesn't offer a medical procedure or their home country has more expensive procedures. It is estimated that up to 750,000 U.S. residents travel abroad for care each year. The most common procedures that people undergo on medical tourism trips include cosmetic surgery, dentistry, and heart surgery.

Today, individuals who seek a private retreat during their medical procedures are often drawn to medical tourism. Travelling patients are able to get the rest and recovery they need on their own schedule, all the while enjoying a dream travel destination.

Medical tourism's biggest risk and difficulty is the distance. It is more difficult to fully vet a doctor and facility far from home and to communicate with people that care about you after the treatments. Rest assured, Biltmore Restorative Medicine and Aesthetics offers the highest level of care. Dr. George Ibrahim is a highly regarded and trained medical professional. [link to his "About" page] The patient testimonials for Biltmore Restorative Medicine and Aesthetics speak for themselves. [link to Patient Testimonials page]

### *Asheville: A Healing Haven through the Years*

Asheville has a longstanding prominence as a haven for healing and renewal. As early as 1795, historical records document the town's widespread reputation as a uniquely therapeutic place. Wellness tourism in the area grew rapidly, especially after the expansion of the WNC Railroad line to Asheville in 1880, which made the town more easily accessible nationwide. Since then, world-renown medical professionals have been attracted to the town for its reputation as a curative place. Many boarding houses were established for patients suffering from various maladies who sought treatment in the Asheville area because of its reputed healing mountain air. Individuals seeking top of the line medical care made the pilgrimage to Asheville, many of whom were charmed

by the striking beauty of Asheville and went on to move to the area. Edwin W. Grove (of the Grove Park Inn and Grove Arcade) and George Vanderbilt (of the Biltmore Estate) were among these incomers who were originally drawn to the area for its pioneering medical care.

### *Complete Restoration on your Vacation*

Seek refuge from the fast-pace of everyday life in the mountains of Western North Carolina. The sophisticated, comprehensive treatments at Biltmore Restorative Medicine & Aesthetics coupled with the serenity and beauty of the mountain environment make Asheville a dream destination for all who want to look and feel their best.

Dr. George Ibrahim and Biltmore Restorative Medicine & Aesthetics offer state-of-the-art hormone replacement therapies and aesthetic treatments in Western North Carolina. Consultations are available by phone and skype as well as in-person, to discuss which treatment procedures are right for you. Below are a just few of the many medical, aesthetic, and sexual health services available:

#### *Platelet Rich Plasma:*

Dr. Ibrahim offers a number of treatments which use Platelet Rich Plasma (PRP). PRP stimulates the body's natural regenerative properties to rejuvenate your body. Although blood is mainly a liquid (plasma), red cells, white cells, and platelets are solids in your blood. Platelets contain proteins called growth factors. PRP treatments deliver concentrated platelets to a targeted area of your body. By drawing a small amount of blood from your arm, the blood is centrifuged to enrich the blood plasma with platelets. Platelet Rich Plasma can be used in treatments such as: the Vampire Facial, O-Shot & P-Shot, the Vampire Breast Lift, Hair Restoration.

#### *AdiPrep:*

Like sculpting you into a breathtaking piece of art, Dr. Ibrahim can shape your silhouette with a new technology called AdiPrep. This revolutionary new technology combines PRP (Platelet Rich Plasma) with stem cells. Beneficial stem cells are removed from areas you would like to decrease via a very safe and approved in-house fat removal process, and then treated and redefined. The stem cells and fat volume are then injected into the areas you would like to improve.

#### *The O-Shot for Incontinence & The P-Shot:*

As a urologist, Dr. Ibrahim has extensive knowledge on the urinary tract and the sexual health of both women and men. The O-Shot for Incontinence is a simple, minimally-invasive procedure that aims to reduce or eliminate stress urinary incontinence in women while also enhancing the female orgasm. The P-shot (Priapus Shot) procedure uses your own stem cells and growth factors to address issues that may affect men's sexual health. This procedure is virtually painless and most patients don't even realize when the treatment is taking place.

#### *The Afterglow Effect Nonsurgical Facelift:*

Achieve all the benefits of a facelift without surgery or downtime. The Afterglow Effect™ combines collagen induction therapy with Platelet Rich Plasma injections, dermal fillers, IPL photorejuvenation treatments and Protégé skin tightening.

#### *The Vampire Treatments:*

The Vampire Breast Lift is for women who would like to improve the appearance of the cleavage and décolletage. Painless PRP (Platelet Rich Plasma) injections stimulate the body's own healing powers to naturally enhance the shape and size of the breasts.

The Vampire Facelift uses an Eclipse MicroPen to create controlled micro-punctures into the skin, stimulating collagen and elastin production— perfect for smoothing fine lines, wrinkles, acne scars, and stretch marks. Micro-channels created by the treatment allow for optimal absorption of topical products

and Platelet Rich Plasma. HA fillers are then used to sculpt and soften facial features with the end result being a younger, more beautiful shape. Finally, PRP is injected into the face to promote new growth of blood vessels and fat cells, enhancing the softness created by dermal fillers to make them last longer. The PRP will also promote a rosy, more youthful tone to the skin.

The Vampire Facial uses an Eclipse MicroPen with 12 tiny microneedles to create controlled micro-punctures into the skin. Microneedling will stimulate the skin to produce collagen and elastin; perfect for smoothing fine lines, wrinkles, acne scars, and stretch marks. Micro-channels created by the treatment also allow for optimal absorption of topical products and Platelet Rich Plasma.

### *Bio-Identical Hormone Replacement Therapy*

Hormones are the chemical messengers that travel throughout the body coordinating complex processes like growth, metabolism, and fertility. Hormones do naturally fluctuate such as in puberty, menopause and before and during menstruation. External factors such as age, stress, nutrition, belly fat can also impact hormone levels. A hormonal imbalance has many symptoms such as:

- Fatigue
- Lack of mental clarity
- Lower libido
- Irritability
- Weight Gain
- Less sleep
- Acne

Hormone pellets are the highest quality, most natural way to balance your hormones. The growth hormone protocol encourages the body to make its own growth hormone; your own body is making the growth hormone.

### *Additional Services:*

Hair Restoration  
Botox  
Dermal Fillers  
IPL Photorejuvenation  
Protégé Elite Skin Tightening  
Vanquish Fat Reduction  
Ready Lozenge  
Girthmax



*Beverly Miller  
Actual Client*

### *Financing*

To give you the ultimate flexibility and options when purchasing any treatment or service, we offer our patients access to the Advance Care credit card. Advance Care offers a secure and quick online application process, instant credit decisions, no annual fee, and 14-months with no interest.

### *Preparation & Recovery*

Tailor your vacation to complement your physical rejuvenation treatments at Biltmore Restorative Medicine & Aesthetics. Most of our treatments require little or no downtime for recovery. Fortunately, the wide variety of attractions in the area make it the perfect destination for your wellness experience. For example, if your treatment results in temporary sun sensitivity, you can take advantage of indoor tourist destinations such as the famous Biltmore Estate (just two miles down the road from the office), shopping around Biltmore Village and Downtown Asheville, or the local arts and music scene.

## *Getting Here*

Asheville has three airports within driving distance. The Asheville Regional Airport has frequent daily flights to majors hubs, seasonal services to New York, and low-cost options to six Florida destinations and Washington DC. Because Asheville's airport doesn't serve every city, we recommend the Greenville Spartanburg International Airport and the Charlotte-Douglas International Airport as alternatives.

## *Accommodations*

Asheville's accommodations range from cabins to resorts, skyscraper hotels to bed & breakfast inns. Below are a few of our best recommendations, however, you can visit the Asheville Area Chamber of Commerce's searchable database for a comprehensive list.

### Courtyard Asheville

[www.marriott.com/hotels/travel/avlcycourtyard-asheville/](http://www.marriott.com/hotels/travel/avlcycourtyard-asheville/)

"Welcome to the Courtyard by Marriott Asheville NC hotel near Biltmore Estate, downtown Asheville, Asheville Mall, the Blue Ridge Parkway, and over 40 restaurants within 4 blocks of our hotel in Asheville."

Biltmore Restorative Medicine & Aesthetics has a great relationship with Courtyard Asheville and we give it a high recommendation. If you are interested, talk to us about the possibility of getting a reduced rate.

### Aloft Downtown Asheville

[www.aloftashevilledowntown.com/](http://www.aloftashevilledowntown.com/)

"Enjoy the exciting urban conveniences of downtown with a breathtaking mountain backdrop. Our Asheville hotel is located in the heart of downtown Asheville, within walking distance to dozens of restaurants, bars, music venues, art galleries and shops."

### The Grand Bohemian Hotel

[www.bohemianhotelasheville.com](http://www.bohemianhotelasheville.com)

"Nestled in Historic Biltmore Village just outside the entrance to the Biltmore Estate, the Tudor-inspired Grand Bohemian Hotel Asheville rises majestically to welcome its guests."



### Hotel Indigo

[www.hotelindigo.com/Asheville](http://www.hotelindigo.com/Asheville)

"Natural beauty and urban style combine to form an always-memorable stay at the Hotel Indigo Asheville Downtown hotel. Our thoughtful service includes an on-site concierge to help create your ultimate Asheville experience."

## *Attractions*

### Tours

Get a sense of Asheville with the aid of a tour guide. Whether you would like to zoom around on a segway through the Montford Historic District or go on a tour featuring the area's specialty food or drinks, you'll be able to see Asheville your way. You'll learn a lot about the area, have fun, and potentially meet new friends!

- LaZoom Tours
- The Brewery Experience
- Moving Sidewalk Tours
- Gray Line Trolley Tours
- Asheville Food Tours
- Pubcycle Tours of Downtown Asheville

## Shopping

Asheville is the perfect spot for any shopping connoisseur because it has everything! From local, hand-crafted furniture to the latest fashions of world-renown brands, you'll find it all in the wide variety of shops and retail areas that Asheville has to offer. Below are a few places to prioritize as you shop.

- Biltmore Village
- Downtown Asheville (Woolworth Walk, The Grove Arcade, Kress Emporium)
- Asheville Outlets
- The Folk Art Center
- Biltmore Park
- Black Mountain
- The River Arts District

## Craft Beer

If you haven't already gotten your fill of craft beer on one of the brewery tours above, explore the Asheville craft brew scene that it is so famous for. Starting in 2009, Asheville has been named "Beer City USA" almost every year. Come see what it's all about!

- Asheville Brewing Company
- Highland Brewing Company
- Wedge Brewing
- Green Man Brewery, The Green Mansion
- Wicked Weed Brewing & Funkatorium
- Hi Wire Brewing
- Catawba Brewing

Not a beer fan? Don't worry! Asheville also has several wineries in the area for you to try out.

## Adventures Guides

Surrounded by the beautiful Blue Ridge Mountains, you would be remiss to visit Asheville and not take advantage of some of the many outdoor adventure opportunities. Now, whether your version of an outdoor adventure takes the form of a short hike or an extreme rock climbing challenge is completely up to you!

- Ziplining- Navitat, Asheville Adventure Center
- Rock Climbing at Chimney Rock
- Smoky Mountain Adventure Center
- Kolo Bike Park
- Pisgah Mountain Bike Adventures
- ClimbMax

## Restaurants

Asheville is a foodie's paradise. You can get a true down-south eatin' experience or an eclectic twist of international flavors all on the same city block!

- Table
- Limones
- Early Girl Eatery
- The Admiral
- Sunny Point Cafe
- Tupelo Honey Cafe
- Nine Mile
- Bouchon
- White Duck Taco
- Zambra



### Health and Wellness Activities

Round out your wellness retreat by considering yoga or spa treatments. While you are pampered by a renewing, restorative treatment with Biltmore Restorative Medicine and Aesthetics, you can incorporate yoga and spa treatments to enable you to wholistically rejuvenate yourself mind, soul, and body.

- Black Mountain Yoga
- Asheville Community Yoga
- The Spa at The Omni Grove Park Inn
- Shoji Retreats
- Still Point Wellness
- Asheville Salt Cave

Find more information about planning your visit at the Asheville Chamber of Commerce website.

*[www.ashevillechamber.org/asheville/visit](http://www.ashevillechamber.org/asheville/visit)*