

Medi Spa Hello April



There is no fooling; April is blooming with all the best promotions for all the best celebrations. We're gearing up for Easter, graduation, Mother's Day, prom and wedding season; all of which require that you look and feel your absolute best. And let's not forget that your health and well-being crave self-care, so a trip to the med spa is just the ticket. We hope April is full of all things that bring you joy. See you soon!

Treatments Featured This Month

Reverse Signs Of Aging

Facial Fillers To The Rescue

Remove wrinkles and soften the texture of your skin with facial fillers. Enter spring with renewed youthfulness!

Purchase any dermal filler and receive a complimentary gift card!



Picture Perfect

Graduation And Prom Events

A healthy, clear complexion will give you confidence. If your skin isn't up to par, come in for skin-perfecting treatments!

Purchase a graduation or prom experience and receive a FREE beauty bag!



**Prepare For Your Big Day
Attention, Brides And Grooms**

Look and feel your best with bridal (and groom) makeovers that can address anything from head-to-toe.
Contact us for a complimentary consultation!



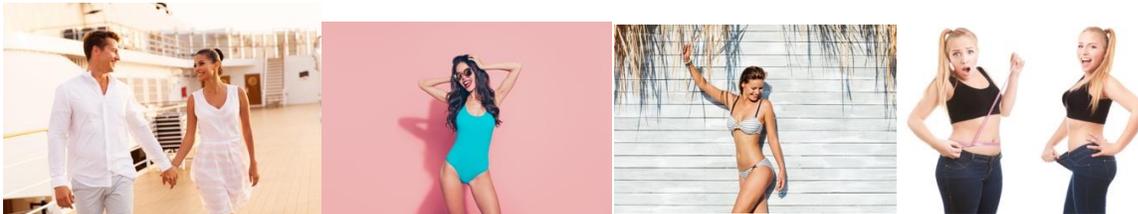
**To Mom, With Love!
Anti-Aging She Deserves**

Spoil mom with an anti-aging experience and restore youthfulness for Mother's Day! Choose from several experiences including fillers, injectables and Botox.
Spend over \$200 and you will receive a FREE gift just for mom!



**Reshape Now For Summer!
Improve Shape And Tone**

Tighten and smooth with body contouring. Remove stubborn pockets of fat for a more defined and slender physique!
Reserve a consultation today!



How Laser Body Sculpting Works To Reduce Fat

If you've spent any time in a health club or gym, you've probably noticed a wide variety of body shapes in a short amount of time. Some people are simply prone to carrying more fat.

In fact, there are nine pockets of fat that do not respond well to diet and exercise. That means no matter how much you diet or how much you hit the treadmill, you will not see the results you wish for.

The ideal treatment for these stubborn areas is (put your laser name here -- laser body sculpting). The (put your laser name here -- sculpting laser) works by permanently destroying fat cells through a diode laser. We've outlined the top three advantages of laser body sculpting:

1. Fast and easy treatment

You can expect to complete your treatment within 30 minutes; less time than you spend at the gym! Following just one session, you will begin to see results within 6-8 weeks. Depending on your desired results, it's possible you may not even need more than one session. You can't get much better than that!

2. Zero downtime and minimally invasive

Since laser body sculpting is minimally invasive, there is zero downtime immediately following the treatment. Return to your regular routine and lifestyle with no restrictions!

3. Results are permanent

This is the greatest advantage of laser body sculpting. You are getting to the root of the problem by destroying and removing the fat cells. Once these cells are gone, they do not return!

Clients are raving about laser body sculpting. We would love to see you get the body you deserve. Reserve a complimentary consultation with us to learn more and find out how you will look without that excess stubborn fat.



Be Hair Free With Laser Hair Removal

Laser hair removal is by far the darling of hair removal options. We see many clients every day that rave about their newfound freedom from shaving. And we agree! Once you discover the beauty of laser hair removal, you'll never go back.

Laser hair removal can be a lifesaver for those suffering from frustrations with hair removal and the annoying side effects of shaving. Below we detail the top three problems that laser hair removal can solve:

1. Ingrown hair

Ingrown hair can be unsightly and frustrating, especially when it's in the bikini line or underarm area. When hair is cut where it exits the skin, as in shaving, it can curl back and start growing inwards. If you suffer from ingrown hair, laser hair removal is the perfect choice to solve this vicious cycle. Because hair is removed at the follicle, it removes the potential for ingrown hairs. Game-changer!

2. Razor burn and bumps

Everyone has experienced razor burn at one time or another, but there is a percentage of the population that deals with this on a daily basis. Shaving is typically the culprit here. The more thick and coarse your hair is, the more you are at risk of developing burn and bumps. These can be painful and embarrassing, especially if you plan to wear a swimsuit. Laser hair removal removes the hair at the follicle so that you never have to deal with razor burn again.

3. Unwanted hair

There are a number of women who experience stubborn facial hair. It can be one or two very coarse hairs that continually reappear every few weeks or it can be more of a pesky peach fuzz that just doesn't belong. Either way, laser hair removal can address both by removing the hair at the follicle. Men that experience unwanted facial hair growth can benefit from laser hair removal as well.

If you have hair concerns and would like to find out how laser hair removal can help, please reserve a complimentary consultation with us! It will be the best decision you make!



April Inspiration. A highlight of products and things we love this month.

(These can be personalized or use suggestions)

Product We Love: Lavender Essential Oil



April is National Stress Awareness Month. Your home should be a calming oasis, especially when you return from a stressful day of work or fall into the couch after dealing with the kids all day. Lavender essential oil is your friend and your mental health mediator. Lavender calms and soothes and is the perfect addition to your evening routine. Use a roller ball to rub into your skin or diffuse it for the whole family.

Music Playing While We Work: “Happy,” Pharrell Williams



We dare you not to dance (or at least tap your foot) when this song comes on. It’s a mood-booster for sure!

What We’re Crushing On This Month: KonMari



The world has fallen head over heels for organizing genius and “Tidying Up” star, Marie Kondo. Who can blame them? We love the concept that organizing your home directly translates to a more organized and joyful life. What are you waiting for? Clear out that clutter and see if it helps other aspects of your daily routine.

April Self-Care Tip: Start Your Day With Something Pleasant



A cup of coffee or tea. A few pages in a book. A snuggle with your pup. Whatever you find pleasant, do that. Beginning your morning with something positive can start your day on the right foot.

April Recipe:



Grilled Buffalo Chicken Tacos

Grill night! This would make a great salad too.

Ingredients

2 (6-ounce) skinless, boneless chicken breast halves

1/8 teaspoon kosher salt

1/4 teaspoon black pepper

2 tablespoons hot sauce (such as Frank's Red Hot)

1 teaspoon unsalted butter, melted

1/2 teaspoon ground red pepper

2 tablespoons buttermilk

2 tablespoons mayonnaise

1 ounce blue cheese, crumbled (about 1/4 cup)

2 cups shredded romaine lettuce

1 small celery stalk, thinly sliced

8 (6-inch) corn tortillas

Directions**Step 1**

Heat a grill pan over medium-high heat. Cut chicken in half horizontally to form 4 cutlets; sprinkle chicken with salt and black pepper. Arrange on greased pan. Cook 2 to 3 minutes on each side or until done. Remove from pan; thinly slice. Combine hot sauce, butter and red pepper; stir with a whisk. Add chicken to bowl; toss.

Step 2

Combine buttermilk, mayonnaise and cheese in a bowl, mashing with a fork. Add lettuce and celery to bowl; toss.

Step 3

Warm tortillas according to package instructions. Divide chicken mixture evenly among tortillas; top with lettuce mixture.

* Recipe courtesy of MyRecipes.com