

## March 2020 -- Medi Spa Newsletter Content

### Springing from Winter to Warm



Psst: there's something in the air. Each day, the sun is up a little bit longer, and the temperature grows a little bit warmer (if you're lucky). Read on for tips to an inspirational spring transition!

### A Product We Love

Changing environments, seasons and hormones that cause ever-changing skin are a given. How you modify your regimen based upon your needs is key to getting a skin care "boost." Diminish the appearance of wrinkles and imperfections while improving firmness with a Retinol Booster. This creamy product offers an intense, yet gentle, renewing action. You will achieve rapid and visible skin tone results as you stimulate collagen production and even treat acne. It's time to up the ante against aging and rediscover successful skin care!



## Treatments Featured This Month



### Putting Your Best Face Forward

This year, greet spring looking your refreshed best with a little help from Botox. Wrinkles, frown lines and crow's feet will be smoothed in one treatment, and you'll be ready to sashay in spring!

**Contact us today to reserve your Botox treatment.**



### Get Warm-Weather Ready with Body Contouring

It's that time of year: heavy winter clothes are being swapped out for lighter ones, and you'll soon be showing a bit more skin. If some unsightly bulges have got you down, consider battling your pockets of fat with Body Contouring.

**Contact us to learn more about this fat-reduction treatment and hear about other special offerings.**



## Sun, Sun, Sun: Here It Comes

March is here and, let's be real: before you know it, we'll be smack-dab in the middle of summer. Now is the time to formulate a head-to-toe plan to be ready for longer days and stronger rays.

We trust you already have a sunblock that you use every day, rain or shine. If not, stop by. (And don't forget your neck!) There's no real need to go over SPF 30, and it should feel good on your face rather than greasy or heavy.

But don't forget that your scalp and hair need protection, too — especially locks that are color treated. Hair mists and leave-in conditioners can protect from UV damage and add hydration to counter the drying effects of the sun. Finally, top off all your efforts with a cute hat, which can protect your face and hair while making a fashion statement. Hint: raffia is all the rage this season, and the natural, straw color goes with everything!

In terms of medi-spa services that will help you get ready for spring, consider IPL (intense pulsed light) facial therapy. Sometimes referred to as a photofacial, it's a targeted and painless way to treat skin challenges such as sun damage, rosacea, acne scars, age spots, wrinkles and even unwanted hair. During the treatment, a handheld device delivers pulses of broad-spectrum light to the skin on a molecular level. Because IPL is noninvasive, there's very little downtime, so you'll be feeling and looking great quickly. In fact, makeup can be used right away — as long as it's applied and removed gently.

If you're interested (and, who isn't interested in more radiant skin?), talk with your trained skincare specialist to learn all of the details. If you decide to move forward with IPL, avoid direct sunlight, tanning beds, collagen injections, chemical peels, aspirin and ibuprofen for the two weeks prior to your treatment. Toned body, toned skin: if these are summer goals, the time to begin working toward them is now.

Al fresco dinners, barbeques, pool parties and the beach: if you're lucky, these outdoor activities are all on the horizon. Take steps now, both at home and at the medi-spa, so that you're ready when it's time to put on the tank top, the bathing suit, the flip flops. Summertime: ready or not, here it comes!



## **Yes, You Really Should Be Outside**

It's so important to step outside.

You'll feel better. Time after time, studies have shown how being outside decreases levels of cortisol, the body's main stress hormone. Your heart rate will also go down, along with levels of inflammation. And, while it may seem counterintuitive, taking a walk will actually increase your energy levels. The next time you're tempted to indulge in an afternoon nap, try taking a walk instead and gauge its effect.

In addition to these physical perks, you'll also gain some mental benefits. Time in nature often eases common mental health issues such as anxiety and depression. Taking a break from the nonstop deluge of information and letting our minds wander can have surprising value.

So, go ahead: lace up some comfy shoes and head outside. We invest so much in looking our best; let's remember also to devote time to feeling our best.

**Quote about spring:**

"The earth laughs in flowers." -- Ralph Waldo Emerson

