

Med Spa

## Welcome to November



Make your holidays the happiest with the biggest savings of the year! Client favorites are back, including the best-selling gift cards special for Black Friday. We can hardly contain the excitement!

We are here to help you relax, recharge and revitalize so that you can enjoy what's most important (and we aren't judging if that is sipping a cocktail after being with family all day!). We wish you a very Happy

Thanksgiving!

See you soon!

### Treatments Featured This Month

#### **Black Friday Gift Card Promotion The Best Sale of the Year is Here!**

It only happens once a year; don't miss out on these famous Black Friday gift card offers! Purchase \$100 in gift cards and receive four \$25 gift cards for FREE!

**Black Friday starts on Wednesday here!**



### **Small Business Saturday**

**A Steal of a Deal When You Stop in the Medi Spa**

30% OFF all treatments! No limit!

**Finish your holiday shopping in one stop!**



### **Cyber Wow for Cyber Monday**

**Purchase a \$200 Gift Card and Receive a \$50 Gift Card Free!**

Who said shopping had to be stressful?!

**This offer is only available online!**



### **Revitalize and Renew This Season**

**Anti-Aging, Botox, Dermal Fillers, Oh My!**

Let's all agree to take care of ourselves this holiday season!

**Purchase an anti-aging package and receive a complimentary product sampler gift basket!**



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### **Take Time for Gratitude and Giving**

Most of us get a sense of gratitude and thanks at Thanksgiving, but this year we are challenging you to keep gratefulness in your heart past the holiday season. Thanksgiving has become overrun with holiday sales and commercialism. Don't get us wrong, we love a great shopping opportunity as much as anyone! But this year we started thinking about simple ways to give thanks and verbalize it daily (not just during the holidays). We've shared the list below and hope you'll accept the challenge!

1. **Random Act of Kindness**

We're talking about an anonymous act of kindness; nothing in it for you except that warm feeling deep down in your heart.

2. **Share a Smile**

When you're out shopping, at the gas station or on a walk, instead of looking down at the ground, raise your head and smile. It costs nothing, but can brighten someone's day within seconds.

3. **Make an Effort to be Friendly**

Soothe tension and awaken inner beauty with the euphoric scent of eucalyptus. Exfoliate dryness, eliminate toxins, and fall in love with velvety smooth skin.

4. **Give Back to Your Community**

Volunteer your time at a local charity, or get involved with the senior center or schools. If you have children, get them involved too so they can experience the spirit of giving.

5. **Love Your Family and Friends**

Or at least verbalize it more often. Sometimes we forget that just telling someone how we feel is important. Call your parents, or give your kids an extra-long hug. You get the idea!

We hope this inspires you to show kindness and love each day, not just on Thanksgiving!



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## How to Get a Fresh, Youthful Face for the Holidays

The countdown is on for holiday parties, company parties and dinner parties. All the parties! The most important question, however, is how will you look your best? Lucky you, we have the answer! There is still time to get a fresh, youthful face with these favorite anti-aging treatments.

1. **Dermal Fillers**

These can be done over a lunch break, and you will see results immediately. Dermal fillers are the most popular anti-aging treatment at the med spa, and for good reason; the results are fabulous!

2. **Botox**

Need a hard reset on those wrinkles? With Botox, they will have vanished by party time. We don't blame you if you keep glancing in the mirror at your newfound youth!

3. **Hydrating Facial**

Exfoliate and extract dead skin cells for a rejuvenated, youthful glow! A hydrating facial combines relaxation and cleansing for easy party prep. If you're a procrastinator, this is the treatment for you. It can be done days before a big event with beautiful results!

4. **Chemical Peel**

For a radiating glow, choose a chemical peel. You will brighten your skin and improve your complexion immediately.

If you're serious about anti-aging, consider combining a couple treatments for best results. We can recommend what's best based on your skin type and event date. Give us a call to get a fresh face for your upcoming holiday party!



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



(These can be personalized or use suggestions)

**Product We Love: Moisturizer**



Perfect for the approaching cold weather months, ultra-soothing balm restores moisture and balance to the skin. A moisturizer is significantly more effective than lotion or cream at nourishing all layers of the skin for deep, lasting hydration you can feel and see.

### **Music Playing While We Work: “Bittersweet Symphony” by The Verve**



Because it’s “Bittersweet Symphony.” We could listen to this on repeat.

### **What We’re Crushing On This Month: All Things Plaid**



There is something about plaid that gives us that cozy, curl-up-on-the-couch feeling. Start a fire, mix a hot toddy and snuggle up in a plaid throw, plaid slippers or a plaid sweater (or all three!).

### **November Self-Care Tip: Schedule Alone Time**

November and December are full of fun activities, family get-togethers and holiday gatherings. You should soak it all in and enjoy it. But don't forget to take time alone - no kids, no spouse - just you. Schedule it into your calendar and choose to do something you really enjoy.



### **The Monthly Make You Smile**

Ready for some Black Friday shopping?



### **November Recipe:**



### **Butternut Squash Soup**

Warm up with this delish soup that couldn't be easier!

#### **Ingredients**

1 large butternut squash (about 3 pounds), halved vertically and seeded

1 tablespoon olive oil, plus more for drizzling

½ cup chopped shallot (about 1 large shallot bulb)

1 teaspoon salt

4 garlic cloves, pressed or minced

1 teaspoon maple syrup

⅛ teaspoon ground nutmeg

Freshly ground black pepper, to taste

Up to 4 cups (32 ounces) vegetable broth

1 to 2 tablespoons butter, to taste (substitute olive oil for dairy free/vegan soup)

**Directions**

Preheat the oven to 425 degrees, line baking sheet with parchment paper. Rub oil over the inside of the squash; sprinkle it with salt and pepper. Roast squash face down for 45-50 minutes. Let cool and scoop flesh into bowl.

In skillet or soup pot, warm olive oil over medium heat until simmering. Add the chopped shallot and salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently.

If you have a high-performance blender like a Vitamix, transfer the cooked shallot and garlic to your blender. Add the reserved butternut, maple syrup, nutmeg and a few twists of freshly ground black pepper. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line. Blend until creamy. Serve immediately.

\* Recipe courtesy of [cookieandkate.com](http://cookieandkate.com).