

Medi Spa
Happy September



September welcomes autumn and all the deliciousness that comes with it. It's a great time to enjoy nice temperatures and outdoor activities as we celebrate the unofficial end of summer with **Labor Day**. Reward yourself for a job well done during **Self-Improvement Month**. Don't ignore your skin, body, mental state or lifestyle. We have specials this month to embrace the season the only way we know how: with **reshaping** and **repairing** treatments! Looking forward to seeing you!

Treatments Featured This Month

**Get A Youthful Glow For Fall
Anti-Aging Skin Care Treatments**

This fall, make rejuvenation a priority with treatments that defy aging!

Reserve a treatment and receive a complimentary peel.



**State-Of-The-Art Acne Treatment
Perfect For Teens And Adults With Troubled Skin**

Get the acne under control and restore smooth skin!

Reserve an acne treatment and receive a FREE gift!



**Erase Summer Damage
Laser Resurfacing For You**

The summer sun can cause lasting damage to your skin. Enter Laser Resurfacing – which is also great for wrinkles, blotches, scars and more! Put a smile back on your face!

Reserve a consultation to find out what fits best for your skin!



**Fall Renewal
Treat Aging, Fine Lines, Wrinkles And More**

Don't ignore your face! The holiday season will be here before you know it and you want to look your best!

Reserve Botox or dermal fillers and receive a FREE facial treatment!



Client Favorites At The Med Spa Laser Treatments For The Fall

Those autumn weekend getaways just got a lot better looking with laser treatments. **Reserve a consultation and let us help you choose the ideal treatment for you!**



4 Non-Invasive Ways To Look Younger

None of us can stay young forever, but there are easy ways to keep that glowing youthful skin. With aging comes a host of skin changes including wrinkles, fine lines, loss of tightness, dark circles and more. If you've noticed that your skin isn't what it used to be, these non-invasive treatments can give you back the confidence and radiance you desire!

1. **Botox for wrinkles and lines**

Wrinkles are an inevitable part of life as we age because they occur from repeated movements of your facial muscles (i.e., smiling, squinting, frowning, etc). However, this can be resolved with the help of Botox and other similar injections that relax muscles and reduce the appearance of lines and wrinkles. These painless injections are so quick and easy you can fit them in on your lunch break! Best results usually appear after 3-7 days, so you don't have to wait long to look younger.

2. **Cosmetic fillers for wrinkles and plumping**

Wrinkles cause a flawed-looking complexion that can be easily remedied with cosmetic fillers. We work with top-of-the-line fillers that use hyaluronic acid to promote new collagen that will plump the skin and smooth your face. This same treatment can be used well for plumping lips, so it's the perfect excuse to take

care of both in one visit! We love the before and after photos from this treatment, and you will too!

3. **Lasers for acne scars and sun damage**

Laser treatments address many skin concerns. Acne scars may slightly fade with time, but often they are stubborn. Laser treatment is an effective way to significantly reduce the appearance of scarring on your face. Sunspots and sun damage can be equally as frustrating. Laser treatment results often improve greatly after one visit, so you will see results immediately. If you have other skin concerns, laser treatment may be the right option. Call to reserve a complimentary consultation.

4. **Chemical peels for vibrant skin**

A chemical peel is the easiest way to achieve younger, vibrant-looking skin! It is also one of the most popular treatments. Chemical peels remove the upper layer of the skin, removing dead skin cells and revealing a new, healthy layer. This can be combined with other treatments for even better results!

A youthful, glowing appearance is not out of reach. If you're serious about maintaining a youthful appearance, reserve a complimentary consultation with us and we can talk through the best treatments for your skin.



3 Favorite Med Spa Products To Take Home

We believe that using the right products in combination with the right treatments will provide you with a fabulous youthful complexion and lasting results. After enjoying your professional treatment, continue the benefits at home with these three amazing products. We carry the best brands and can happily recommend the best for your skin type.

1. **Eye Cream**

Not all eye creams are created equal. The eye creams we carry eliminate fine lines and brighten your eyes to match the rest of your complexion. Since the skin

around the eyes is more fragile, it typically shows age and lines more easily than the rest of the skin. Begin applying eye cream at an early age to help prevent aging. Apply in the morning and night for best results.

2. **Skin Serum**

We carry an extensive variety of facial serums to address a wide range of skin concerns. Skin serums are made of molecules much smaller than creams and lotions, so the active ingredients can more easily penetrate the skin and provide results. The facial serums we carry provide anti-aging, brightening and smoothing. In addition, many serums can help even skin tone and reduce dark spots. We love facial serum!

3. **Collagen Cream**

Want to prevent signs of aging with one product? This is the one! Collagen cream helps reduce the appearance of wrinkles. Collagen gives the skin a healthier, plumper, more glowing complexion. Using this daily can provide noticeable, long-term results! Pick one up today!

If you have questions about any products or would like recommendations based on your skin's needs, please reach out to us. Check back soon for more product picks!



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



(These can be personalized or use suggestions)

Product We Love: Polishing Face Mask



Gently remove dead skin from the surface while smoothing and firming your skin with polishing face masks packed full of antioxidants and peptides.

Music Playing While We Work: “Seasons (Waiting on You)” Future Islands



A must listen if you haven't heard this before!

What We're Crushing On This Month: Acupressure Mat



This little magical mat can help relieve back pain in between your regular massage visits. It's the perfect wind down after a workout or a long day. Lay on the acupressure mat for 10-15 minutes and you will feel rejuvenated and refreshed.

September Self-Care Tip: Reflect on the Best Parts of Your Day



Spending time to reflect and feel gratitude is the perfect way to end your evening. Once you've identified the best parts of your day, reflect on what could have gone better and map out the next day's goals. These small reflections are truly life-changing. Give it a try!

The Monthly Make You Smile

Some days it takes a few cups to wake up!

