

MEDI SPA

December: *Happy Holidays!*



The air is brisk and filled with good tidings and holiday cheer! The hustle and bustle of shopping and celebrations with loved ones take center stage this month.

Are you still wondering what to get your family and friends this year? Don't stress! Keep it simple! The spa has several gift card options for you to choose from.

On December 21st, the **Winter Solstice** is the shortest day and the longest night of the year as the Northern Hemisphere is angled the farthest away from the sun.

December 12th is the first day of **Hanukkah**, a Jewish holiday that celebrates the eight days that one bottle of pure olive oil lasted in the Holy Temple.

Enjoy **Christmas Day** with your family, friends and loved ones.

You're going to love all the wonderful holiday specials we have for you in this month's e-zine!

Wishing you Happy Holidays and a Happy New Year from (**insert spa name**)!

Promotions

Check out the Holiday Gift Packages we have created for you!

Look younger this holiday season!

New Year Transformation

Go For That New Look



Want to look younger this season?

Reserve your Botox or Fillers today.

These treatments will have you looking great and people will take notice of how beautiful you look!

Receive a complimentary peel with your Botox or Fillers **(a value of \$ _____!)**

Enhance your results at home to receive (_____ %) off home-care products.

Don't wait to reserve your transformation. Space is limited!

Wrap Yourself Beautiful

Been Overindulging A Little?



Wanting to look slimmer? We can help! Experience a Body

Contouring treatment such as **(insert your treatment name here)**, Coolsculpting, Vanquish, etc., and lose a few inches fast!

Reserve now and **receive a complimentary Facial. (a value of \$ _____!)**

Post-Thanksgiving Detox

Overdid It With Food And Drinks During The Holidays?



Time for a Mini-Detox!

Reserve a consultation with **(insert medi spa name)** and let us help you cleanse your body and stay healthy.
(include your Detox Program)

Update Your Tattoo

Laser Removal Is For You!



You need to update your tattoo. But first, you must erase the old one. Make room for some new ink!

Reserve your appointment and receive one free when you reserve a series of 3.

Purchase Your Gift Cards

Make Shopping Fun And Hassle-Free This Season!



Want to give someone a special gift and gift card?

Check out the gifts below!

Offer clients 3 Gift Sets to choose from. Wrap them up in a beautiful, festive package!

1. **\$50 Gift Card with a retail product worth \$25**
(include picture of gift set)

Total price-\$75

2. \$100 Gift Card with retail products worth \$80
(include picture of gift set)

Total Price-\$180

3. \$200 Gift Card with retail products worth \$150
(include picture of gift set)

Total Price-\$350

Don't know what to give someone who has it all? Give them a spa membership!

Special Price \$ _____

Share The Joy!

The Holidays Are All About Giving!



Gift Cards are one of the most popular gifts. **(insert name)** is committed this season to helping those in need.

We are contributing ___% of each Gift Card purchased toward the _____ **(insert your favorite charity)**

Purchase your Gift Cards now and let us help make a difference

Article #1 Medi Spa

Look Beautiful This Holiday Season!



Do you have holiday parties, family gatherings or work events to attend this month? To help you look your very best this season, you can select a variety of treatment options that will show off your flawless complexion at every occasion!

Check out these results-driven facial treatments so you can have beautiful, glowing skin for the holidays:

Chemical Peels. This treatment works below the epidermis to reduce skin damage and is a great way to exfoliate your skin and enhance its texture and tone. Depending on your specific skin concern, there are various types of chemical peels for you to choose from. Your esthetician can help you select the chemical peel that is best for you.

Microdermabrasion. This non-invasive exfoliation treatment removes dead skin cells and damaged skin to expose the healthy, radiant skin underneath. The procedure also firms and tones the skin and can be targeted to specific skin concerns, such as fine lines, wrinkles, hyperpigmentation and sun damage.

Botox. This is a purified protein molecule that is used for cosmetic purposes. These series of injections work by interrupting the messages sent from the brain to the muscles via nerves to stop the muscles from contracting. This enables the skin to stay smooth, wrinkle-free and more youthful-looking. It's most commonly used around the eyes and between the eyebrows to reduce frown lines.

Fillers. This is an injectable dermal filler for moderate-to-severe facial wrinkles. It's also used to treat the lines from the nose to the corners of the mouth (nasolabial folds). It adds a smoother appearance and temporary volume to the skin. Results are usually seen in just one treatment and can last from 9 to 12 months.

Let **(insert medi spa name)** help you put your best face forward this holiday season! Reserve your complimentary consultation today so we can recommend the best treatment combination for your skin.

Article #2 Medi Spa

7 Easy New Year's Resolutions



Eating right and maintaining a healthy weight is something that should last throughout your lifetime instead of something initiated just once a year! Don't wait until January 1st to begin planning your healthy eating resolutions - start doing (and sticking to) these seven New Year's resolutions today:

1. Write Down Your Goals

You can attain your long-term goals to lose a certain number of pounds by setting short-term goals for yourself. It's very important to establish realistic short-term goals so you can achieve different ones every few weeks. Don't completely deprive yourself of the foods you like to eat or it will backfire on you. Instead, focus on the healthy foods you *will* eat and allow yourself to indulge in your favorite foods in small amounts once in a while.

2. Take The Time To Do Your Research

Don't begin your New Year's resolutions without an idea of what kinds of healthy foods, recipes and diet plans you're going to embark on. Ignore any supposed quick weight-loss schemes that always seem to come out after January 1st, so you're not tempted to try them. Most of them don't work anyway and some of them can be dangerous to your health.

3. Assign Yourself An Accountability Partner

It'll be much easier to stick to your New Year's resolutions if you tell someone about them and they do it along with you. Whether it's a friend, a spouse or a family member, they can help motivate you to stay focused on your short-term goals for long term success. The best part: you can motivate each other and pick each other up if either one of you falls off the wagon!

4. Motivate Yourself With A Mantra

At some point during your journey, you're going to have a bad day; and that's okay. Most people do. Whenever you're feeling down about your weight or about the way you've been eating, it's very important to pick yourself up, dust yourself off and continue onward. Remember, tomorrow is a brand new day! Create a motivational mantra that

you repeat to yourself anytime you're feeling discouraged; it'll help inspire you and get you back on track again.

5. Measure Your Success

There are many apps available - such as MyFitnessPal, Fooducate, Fitbit and Lose It! - that will help you keep track of your progress if you're trying to lose weight and meet your short-term goals.

6. Purchase Things You'll Need

Buy a reusable water bottle to tote around with you if your goal is to drink 8 cups of water per day. If one of your goals is jogging in the morning or taking a power walk after dinner, buying a new pair of good quality sneakers will help you to achieve that particular goal. Now is the time for you to purchase the things that you'll need so you can follow through with your short-term goals.

7. Hire Outside Assistance

You may find that you're more likely to stick to your short-term goals with a little help from a dietician or weight loss professional, as they can assist you with staying on track with your healthy diet and exercise plan. Reserve a consultation with **(insert spa name)** so we can give you suggestions to help you succeed in achieving your New Year's resolutions!

Healthy Recipe



Making Your Own Eggnog Is Easy!

Classic Eggnog

Heat 1 quart each milk and heavy cream with 1 teaspoon each cinnamon, ginger and nutmeg in a saucepan. Beat 12 egg yolks with 1 cup sugar; add to the milk mixture and cook, whisking, until thick. Beat 12 egg whites until stiff peaks form, then beat in 1/3 cup sugar. Whisk into the hot yolk mixture. Chill.

Boozy Eggnog

Make Classic Eggnog and top with a shot of bourbon or rum.

French Vanilla Eggnog

Whisk 3 cups milk, 6 tablespoons sugar and 1 teaspoon nutmeg in a pitcher or punch bowl. Whisk in 4 ounces each brandy and rum, 2 ounces crème de cacao and 3 cups melted French vanilla ice cream.