

JULY FACEBOOK MEDI SPAS

Sunday, July 1

The July E-Zine is here! **[Insert E-Zine link]**



Monday, July 2

Those rays have no mercy! Don't forget to pick up sunscreen for the middle-of-the-week July 4th holiday.



Tuesday, July 3

Because we are over here gushing to each other about coffee love, this seemed appropriate. #coffeeislife #teaisastrongsecondplacefinish <https://tcat.tc/2L9YffN>



Wednesday, July 4

Happy Fourth! #thatface #dogsofamerica



Thursday, July 5

What are your rituals of joy?



Friday, July 6

If you wear makeup or cosmetics, one of the best things to do after you cleanse is to use a facial toner. Check out the quality selection of facial toners and moisturizers we offer!



Saturday, July 7

The face can hold tension and stress just like other parts of the body, so it's vital to release toxins and boost well-being with a facial! We offer several options including a hydration facial which will revitalize your skin like no other facial can.



Sunday, July 8

Did you know there is a right and wrong way to breathe? Breathing detoxifies, releases tension, relieves anxiety, strengthens the immune system, lowers blood pressure and much more.

Follow these easy instructions:

1. Inhale through your nose, expanding your belly, then fill your chest. Count to 5.
2. Hold and count to 3. Feel your body fill with energy and rich oxygen.
3. Exhale fully through your mouth and release toxins and waste from your body. Count to 5.
4. Repeat for 5-10 minutes twice per day.



Monday, July 9

Something fun for your Monday ... This week perform a random act of kindness on an unsuspecting person. Look for an opportunity to make someone's day or give them a smile!



Tuesday, July 10

If you have weddings or other events coming up and you want those fine lines and wrinkles gone, let's chat about Botox. It's the leading treatment to combat wrinkles and it's also the easiest way to improve the beauty you already possess.



Wednesday, July 11

Cellulite. It's a natural part of aging but that doesn't mean you have to accept it! We can address the problem areas of your skin with cellulite treatment and skin tightening. Set up a consultation to learn more and see if it's right for you!



Thursday, July 12

Gold is in for the summer! Do you have a favorite color?



Friday, July 13

This is a great article! Ten Tips to Age Beautifully. #1? Sunscreen! <http://www.aging.com/ten-tips-to-age-beautifully/>



Saturday, July 14

Taking a road trip with your four-legged friend? Don't forget to bring some essentials to make the ride comfortable for your pet, too. <http://empowerla.org/road-trip-tips-with-your-pet/>



Sunday, July 15

Are we the only ones who play a song over and over? We have Camila Cabello on repeat. What are you listening to? #musicaddiction



Monday, July 16

If you are tired of shaving under your arms every day and dealing with irritation, reserve a laser hair removal treatment this week. #scaryhairy #whatareyouwaitingfor



Tuesday, July 17

Planning a vacation? Let us know your favorite destination!



Wednesday, July 18

Hey, teachers! Take time to come in for Botox injections and go back to the classroom looking younger than last year! Call or message us and reserve a little YOU time.



Thursday, July 19

It's beach time. Don't forget the sunscreen.



Friday, July 20

Aging happens to all of us. That doesn't mean we need to see it in the mirror. Rejuvenate your skin and reduce the signs of aging with microneedling. Bonus: there's no downtime with this treatment!



Saturday, July 21

What's your favorite color this summer?



Sunday, July 22

No vacation plans this summer? Reserve your staycation and treat yourself to a few treatments just for you! We'll customize everything for you!



Monday, July 23

It's poll time! What is your favorite treatment?

1. Quality products at the med spa
2. Products at a local retail store



Tuesday, July 24

What is your power type? Embrace it!

<https://goop.com/wellness/health/live-by-your-power-type/>



Wednesday, July 25

With summer here, we want to remind you about the importance of skin checks for early detection of melanoma. Every month, check your moles and birthmarks from head-to-toe. It's also vital to have a yearly exam with a dermatologist or doctor who will check your skin closely.



Thursday, July 26

When you look good, you feel good ...



Friday, July 27

A hydrating facial is the perfect remedy for too much sun exposure this summer. Restore the water content in your skin with this invigorating treatment and give your skin the boost it needs to stay healthy and looking young!



Saturday, July 28

Do you look in the mirror and see some wrinkles or lines that weren't there last year? It's time to come in and talk fillers!



Sunday, July 29

We are feeling so calm thanks to the Peace & Calming essential oil in the diffuser that's perfuming the air. Bonus points, it actually works on the kids, too!



Monday, July 30

School is starting in about a month so it's the perfect time to bring your teen in to remove those annoying acne scars. Give them a fresh face for their new grade by resurfacing their skin with a chemical peel.



Extras

Hi, friends and patients! We're looking for some Facebook love. Anyone who leaves a review on Facebook within the next week will be entered to win a FREE gift card eligible for any treatment!



Let's talk veggies! You need more! Vegetables provide more nutrients than any other food group. Plus, eating veggies can help prevent chronic disease. Grilled veggies are an easy

addition to any meal. Here's a tasty recipe we adore!
<https://www.tasteofhome.com/recipes/grilled-vegetable-platter>



Hormone levels in men and women start to decrease after age 40-50. If you've been struggling and want to discuss Hormone Treatment options, we would love to reserve a consultation and answer your questions. Feel healthy and vibrant again!



Truth!



Know a guy or gal pal who wants younger-looking skin? Refer a friend to us and you both will receive a gift! And the friend of the year award goes to ... YOU!

