

Medi Spa Welcome to June



June is here and we couldn't be more excited! Something about the start of summer gets us feeling inspired. Summer is synonymous with making treasured memories. There are endless opportunities for fun, and it should also give us permission to relax and pamper. That's the reminder we're sharing with you!

Take care of yourself. Refresh your skin with a facial. Come in for a treatment after an action-packed weekend. We have some pretty fantastic promotions this month for you!

Just a reminder, we celebrate dads this month, too! Father's Day is June 17. Stop in and pick up a gift for the special dads in your life.

See you soon!

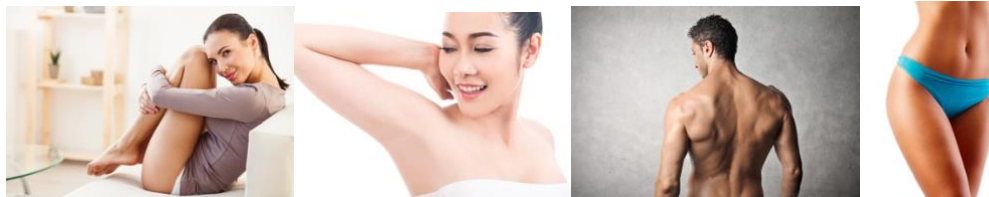
Treatments Featured This Month

Looking For Permanent Hair Removal?

Laser Hair Removal Is The Answer

If you're tired of shaving, tweezing or waxing, Laser Hair Removal is the best option for long-term hair removal. Achieve smooth, sexy skin and enjoy months of hair-free, perfect summer skin!

Reserve a Laser Hair Removal area and receive a fourth for FREE!



For Men Only!

Your Dad, Your Husband, Your Brother ...

Give dad the gift of anti-aging! We have gift cards so dad can choose the treatment he loves, or purchase a Botox or filler package for him. Choose from the following Father's Day promotions:

- Purchase \$125 in gift cards, get a \$25 gift card FREE
- Purchase a Botox/filler package for dad and he receives a complimentary enhancement (a value of \$25).
- Purchase one Gentlemen's Hydrafacial Treatment and receive 10% OFF.

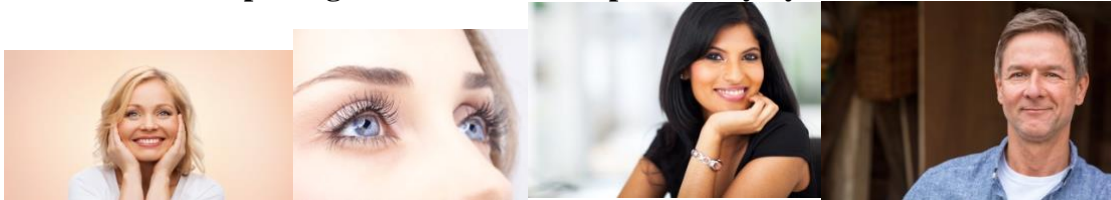


Are Wrinkles Aging Your Face?

Experience Fillers. They Will Make You Look Younger

Look younger before your wedding, family or high school reunion. Smooth wrinkles, increase collagen production and improve overall facial structure with dermal injectable fillers.

Purchase a Filler package and receive a complimentary hydration facial!



Product Of The Month

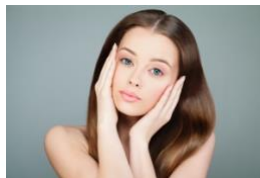
Facial Toner & Moisturizer With SPF

Facial toner is a great addition to your skincare routine, especially during the summer. It can provide extra cleansing to remove sunscreen and heavy makeup products. Toner is effective in shrinking pores and restoring the skin's PH balance. It's the best thing you can add to your skin care regimen. We can suggest a toner for your skin.

Purchase facial toner and get [double loyalty points] this month!



How Does Body Contouring Work?



If you've worked hard to reach your desired weight, but are still unhappy with the appearance of your skin, body contouring will help. It is a safe, easy procedure that will restore your skin to be firmer and even appear tighter. Body contouring also addresses cellulite and softens the appearance of wrinkles.

Body contouring works by activating the body's natural healing response. It uses pulsed radio frequency to stimulate a reaction deep within the skin and stimulate new collagen to form. Contour, shape and slim to naturally enhance your body and feel good in your skin!

Benefits of body contouring include:

1. Non-invasive, no recovery time
2. Easy weekly visits
3. Noticeable results within a few weeks
4. Target specific areas that need help
5. Reduce stubborn wrinkles, cellulite and pockets of fat

Rejuvenate your body and improve your appearance with body contouring. Reserve a consultation today!

Why Fillers Are The Key To Anti-Aging



Have you noticed a few new wrinkles lately? Or maybe your skin doesn't have the firm appearance it used to? That's okay! We are all aging, every day. The plus side? You can slow the production of wrinkles and collagen loss by using injectable fillers.

A common misconception is that you need to wait until you are older and wrinkles are very noticeable before using fillers. This couldn't be further from the truth. Injectable fillers actually stimulate collagen production and help your skin with anti-aging.

Here are a few common concerns that we address with the use of dermal fillers:

1. Smooth brow furrows, crow's feet
2. Lift and enhance cheeks
3. Smooth lip lines and marionette lines
4. Smooth chin wrinkles
5. Smooth under the eyes
6. Soften nasolabial lines
7. Plump lips
8. Fill acne scars

We are lucky to live in a time where facial cosmetic procedures are available to slow the appearance of aging and restore a youthful glow. With years of experience providing patients with effective, safe and easy solutions, we can resolve all your concerns. Come in and learn more about dermal fillers and which one is right for you. Reserve your consultation today!

June Inspiration. A Highlight Of Products And Things We Love This Month.



(These can be personalized or use suggestions)

Product We Love: Dry Shampoo



Easy hair. Do care. That's the new motto. With summer here, dry shampoo is the answer when your hair needs a boost. Dry shampoo works with the natural oils on your scalp to give it a fresher, cleaner appearance.

Music Playing While We Work: "Eye Of The Tiger," Survivor + 25 Other Songs To Get Pumped Up



We wanted some pumped up motivation this month. We've been digging "Eye of the Tiger," because honestly it just makes us feel like Rocky running those stairs. If you want music to pump you up, look for *Get Pumped! Your Top 25 Workout Songs from Muscle and Fitness*.

What We're Reading This Month: *Small Great Things*, Jodi Picoult



#1 NEW YORK TIMES BESTSELLER

With richly layered characters and a gripping moral dilemma that will lead readers to question everything they know about privilege, power, and race, *Small Great Things* is the stunning new page-turner from Jodi Picoult. Get it on Amazon!

June Self-Care Tip: Learn To Say No (And Be Okay With It!)



If you often feel overwhelmed with the events, activities and obligations in life, you might be saying "Yes" too often. This is sometimes an overlooked piece to self-care. Saying "No" means respecting yourself and your time and it is an important key to happiness.

June Recipe:

Stuffed Cherry Tomatoes

By Food Network Magazine

Yield: 2 dozen



Ingredients:

24 cherry tomatoes (preferably heirloom)
2 tablespoons extra-virgin olive oil, plus more for drizzling
1/4 teaspoon red pepper flakes
Kosher salt
2 ounces feta cheese, cut into 24 small cubes (about 1/2 cup)
1 tablespoon black olive paste
Flaky sea salt
1/4 cup fresh mint, torn

Directions:

Preheat the broiler. Slice off the top 1/4 inch of each tomato, then scoop out and discard some of the core using a melon baller or small spoon. Cut a thin sliver off the bottom of the tomatoes so they will sit flat. Put the tomatoes on a rimmed baking sheet and toss with the olive oil, red pepper flakes and 1/4 teaspoon kosher salt, then stand them up and press a cube of feta about halfway inside each one. Broil until the cheese is browned and slightly soft, about 2 minutes.

Mix the olive paste with 1 tablespoon water and dot all over a serving plate. Arrange the broiled tomatoes on the plate; drizzle with olive oil and sprinkle with sea salt. Scatter the mint on top. Serve warm or at room temperature.