

Med Spa

## Welcome to September



September is refreshing. It's also a time to refocus your energy with a well-deserved Labor Day holiday. September is the welcome month for Autumn, it's when kids are in their daily school routine (try not to look too excited when they hop on the bus!) and it's the start of a new football season.

At the med spa, we are feeling giddy because we start gearing up for holidays. So keep an eye out in the coming months as we unveil some pretty amazing offers. This month, the theme is rejuvenation and we have the perfect specials and treatments to balance your busy life. We will see you soon!

### Treatments Featured this Month

**Do You See Sun Damage And Age Spots On Your Face?  
Look Years Younger With The Laser Photo Facial!**

Talk about the perfect one-two punch — say goodbye to sun damage and age spots all at once with the laser photo facial. We use wavelengths from a laser to renew your skin and give it a more youthful, even complexion.

**Purchase a laser photo facial and receive **triple loyalty points!****



**Ready To Say Goodbye To Scarring, Uneven Skin Tone And Texture Issues?  
Revitalize With A Chemical Peel!**

Now is the perfect time to resurface and soften your skin by removing the damaged outer layers with a chemical peel. If you've been struggling with frustrating skin issues, give yourself a fresh start and a fresh face.

**Reserve a chemical peel treatment and receive a complimentary eye treatment!**



**Tired Of Aging Every Time You Look In The Mirror?**

**Dermal Fillers Are Fast, Easy And Provide Effective, Youthful Results!**

Smooth fine lines and wrinkles and add volume and fullness to your skin. Fillers will give you years back in your appearance and boost confidence, too. Experience the benefits of dermal fillers, a client favorite!

**Purchase a dermal filler package this month and receive a \$50 gift card!**



**Frustrated With Waxing And Shaving All Summer?**

**Start Laser Hair Removal To Be Ready To Bare For The Holidays!**

Autumn is prime time for laser hair removal. Since hair growth happens in stages, it's ideal to work on hair removal for several months to see optimal results. That means if you begin now, you'll be smooth and hair-free just in time for winter vacations and bare legs for spring.

Reserve a laser hair removal package and receive **triple loyalty points.**



**Feeling Disconnected From Your Loved Ones?**

**Experience Vaginal Rejuvenation!**

It might not be a commonly discussed procedure with your friends and peers, but it's a common concern of mature and aging women. Especially those who want to enjoy and improve sexual gratification and overall vaginal strength. Come in for a free consultation to learn more!

Reserve a vaginal rejuvenation treatment and receive a **\$100** gift card!



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## Fall Skincare Prep For Radiant Skin

The summer months can take a toll on your body in many ways, but the sun and sand especially can cause dry and dull skin. With every new season, it's a good idea to evaluate your skincare routine and make changes based on the needs of your skin. That's why come fall, we recommend treatments to replenish your skin's natural moisture and help you recapture a youthful appearance.

Fall is the best time to assess your skincare needs for the upcoming holidays as well. Botox, dermal fillers and laser hair removal continue to be consumer favorites! But if you're looking for a quick refresh we can recommend some options too, including the popular hydrating facial or chemical peel. It's best to plan ahead because you might need and want more than one treatment. That is also why beginning your skin refresh in the fall is ideal.

Book one or more of the fall specials above or feel free to call us to discuss your treatments. As always, we are excited to work with you to help take you to your best, most radiant self!



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## 5 Facts About Laser Facial Hair Removal For Men And Women

Pesky facial hair can be time-consuming and aggravating, especially when it shows up in unwanted places. Rest assured, you are not alone! We see many men and women for laser facial hair removal, and they all leave as happy clients. You can have the same outcome!

### 1. **We Treat Every Area of the Face**

Lips, eyebrows, cheeks, chin, jaw. We see clients for all these areas. Laser hair removal is a very gentle process. Therefore, we are able to treat even the most sensitive of places.

### 2. **The Laser Will Treat Ingrown Hairs**

Laser facial hair removal is one of the best ways to get rid of ingrown hairs. And this is one of the most common complaints of the male clients we see. Daily or regular shaving on the face can cause constant irritation and pesky ingrown hairs. After several treatments of laser hair removal, you will see a big change in your skin's texture.

### 3. **The Process is Fast**

Most areas on the face take less than 5 minutes. That means this treatment is exceedingly convenient and easy to fit into your schedule! We have a lot of clients stop in during their lunch break or on their way home from work.

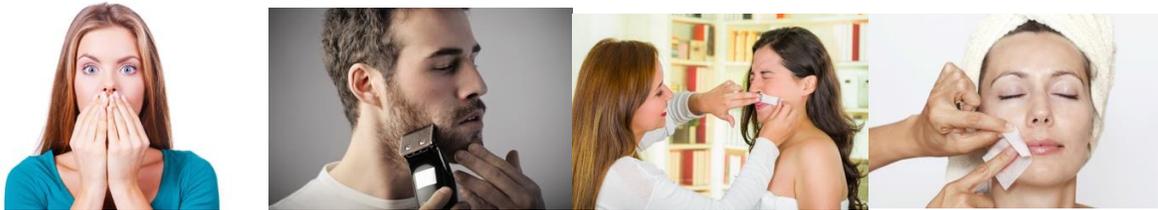
### 4. **Several Treatments Are Needed For Optimal Results**

You may start to see results immediately, but because hair goes through growth cycles, it is important to stay consistent with your treatments to see the best results. Plan on coming in every eight weeks to target each new growth cycle. Once you've had several treatments, you will start to see a major reduction in your hair.

## 5. You Can Shave In Between Treatments

We don't make you grow out unwanted facial hair. One of the benefits of laser hair removal is its ability to target the hair follicle. So, there is no embarrassing waiting period. Plus, after just a couple of treatments, you will notice you don't need to shave in between sessions!

If you have questions about laser facial hair removal or you would like to set up a consultation before reserving an appointment, just call the clinic and we would be happy to help!



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

(These can be personalized or use suggestions)

### Product We Love: Healing Moisturizer For Hands And Feet



With fall comes drier air and that tends to affect the skin on your hands and feet. Keep a small bottle of moisturizer in your purse or car to renew your skin when it needs some love. We have several amazing products to choose from, so come on in and pick up a bottle!

### **Music Playing While We Relax: “God’s Plan,” Drake**



This song gives us those feel good vibes, but we love the music video, too! If you haven't watched it, take a break from work to check it out. Drake's video shows him surprising people with gifts, money, college tuition and more. It's a nice switch from most music videos.

### **What We're Watching This Month: *Stranger Things* (Season 2), Netflix**



This is the perfect summer binge show and it has us glued to the T.V. When we're deep in it, we forget about all the things we should be doing instead of vegging out on the couch. If you're in need of a breather, check out this show. We promise season 2 is just as good as the first!

### **September Self-Care Tip: Cherish True Friends**



This quote says it all! If you haven't told your friends how you feel about them, make today the day you do it. A little love can be a big day brightener and it's important to let them know.

### **September Recipe:**



### **Best Ever Caramel Apple Crisp**

It's September and that can only mean one thing: Apple Crisp! Need we say more?

#### **Ingredients**

Apple Filling:

5 large Granny Smith apples - peeled, cored, and thinly sliced

1/2 cup white sugar

1 tablespoon all-purpose flour

1/2 teaspoon ground cinnamon

1 tablespoon lemon juice

1/4 cup water

Crumble:

1 1/2 cups all-purpose flour

1 cup brown sugar

1 cup quick cooking oats

1 cup butter, softened

Caramel Sauce:

1 (14-ounce) package individually wrapped caramels, unwrapped

1 (5-ounce) can evaporated milk

### **Directions**

Preheat oven to 350 F (175 degree C).

In a medium size bowl, toss apples with sugar, flour, cinnamon, lemon juice and water; spread evenly into a 8x8 inch pan. In another bowl, mix together flour, brown sugar, oats and butter; spoon mixture evenly over apples.

In a heavy saucepan over low heat, melt the caramels with the evaporated milk. Heat, stirring frequently, until mixture has a smooth consistency. Drizzle the caramel sauce over the top of the crumble.

Bake in preheated oven for about 45 minutes (apple mixture will bubble and topping will be golden brown).

\* Recipe courtesy of Allrecipes.com