

Bella Via Skin and Body Therapies



beauty through health and wellness

Fall 2009 Newsletter

Celebrating 10 Years of Beyoutifull!

You are invited to join us for our week-long celebration. Learn all you need to know about our skincare lines and pharmaceutical-grade products from the experts. Our sales representatives will be available throughout the week to answer your questions. Space is limited for all events; call to make your reservation today.

Monday, October 5th, 4pm-6pm: Samantha Herman of iS Clinical

Tuesday, October 6th, 11am-2pm: Colleen Kamish of Neocutis

Wednesday, October 7th, 3pm-4pm or 5pm-6pm: Diane Caulfield of Jane Iredale

Thursday, October 8th, 3pm-5pm: Lisa Fistler of Allergan

Friday, October 9th, 10am-2pm: Stephanie Petrie of SkinMedica

Anniversary specials all week long - call for more information!

Obagi Specials

Celebrate fall with these great deals!

Receive a FREE Obagi Foaming Gel or Gentle Cleanser with the purchase of the full size Condition and Enhance System.

Receive a FREE trial size Obagi Toner with the purchase of the travel size Condition and Enhance System.

Receive a FREE Obagi lunch tote when you purchase \$300 or more in Obagi products. While supplies last.



image obtained from the Obagi website



Jane Iredale's new fall collection, Silver Lining, contains mysterious and romantic hues of steel grays, deep blues, and copper metallics. Discover fall's best colors and makeup tips with a Makeup Consultation. Purchase \$75 worth of cosmetics, and your consultation is free!

image obtained from Jane Iredale website

Upcoming Events

Join us for our evenings of beauty hosted by the physicians of Reconstructive and Aesthetic Surgeons, Inc.

Learn about cosmetic surgery, nonsurgical procedures, and advanced skincare techniques and products. Representatives from Evolence, Allergan, Medicis Aesthetics, Mentor, VASER, and Obagi will be available for discussion. View demonstrations of our services throughout the evening, including makeup application, UV camera analysis, laser hair removal, and chair massage. Hors d'oeuvres and refreshments will be served, and special savings are offered to all attendees.

Thursday, September 17 - 6pm-8pm
John F. Zavell, M.D., F.A.C.S.

Thursday, October 8th - 6pm-8pm
Craig W. Colville, M.D., F.A.C.S.

To reserve your spot for a night filled with education and fun, please call 419.534.6552.

New Skincare Treatments

Our team of licensed aestheticians has created 5 exciting new treatments:

MicroPeel
MicroPeel Plus
LHA Exfoliating Facial
Hydrating Treatment
Illuminizing Facial

Visit our website to view descriptions of these services, then call our office to schedule your appointment!



It's Never Too Early...

for holiday shopping! The season is right around the corner, and Bella Via offers the perfect gift for everyone on your list: a visit to the spa. Our gift cards can be made for any dollar amount, any spa service, or any spa package. Gift cards can be purchased in person, through our website, or by phone.

Let Bella Via help you get your shopping done early this year. Call, click, or visit today!

image obtained from mpeabody.blog.uvm.edu/wagn/2008/12/

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5 Ways to Reduce Stress

1. Worry about one thing at a time: keep your anxiety focused on real, immediate issues, and tune out imagined ones or those over which you have zero control, and you'll automatically reduce stress overload.
2. Talk about - or write about - what's worrying you: writing or talking about things that prey on you (in a diary, with friends, or in a support group) helps you feel less alone and helpless.
3. Speak a stress-free language: people who handle stress well tend to use optimistic statements. Think "hope" instead of "expect," as expectations can only be used for those things over which you have the greatest personal control.
4. Once a day, get away: take a few minutes to revitalize every day. Find a place where you can be alone and do whatever it is that relaxes you - meditate, read, sing, or sip tea. Being consistent with this type of activity will help you to establish an inner sense of peace.
5. As a ritual, literally take the stress in, then release it: it is important to think in terms of being resilient, elastic, and able to bounce back. Do this tai chi exercise called "embracing the tiger" to help: spread your arms wide, put your hands together, and draw them and everything around you in toward your naval (the center of your being). Then reverse your hands and push them out.

*original article located at
origin.shape.com/lifestyle/get_refreshed/p/slide/4*