



**BELLA VIA**  
Skin and Body Therapies

419.534.6552  
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invigorate rejuvenate



relax



reinvent

# Fall Newsletter

*"Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns." - George Eliot*

## Special Events

Join us for two fun and educational evenings of beauty with Drs. Craig Colville and John Zavell. Our events highlight non-surgical procedures, cosmetic surgeries, and advanced skin and body care. Representatives from various companies discuss the features and benefits of their products and services, and employees from both Reconstructive and Aesthetic Surgeons, Inc. and Bella Via Skin and Body Therapies are available to answer questions. Special savings are offered to all attendees. Feel free to bring a friend!

Craig W. Colville, M.D., F.A.C.S.  
Thursday, October 14 \* 6:00-8:00pm

John F. Zavell, M.D., F.A.C.S.  
Wednesday, November 3 \* 6:00-8:00pm

Please call our office at 419.534.6552 to RSVP.

## October Specials

Schedule a Bactacular Back Treatment (our "facial" for this much-neglected area) or a Body Bliss (90-minute massage with warm paraffin for the hands) and receive a free Latisse! Treatment must be received in the month of October.

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Interested in transforming your skin? Schedule an Obagi Consultation in October and receive a complimentary product carrying case.

## The Facts about Flax

Flaxseed is a small, coated seed that is becoming increasingly popular as a food additive and dietary supplement. Recent studies suggest that flaxseed has anti-inflammatory, antioxidant, and anticancer properties, and may reduce the risk of cardiovascular disease.

Flaxseed provides the Omega-3 fatty acid alpha linolenic acid (ALA), which is one of two essential fatty acids (EFAs) that are important for good health. This fatty acid is also found in foods such as walnuts and some kinds of fish, but most Americans do not get enough through food alone. This is the why it is beneficial to supplement your diet with products that contain Omega-3 fatty acids.

Our bodies need EFAs to promote and maintain health. EFAs are converted into hormone-like compounds called prostaglandins, which play a role in inflammation, blood pressure, kidney function, blood clotting, and hormone synthesis.

EFAs perform a number of vital functions in the body, but are particularly important at the cellular level because they are a fundamental component of the membranes of all cells. An adequate supply of EFAs is also essential for healthy-looking skin because skin cells turn over very rapidly.

Bella Via carries VitaMedica's Flax Seed Oil capsules. To learn more about our line of vitamins, call 419.534.6552.

## New Collection from Jane Iredale

Jane Iredale has new cosmetics for you to fall in love with! The *Pure Impact* collection includes:

Eye Steppes - Three Compacts, One Simple Solution!  
Each compact contains 5 shadows that have been handpicked by Jane herself to flatter brown, green, and blue eyes.

Lip Fixation in 3 new shades: Fetish, Devotion, and Rapture. Each has a lip stain and a lip gloss that work together to provide hydrating and long-lasting color.

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Just in time for Halloween: wear a masque that won't scare your neighbors...a mud masque, that is! Our body wraps are perfect for exfoliating and hydrating during these cool, crisp autumn months. Schedule one of our Customized Mud Masques during October, and receive a second masque in November at 50 percent off.



Start your holiday shopping now! Bella Via sells gift cards online. Click on the link below for fast, easy, convenient gift-giving!

[\\*Purchase Gift Card Now\\*](#)

For every gift card purchased during the month of October, your name goes into a drawing to win your choice of a 60-minute personalized massage or \$100 in Bella Via products!

Drs. Colville and Zavell were bronze sponsors of the Susan G. Komen Race for the Cure this year. Bella Via Skin and Body Therapies and Reconstructive Surgeons, Inc. are proud to support such a worthy cause, and are honored to be part of this annual special event.



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