

# Bella Via Skin and Body Therapies



beauty through health and wellness

## Spring 2009 Newsletter

### Spring is here!



Dr. Zavell, Reconstructive & Aesthetic Surgeons, and Bella Via are hosting "Spring Forward," an event filled with education, fun, specials, and promotions. Representatives from our skincare lines will be available, and demonstrations for select services will be performed. Hors d'oeuvres and refreshments will be served. Please join us on Thursday, April 2nd, 6-8pm.

RSVP to 419.534.6552 - register with a friend and receive a special gift. When calling, please let us know if you would like to sign up for a chair massage or a 15-minute makeup session.

At Bella Via, we take great pride in our knowledge of skin and body care treatments and products. Representatives from our skincare lines conduct quarterly in-office trainings with our employees to keep us updated. Spa consultants and product vendors alike hold monthly webinars to offer helpful tips on the business aspect of our spa.

In addition, our aestheticians attend various seminars and trainings throughout the year to become well-versed in skincare trends and technologies. Karen Davis, Leslie Korotney, and Alexis LeMay attended the SkinMedica national training seminar in Columbus, Ohio recently. Here, they learned the latest about this medically based line of products and peels.

Karen Davis and Krissy King will attend the Society of Plastic Surgeons and Skin Care Specialists' 15th annual meeting this April in Las Vegas. The SPSSCS is a voluntary, non-profit organization dedicated to the education of nurses, aestheticians, office and skincare clinic administrators, and other medical professionals working within the field of plastic surgery. The event encompasses all aspects of skincare management. Dr. Craig W. Colville has been invited to speak at the event; he will be giving a lecture titled "Working Together: The Practice & The Medical Spa."

## Reconstructive & Aesthetic Surgeons and Bella Via Launch Latisse

Latisse is the first and only FDA-approved prescription treatment for inadequate and/or insufficient eyelashes. Latisse is easy to use and effectively helps to thicken, lengthen, and darken your natural lashes. This product is now available through Drs. Craig W. Colville and John F. Zavell, and can be purchased at Bella Via. If you are interested in growing fuller, darker, longer lashes, call 419.534.6552 to schedule your complimentary 15-minute consultation.



*-Latisse logo obtained from Latisse.com-*



### Inexpensive Spa Trips

The economy may be in a slump, but you can still plan a great spa trip without breaking your bank.

Bella Via offers several treatments to fit any lifestyle and budget.

Services for under \$50 -

- \* Paraffin Therapy for hands and feet
  - \* Scalp Massage
  - \* Chair Massage
- \* Hydrotherapy Bath Treatment
  - \* Swiss Shower
  - \* UV Camera Analysis
- \* Jane Iredale Color-Matching Consult

## New Collection from Jane Iredale



This collection contains: limited edition Mini-Matte Finish Powder, Azure PurePressed Triple Eye Shadow, Aquamarine 24-karat Gold Dust, Pinot Noir Liquid Eye Liner, and Erin & Julia PureMoist LipColour SPF 18.

Call us today for more information, or to schedule a Makeup Consultation with one of our makeup artists.

*-image and information obtained from JaneIredale.com-*

## Massage for Two

In our newly created couples massage, you and a guest are massaged at the same time, side by side, by two different licensed massage therapists. Teams of husbands and wives, boyfriends and girlfriends, mothers and daughters, and best friends are welcome.

Each client receives a 60-minute session of customized body work. You may choose deep-tissue, light touch, aromatherapy, or the use of warm and cool stones.

This is a great way to introduce the benefits of massage to your friend or loved one. It also makes a great gift idea for birthdays, anniversaries, and other special occasions.

Discover the relaxing and restorative powers of therapeutic touch. To schedule an appointment, please call our office.

## Men's Skincare

Practicing good skincare has traditionally been viewed as a female-only endeavor. Unfortunately, this means that most men do not use the proper products to keep their skin healthy and youthful.

The combination of regular exfoliation, hormones, thicker skin, and increased collagen helps men to look younger for a longer period of time than women. Therefore, anti-aging and healthy skincare practices are often not sought out by males.

An estimated 34,950 men died of melanoma in 2008. Because of this alarming statistic, sunscreen is a great place for men to begin their skincare journey. Other anti-aging products, such as antioxidants and retinoids, may be incorporated slowly over time. Adopting a simple yet complete daily regimen will not only strengthen men's skin and provide increased environmental protection, but will also help them to stay younger-looking for a longer period of time.

The skincare professionals at Bella Via are working hard to make men's treatments and products a more acceptable and common practice. We offer treatments for men and women alike, and customize our facials, peels, and product regimens to the needs of each individual.

If you or someone you know needs help with a skincare regimen, contact our professionals today.

*-information obtained from the February 2009 issue of Skin Inc. Magazine-*

## Positive Energy

Now that you have your skin, body, and mind refreshed, let's work on rejuvenating your home! The ancient Chinese art of feng shui (pronounced "fung shway") is based on the idea that your living space reflects your life, and you should strive to achieve balance in both. Try these tips to get that good energy flowing:

1. Open the front door - an open and inviting pathway allows positive energy to flow.
2. Place red items outside or around your front door - this color attracts energy, fortune, and luck!
3. Clear the clutter, even from the attic - a cluttered house equals a cluttered mind.
4. In every room, try to have something that represents the five elements or their colors (wood - green, earth - brown, metal - white, fire - red, and water - black) - this helps you to stay grounded, centered, and balanced.
5. Bring the outdoors in - nature creates a sense of peace, so use natural sunlight, plants, fresh air, and stones or wood to "decorate" your home.
6. Use mirrors wisely - position them where you want to increase energy flow, and make sure that they reflect something beautiful.

*-information obtained from 10 Ways to Feng Shui Your Home by Amy Paturel-*



*-image from theilluminatedspirit.com-*