

Bella Via Skin and Body Therapies



beauty through health and wellness

Summer 2009 Newsletter

Celebrate Dads and Grads this Month!

Real men love spas, so treat the man in your life with a gift card for our Spa Sports Package. This special Father's Day package includes our Swiss Shower Treatment, a deep-tissue Bamboo Massage, and a Gentlemen's Facial. All services are designed especially for males, and are sure to delight even the most rugged man. Receive a \$20 discount if purchased in the month of June!

Give a little pomp and circumstance to your special graduate with a gift card for any service, spa package, or dollar amount. A massage is a relaxing treat after a hard school year -- or after months of hard partying!

To purchase a gift card, please call our office at 419.534.6552. Or, you may order your gift card online at www.bellaviadayspa.com.



*Images obtained from
drpezz.files.wordpress.com/2008/06/188209graduation-cap-and-
diploma-posters.jpg and
campbelltownfc.com/cmsAdmin/uploads/wafer_happy_fathers_day-
726862.jpg*

Bella Via is owned and operated by Craig W. Colville, M.D., F.A.C.S. and John F. Zavell, M.D., F.A.C.S. Both physicians are board-certified, fellows of the American College of Surgeons, and members of the American Society of Plastic Surgeons.

Drs. Colville and Zavell provide cosmetic surgery and non-surgical procedures. Their office is located next door to Bella Via.

Their services include: facial procedures, such as facelifts, eyelid surgeries, and nose reshaping; breast procedures, including enlargements, lifts, and reductions; body contouring procedures, such as tummy tucks, thigh lifts, and VASER liposelection; and a variety of injectables and fillers.

For more information, please call Reconstructive and Aesthetic Surgeons, Inc. at 419.534.6551 or visit their website at www.RASInet.com.

Bella Via Gives Back

Help promote SpaFinder's Melanoma Initiative with the purchase of a photosensitive wristband (\$3). These chic bracelets change color from white to an attractive shade of purple when exposed to harmful UVA rays, reminding you to think about the 5 melanoma prevention tips included with your bracelet. Proceeds go towards melanoma research and programs that raise awareness of this deadly but largely preventable disease.



Join Bella Via as we unite with other salons nationwide to raise funds for the fight against breast cancer. Purchase and share Seeds for Hope (\$1) with friends and family to help further the cause. All proceeds benefit the American Cancer Society.

Images obtained from spafinder.com and inventorspot.com/files/images/garden-stuff.jpg

Recent Publications

Check out the current issue of the Toledo City Paper. Bella Via is featured in the "Look Good, Feel Good" section. Mention our ad or article to receive a complimentary Makeup Consultation with one of our licensed aestheticians.

Shortly after presenting at the annual event for the Society of Plastic Surgical Skin Care Specialists (SPSSCS), Craig W. Colville, M.D.,



Did you know that Bella Via performs lash and brow tinting? These popular services are great ways to treat yourself without spending too much time or money.

Lash tinting darkens and adds definition to your natural eyelashes, making them look thick and luscious. Brow tinting helps to darken eyebrows, fills in sparse spots, and camouflages grey hair. Both procedures are quick, easy, and painless. Achieve a fresh and natural look that can last up to 6 weeks.

\$25 each
\$40 for both

Image obtained from media.merchantcircle.com/22658924/Extensions%20Photo3_medium.jpeg

Do your friends wonder why your skin looks so great? Share your secret: host your own VIP party at Bella Via.

It's easy! Invite at least 8 of your friends to a fun and educational event. You can choose the date and time, and which products or treatments you want to be highlighted. We will supply light refreshments and the appropriate experts for discussion and questions. You will also be eligible for free product (depending on the amount of the product sold during the event).

For more details, talk with your aesthetician or contact us at malkire@bellaviadayspa.com.

F.A.C.S. was asked to write an article for *Specialty Skin Care*, the official publication of the SPSSCS. "Working Together - the Medical Practice and the Medical Spa" discusses the reciprocal relationship between a medical spa and its directing physicians. Dr. Colville drew from his experiences with Bella Via and Reconstructive Surgeons when writing this editorial, which will appear in the publication's next issue.



Image obtained from poconogiftbaskets.com/catalog/images/party%20favor.jpg

Vitamins

Bella Via carries VitaMedica "nutraceuticals," which are combinations of vitamins, minerals, and other nutrients. VitaMedica is based on the concept of using vitamins under the guidance of a medical professional. All products are formulated to provide support for surgery, healing, wellness, and age management.

VitaMedica is different than other supplement manufacturers because their nutraceuticals are made in a facility that is licensed to produce pharmaceuticals, and is also Good Manufacturing Practices (GMP) compliant. This means their products are of a much higher quality than the majority of supplement providers. VitaMedica products are sold exclusively through health care professionals.

Bella Via carries a variety of products from the VitaMedica line. If you would like more information, please call our office or visit our website.



Image obtained from vitamedica.com

5 Essential Weight Loss Foods

Many fad diets promise instant and significant results, but most of them rely on depriving your body of certain nutrients and disrupting the natural function of your body's metabolism. The following 5 foods can help restore your body's ability to use energy and help you become your healthy weight.

1. Millet - this non-glutinous whole grain is over 10% protein, has high amounts of fiber and B-complex vitamins, and is easy to digest.
2. Asparagus - rich in chlorophyll and nutrients, asparagus also contains folate, vitamins A, C, and K, and fiber.
3. Pomegranates - this healthy, nutritious fruit has antioxidant properties that can help prevent cancer. They also help you to increase your fiber intake and keep calories down.
4. Pine Nuts - these are the edible seeds of pine trees. Chinese medicine uses pine nuts to improve gastrointestinal tract and digestive functions, and pine nut oil is used for appetite suppression.
5. Green Tea - a great alternative to coffee, green tea contains beneficial antioxidants and little caffeine.

Information obtained from Dr. Mao's Secrets of Longevity (health.yahoo.com/experts/drmao)