

# Bella Via Skin and Body Therapies



beauty through health and wellness

## Winter 2008 Newsletter

**Happy Holidays  
from Bella Via and  
Reconstructive Surgeons!**



**Have a joyous and safe holiday season.**

Bella Via offers gift cards in any denomination, for any service, or for any spa package.

Avoid the mall traffic and crowds this year: order your gift card via phone or internet. Mail delivery and curbside service are available for your convenience.

Receive points for each gift card purchased now through December 24.

We also carry great gifts and stocking stuffers. Stop in or call for all of your holiday gift-giving needs.

Bella Via maintains its regular business hours throughout the holiday season with the following exceptions:

Christmas Eve: 8:30-1:00pm

Christmas Day: closed

New Year's Eve: 8:30-3:00pm

New Year's Day: closed

### **New Skincare Products at Bella Via**

iS Clinical, the exclusive skincare brand by Innovative Skincare, is comprised of exceptional, long-term, results-oriented, anti-aging, and optimizing skincare formulations.

### **Education Events and Opportunities**

In October of 2008, Bella Via sponsored an event held at the Sylvania Country Club to benefit the Victory Center. Licensed Aestheticians Karen Davis and Alexis LeMay discussed Bella Via's Golden Triangle of skincare and answered questions concerning Eyelash Extensions. Licensed Massage Therapist Jamye King performed chair massages for the attendees.

Joy McKarus, licensed aesthetician, visited Delta High School to give a presentation about skincare in November. Joy focused on healthy skin and sun



Bella Via carries three products from this line:  
Super Serum Advance +  
Pro-Heal Serum Advance +  
Active Serum

Ask your aesthetician or call our office for more information.

protection, and took pictures of the students with our UV Camera.

If you are interested in having one of our aestheticians or massage therapists speak at an event, please contact our office at 419.534.6552.

### Winter Makeup Trends

This season, everything in cosmetics is clean, crisp, and fresh. Deep golds, purples, smoky slates, and sapphires are popular for the eyelids and eyeliners. For daytime lips, try soft, nude colors or almost no color at all. For evening, go with a richer shade of brown-red and burgundy. The trend in cheeks is a toned down look. Use a pink or light berry color, and apply sparingly.

Healthy, glowing skin takes the spotlight during any season. Proper skincare is a must! Exfoliate, hydrate, and protect your skin from the sun for a flawless finish every time.

Take some time to treat yourself during this busy holiday season. Schedule an appointment for a Makeup Consultation with one of our aestheticians. We can help you find the holiday look that is right for you.



*Information obtained from the Skin Inc. website.*

### Obagi Decolletage System



This system is designed to reduce age spots, hyperpigmentation, and the appearance of fine lines and wrinkles on the delicate **chest and neck area**. The vulnerable skin on this area is often thin and prone to discoloration and wrinkles due to sun exposure and the aging process. The following products can be purchased in a kit or separately:

[Skin Lightening Complex](#) - contains 4%Hydroquinone for the gradual lightening of hyperpigmented skin. This works to correct, restore, and maintain the decolletage area.

[Wrinkle Reducing Lotion](#) - includes a proprietary Restorative Elasticity Complex. This helps to replenish elasticity and stimulate collagen production for improved strength and resiliency.

### New Body Treatments

Our team of massage therapists has developed new body therapies just in time for the dry winter season. Bella Via is offering these services at a special introductory price now through January 31.

### Fighting Fatigue

The winter months often cause people to feel worn down and tired. Fight this lack of energy naturally with these tips:

### Customized Mud Masques

Improve circulation and release toxins and impurities with our intensive mud wraps. Mud stimulates perspiration and tones the skin, firming it and giving it incomparable softness. The treatment begins with exfoliation in the Swiss Shower. Your technician then applies customized mud and complexes to your body, wraps you in layers, and massages your face, scalp, and feet. An application of hydrating body lotion completes the service.

### Moisturizing Rose Mud Hand Treatment

Replenish and soften dry hands with this deeply hydrating service. The treatment begins with an exfoliating scrub designed to stimulate circulation and smooth rough edges. Your massage therapist performs a face and scalp or foot massage while our botanically rich rose mud seals in moisture and delivers important nutrients to the skin. A relaxing hand and lower arm massage completes your treatment.

### European Rose Mud Foot Treatment

This healing service relaxes and repairs tired feet. Begin with an exfoliating scrub that smoothes rough skin and stimulates circulation. Your massage therapist then performs a face and scalp or hand massage and applies a sun-dried rose clay to your feet, which infuses moisture and accelerates cell renewal. The treatment ends with a lower leg and foot massage, leaving your skin softened and refined.

1) Take a few minutes for yourself every day to do simple breathing exercises.

2) Get daily moderate exercise.

3) Try to get an adequate amount of rest.

4) Talk to your physician about nutrients, botanicals, and other compounds that ward off and lessen the effects of general fatigue.

These include:

**Magnesium** - oral supplementation has been shown to improve symptoms of fatigue in persons with low magnesium levels.

**Eleuthero or Siberian ginseng** - studies show these can help to enhance mental activity and physical endurance.

**Coenzyme Q10** - this vital nutrient is involved in cellular energy production throughout the body.

**Ashwaganda** - this Ayurvedic herb is prized for its ability to help the body deal with stress.

**Cordyceps** - this traditional Chinese medicinal mushroom may help fight fatigue and boost energy levels.

*Information obtained from Dr. Weil's online  
Community Board.*