



BE BEAUTIFUL

BE BOLD

This edition is dedicated to all the moms, sisters, daughters and women. Female health undergoes a number of changes throughout a woman's lifetime, and it can be challenging to find balance in the areas of body, skin and mind while managing a full life schedule. Allow us to be your resource in helping you rejuvenate from the inside out. Make it **your time** to be beautiful and bold.

## IN THIS ISSUE

### AESTHETICS

SKIN TIGHTENING & BODY SHAPING  
REVIVE FACIAL  
OWN YOUR LOOK WITH BOTOX COSMETIC  
THE V WORD | INTIMATE FEMININE HEALTH

### WELLNESS

WELLNESS HORMONE CHECK

### UPCOMING EVENTS

WELLNESS & BEAUTY  
VIVEVE WEBINAR WITH DR. JOSIE

*Beauty begins with Beautiful Skin, and Beautiful Skin begins with a Healthy Body.™*



## SKIN TIGHTENING & BODY SHAPING TIGHTENS. TONES. LIFTS. CONTOURS.

Legacy utilizes radiofrequency technology to stimulate your body's collagen production. This non-invasive treatment is comfortable with the feel of a deep thermal massage and requires absolutely no downtime.

**Improve the quality and appearance of your skin on the face, neck and body.**

[LEARN MORE](#)

*Stimulate collagen and tighten lax skin near the eyes and cheekbones for a contoured profile*

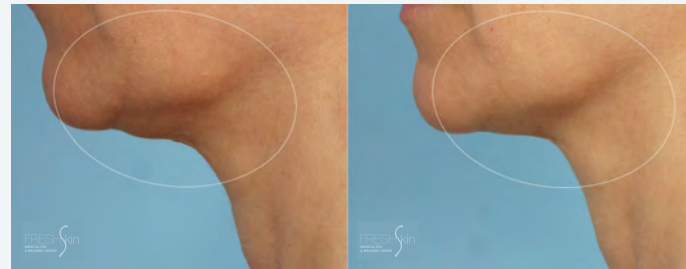
*Soften laugh lines and wrinkles around the mouth*

*Reduce volume and tighten skin for a smoother neck and jawline*

*Smooth crepey skin on the arms, abs and knees*

*Improve cellulite*

*Shape and reduce the circumference of love handles and thighs*



BEFORE & AFTER 6 TREATMENTS. PHOTOS COURTESY OF FRESHSKIN. Legacy treatments resulting in a tighter jaw line and reduction of loose, crepey skin under the chin.

**Schedule your complimentary consultation today!**

**Receive \$250 OFF\* a Venus Legacy package**

\* Offer expires May 31, 2019. Some restrictions may apply.

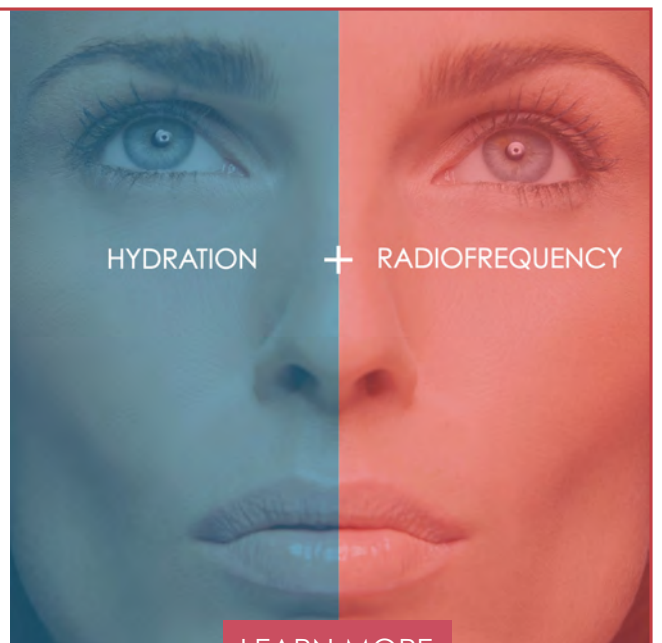
## REVIVE FACIAL

Combining the HydraFacial with Venus Legacy's Radiofrequency technology results in a brighter, plumper appearance and a fresh, illuminated glow. **Perk up your skin 24 hours** before any event.

**SAVE \$50\* on a single REVIVE FACIAL TREATMENT now only \$345 (Regular \$395)**

**SAVE \$126\* on a single REVIVE FACE & NECK TREATMENT now only \$499 (Regular \$625)**

\*Offer expires May 31, 2019. Limit three. Other restrictions may apply.



HYDRATION + RADIOFREQUENCY

[LEARN MORE](#)



## OWN YOUR LOOK WITH BOTOX COSMETIC

- The first and only treatment FDA-approved to temporarily make moderate to severe frown lines, crow's feet and forehead lines look better in adults
- A quick 10-minute treatment with minimal downtime
- Results gradually appear within 5-14 days
- Delivers predictable, subtle results so you can look like a refreshed version of you

Receive an **INSTANT \$50 REBATE\*** on your Botox Cosmetic treatment.

\*By appointment only. Offer valid on a Botox treatment of 30 units or more. Brilliant Distinctions rewards may be applied to save even more. Offer expires May 31, 2019.

[LEARN MORE](#)

## THE V WORD Intimate Feminine Health

Yes, we mean Vagina. There, we said it. If you continue to read know that what we are talking about affects so many women yet it's a topic many feel embarrassed to talk about. **Dryness. Laxity. Sexual discomfort. Urine leakage.** If you are experiencing any of these symptoms you are not alone.

If you are aging, going through hormonal shifts, have birthed a baby, ran a marathon, etc. etc. there's a good chance you can relate, and we can help.

The Viveve Treatment helps the V get back to feeling like new again. Viveve is a comfortable, non-invasive procedure that takes less than an hour.

**Improve the quality of your life. Feel like you again.**

**Schedule your complimentary and discreet Viveve consultation with Dr. Josie today.**

**\$250\* OFF Viveve Treatment**

\* Offer expires May 31, 2019. Some restrictions may apply.



# VIVEVE

[LEARN MORE](#)

# WELLNESS HORMONE CHECK

Don't chalk it up to aging.

[LEARN MORE](#)

Women tend to take a back seat to health when it comes to themselves. We have busy lives, care for others and are always on the go. Then one day we realize that we are not as robust as we used to be. Aging is a fact of life, one that we cannot change. What we do have control over however is the way we live our life, and that includes our health.

The following may be signs your hormones are off balance:

- |                        |                         |
|------------------------|-------------------------|
| Fatigue                | Disrupted sleep         |
| Brain fog              | Low energy              |
| Accelerated skin aging | Lack of sexual interest |
| Hot flashes            | Joint pain              |
| Low motivation         | Weight gain             |

**Hormones affect quality of life and drive every system in the body. If a hormonal imbalance exists, you could be increasing your risk for heart disease, osteoporosis and more.**

**GET OPTIMIZED.**

**Schedule your Wellness Consultation in May and receive a FREE\* FreshEnergy B12 Shot.**

[Learn more about B12 injections](#)

\* Offer expires May 31, 2019. B12 shot received at time of Wellness Consultation. Other restrictions may apply.

## WELLNESS & Beauty

YOU CAN'T HAVE ONE WITHOUT THE OTHER

at JAYNE Boutique in Highland Park

**WEDNESDAY, MAY 15, 2019 // 6-8:30PM**

Patients can meet Dr. Josie, Ryan and the Influencers.

[LEARN MORE](#)

#BEAUTYINMAY

## VIVEVE WEBINAR WITH DR. JOSIE

MONDAY, MAY 20, 2019

7:30PM (30 MIN)

VIVEVE

**RSVP:** e-mail [concierge@myfreshskin.com](mailto:concierge@myfreshskin.com) with subject line of WEBINAR and we will send you the link to join.

[LEARN MORE](#)