

[Spa Gift Cards](#)

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[Venus Legacy](#)

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## August Specials (Sale ends Tuesday, 8/16/16)

- 3 Venus Legacy face treatments (tighten and plump up skin, reduce wrinkles): **\$399 (Save \$351) [BUY NOW](#)**
- 3 Venus Legacy body treatments (tighten, contour and/or reduce fat): **\$399 (Save \$351) [BUY NOW](#)**
- Buy 3 Venus Legacy 3-Packs for \$1,197 and get 1 extra treatment free. That's 10 treatments for less than \$120 each. **Save over 50%. [BUY NOW](#)**
- 3 Infrared Jade Sauna Sessions (relax, detox, de-stress, boost immunity): **\$99 (Save \$81) [BUY NOW](#)**
- Lose 1/2 a dress size with 3 M'lis body contour wraps (renew, smooth, tighten and un-dimple your skin): **\$199 (Save \$176) [BUY NOW](#)**
- Most Popular: Wrap and face treatment combo (lose inches and look younger): **\$250 (Save \$125) [BUY NOW](#)** use later. Great for special occasions.



Results after 10 Treatments

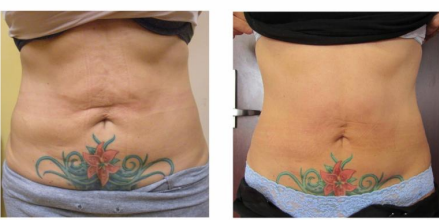
### Venus Legacy Face/Neck Treatments

Venus Legacy Radio Frequency Treatments induce collagen production which leads to plumper, tighter, less wrinkled skin. Nine to twelve treatments can take ten years off your look. All of this with no downtime or pain.

[LEARN MORE](#)

### Venus Legacy Body Treatments

Venus Legacy Radio Frequency Treatments can help you reduce fat and lose inches twice as fast



than diet and exercise alone. How? It penetrates deep below the top layers of the skin where fat is trapped and then removes it through the process of Lipolysis. All of this with no downtime or pain.

After 3 treatments

[LEARN MORE](#)

## 10 Skin Care Tips (Almost) Everyone Can Use

1. Drink lots of water. At least 60 to 80 oz is recommended. Water makes all your organs function better including your skin.
2. For aging skin or excess skin, try dry-brushing at least three to four times a week. Dry-brushing removes dead skin cells and increases lymph flow which helps tighten the skin and improves skin tone.
3. Sleep on your back. Side sleepers often find that one side of their face ages faster than the other. Sleeping on your side can lead to saggy skin in the face and neck.
4. Do a sugar scrub three times a week. It's great for glowing skin.
5. For aging skin, apply and consume Vitamin C and E, as well as Collagen and Hyaluronic Acid. Obviously, everyone should also take a multi-vitamin.
6. Use a body lotion to help keep your skin moist regularly.
7. Massage crepey or excess tummy skin regularly. We tend to ignore the body areas we don't like but they actually need more attention.
8. For loose skin, work on improving your muscle tone underneath. Building up muscle will help push against loose skin and make it appear tighter.
9. Cellulite is a combination of fat and toxins. To improve it, you need to reduce the fat and toxins in your skin. Diet and exercise can help. We offer treatments for both.
10. Rid your skin of toxins and look refreshed. Our Infrared Jade Sauna is perfect to help you get a deep detoxifying sweat.

For more information on how to improve your skin, schedule a complimentary consultation by texting or calling 725-8746.



## Infrared Jade Sauna

Sweating is good for you. It's one of the body's safest and most natural ways to get rid of toxins and stay healthy. Unlike regular saunas which heat up the air around you, infrared saunas heat the body directly, causing a rise in core temperature resulting in a deep, detoxifying sweat at the cellular level,

where toxins reside.

[LEARN MORE](#)

## M'lis Body Contour Wrap

M'lis Professional Body Contour Wraps are whole body wraps that help the body eliminate toxins with the use of niacin. The benefits of this wrap include inch loss between 4 to 14 inches, tighter, better looking skin and detoxification.



[LEARN MORE](#)

## August is "Happiness Happens" Month

Scientific research shows that happiness may actually be good for your health. Happy people tend to get sick less often and live longer. Psychological well-being requires the following:



1. optimism
2. a sense of satisfaction
3. emotional well-being
4. having a sense of purpose

If you are coming up short on any of the above, try learning more about how to be happy. Check out the Secret Society of Happy People at [sohp.com](http://sohp.com).



## Schedule a Free Consultation

Get your body beach ready with a customized series of treatments to target all your little trouble zones. Tighten skin, reduce cellulite, contour the body where fat is not welcome and look years younger. Schedule your complimentary consultation today. Call or text me at (850) 725-

8746 or

[Click Here](#) to Schedule a Consultation

### Services Available:

Infrared Sauna	Collagen Facial	Non- Invasive Lipo	Detox Wraps	Cellulite Treatments	Body Contouring	Skin Tightening	PRT/PFT Readiness
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