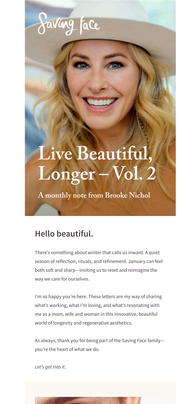


Live Beautiful, Longer – Vol. 2

A monthly note from Brooke Nichol

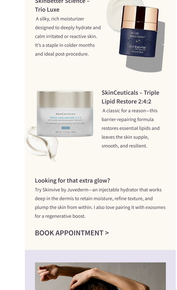
Hello beautiful.

There's something about winter that calls us inward. A quiet season of reflection, rituals, and refinement. January can feel both soft and sharp—inviting us to reset and reimagine the way we care for ourselves.

I'm so happy you're here. These letters are my way of sharing what's working, what I'm loving, and what's resonating with me as a mom, wife and woman in this innovative, beautiful world of longevity and regenerative aesthetics.

As always, thank you for being part of the Saving Face family—you're the heart of what we do.

Let's get into it.



Start Here: Skip your morning cleanse. A simple rinse with lukewarm water helps preserve the skin's natural oils and protects the barrier—especially important in winter, when dryness is more intense.

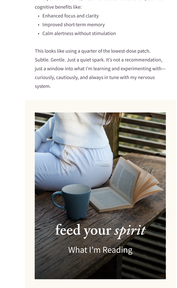
Two of my hydration go-to's right now:

SkinBetter Science – Trio Luxe
A silky, rich moisturizer designed to deeply hydrate and calm irritated or reactive skin. It's a staple in colder months and ideal post-procedure.

SkinCeuticals - Triple Lipid Restore 2:4:2
A classic for a reason—this barrier-repairing formula restores essential lipids and leaves the skin supple, smooth, and resilient.

Looking for that extra glow?
Try Skinvive by Juvederm—an injectable hydrator that works deep in the dermis to retain moisture, refine texture, and plump the skin from within. I also love pairing it with exosomes for a regenerative boost.

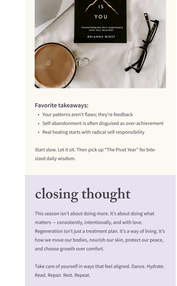
BOOK APPOINTMENT >



Movement is medicine—and for me, dancing is non-negotiable. Whether it's going to a local dance studio, solo living room dance break, a night out with girlfriends, or just swaying around the kitchen, dance moves energy through the body in a way nothing else can.

It's not about steps or structure. It's about Joy. Expression. Presence.

Dancing reconnects me to my body, and to the parts of myself that feel most alive. If your nervous system needs a reset or your soul feels a little stuck, put on your favorite playlist, turn the volume up, and move however you want. You'll feel different. I promise.



Something I've been exploring personally (and very mindfully) is the idea of microdosing nicotine—not from tobacco, not vaping—but in tiny transdermal doses that stimulate the brain's receptors.

In very small amounts, nicotine has been studied for potential cognitive benefits like:

- Enhanced focus and clarity
- Improved short-term memory
- Calm alertness without stimulation

This looks like using a quarter of the lowest-dose patch. Subtle. Gentle. Just a quiet spark. It's not a recommendation, just a window into what I'm learning and experimenting with—curiously, cautiously, and always in tune with my nervous system.

"The Mountain Is You" by Brianna Wiest
If you're in a season of change, growth, or quiet transformation, this book is the companion you didn't know you needed. It explores why we sabotage ourselves—and how to stop.

Favorite takeaways:

- Your patterns aren't flaws; they're feedback
- Self-abandonment is often disguised as over-achievement
- Real healing starts with radical self-responsibility

Start slow. Let it sit. Then pick up "The Pivot Year" for bite-sized daily wisdom.

closing thought

This season isn't about doing more. It's about doing what matters — consistently, intentionally, and with love. Regeneration isn't just a treatment plan. It's a way of living. It's how we move our bodies, nourish our skin, protect our peace, and choose growth over comfort.

Take care of yourself in ways that feel aligned. Dance. Hydrate. Read. Repair. Rest. Repeat.

Living beautiful, longer isn't about chasing youth — it's about honoring who you are becoming.

With love,
B

live beautiful now . . .

Mel Robbins Podcast – Episode 357
"The Best Relationship Advice You'll Ever Receive"
with Terry Real, author of Fierce Intimacy.

This one hit home. Terry's take on relationships as emotional ecosystems helped me and my husband Jason deepen the way we show up for each other.

Consider this podcast your complimentary $TK relationship masterclass — intimacy is built through repair, truth, and grace in conflict.