introducing the Live Beautiful, Longer newsletter

Hello, Beautiful.

Welcome. I'm *Brooke Nichol*, founder of Saving Face—and this is your invitation to Live Beautiful, Longer.

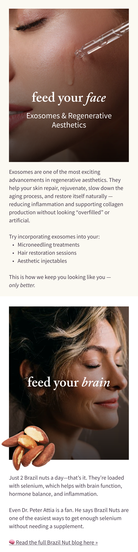
Each month, I'll be sending a little love letter from me to you: a personal note filled with what's inspiring me in the ever-evolving world of beauty, wellness, and intentional living. From regenerative aesthetics and longevity tools to rituals that feed the soul, this is where I'll share what's on my heart, what's new in our world, and what I'm loving lately.

It's an honor to have your attention. My hope is that this newsletter becomes a space that informs, uplifts, and inspires you to live your most vibrant life—from the inside out. This is where beauty meets intention. Thank you for being here. You are the soul of Saving Face, Body & Mind.

introducing Brooke's Beauty Bites

Because I'm asked all the time what I'm loving, doing, or recommending, I've committed to writing something real. All me—no AI.

Every month, I'll share quick, no-fluff tips in four categories: Face, Brain, Body, and Spirit.

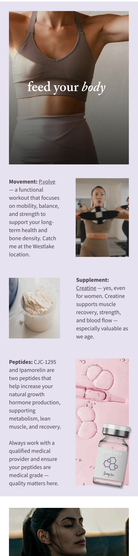


Exosomes are one of the most exciting advancements in regenerative aesthetics. They help your skin repair, rejuvenate, slow down the aging process, and restore itself naturally—reducing inflammation and supporting collagen production without looking "overfilled" or artificial.

Try incorporating exosomes into your:

- Microneedling treatments
- Hair restoration sessions
- Aesthetic injectables

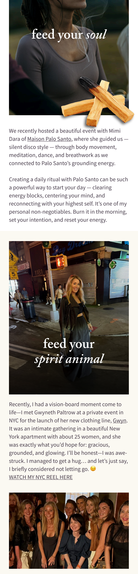
This is how we keep you looking like you — *only better.*



Just 2 Brazil nuts a day—that's it. They're loaded with selenium, which helps with brain function, hormone balance, and inflammation.

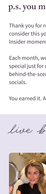
Even Dr. Peter Attia is a fan. He says Brazil Nuts are one of the easiest ways to get enough selenium without needing a supplement.

📚 Read the full Brazil Nut blog here »



Movement: Pyolive — a functional workout that focuses on mobility, balance, and strength to support your long-term health and bone density. Catch me at the Westlake location.

Supplement: Creatine — yes, even for women. Creatine supports muscle recovery, strength, and blood flow—especially valuable as we age.



Peptides: CJC-1295 and Ipamorelin are two peptides that help increase your natural growth hormone production, supporting metabolism, lean muscle, and recovery.

Always work with a qualified medical provider and ensure your peptides are medical grade — quality matters here.

We recently hosted a beautiful event with Mimi Dara of Maloon Palo Santo, where she guided us — silent disco style — through body movement, meditation, dance, and breathwork as we connected to Palo Santo's grounding energy.

Creating a daily ritual with Palo Santo can be such a powerful way to start your day — clearing energy blocks, centering your mind, and reconnecting with your highest self. It's one of my personal non-negotiables. Burn it in the morning, set your intention, and reset your energy.

Recently, I had a vision-board moment come to life—I met Gwyneth Paltrow at a private event in NYC for the launch of her new clothing line, Goop. It was an intimate gathering in a beautiful New York apartment with about 25 women, and she was exactly what you'd hope for: gracious, grounded, and glowing. I'll be honest—I was awe-struck. I managed to get a hug… and let's just say, I briefly considered not letting go. 😂

WATCH MY NYC REEL HERE

closing thought

Beauty starts with intention. From peptides to palo santo, creatine to creating rituals, this is about feeling strong, grounded, and aligned—in your skin and your spirit.

Let's make 2026 the year we live even more beautifully.

With love + light,
B

Sf

p.s. you made it!

Thank you for reading all the way to the end—consider this your official Live Beautiful, Longer Insider moment.

Each month, we'll close with a little something special just for our inner circle: a tip, a ritual, a behind-the-scenes favorite you won't find on socials.

You earned it. And we're so glad you're here. 💌

Never break the skin—whether with microneedling or ablative procedures—without adding Exosomes or PDRN (Salmon Sperm) for regenerative support. Who doesn't want to put a stop sign on aging?