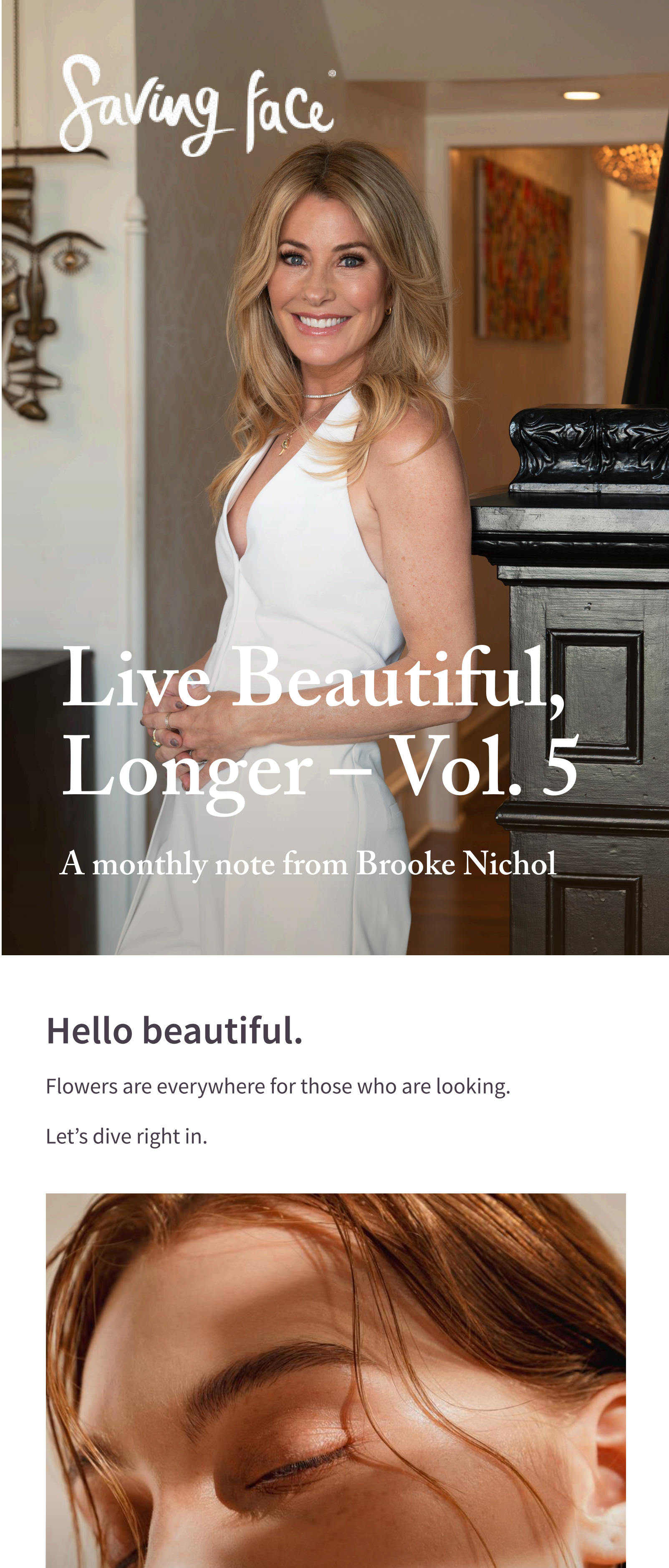
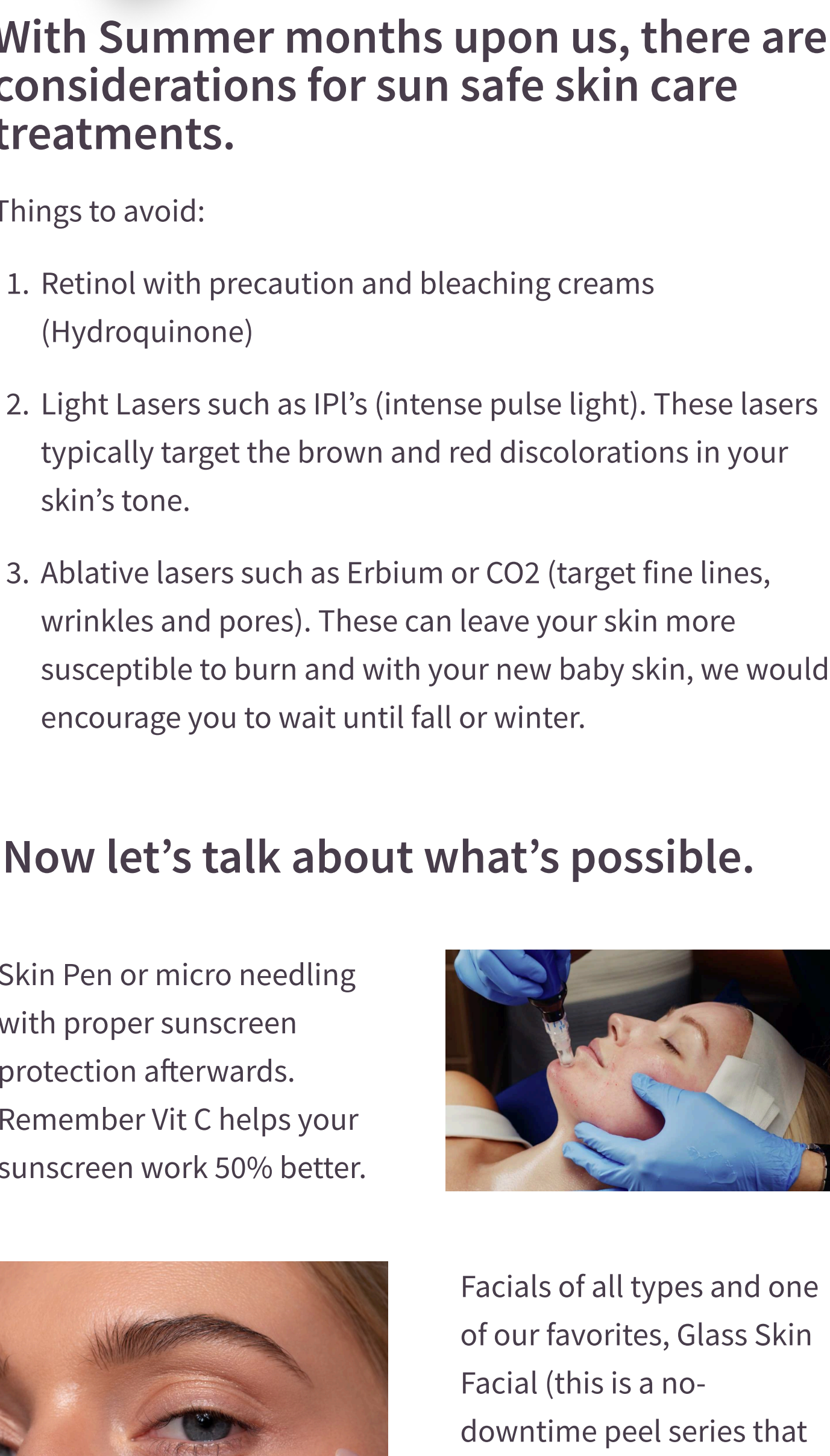




Hello beautiful.

Flowers are everywhere for those who are looking.

Let's dive right in.



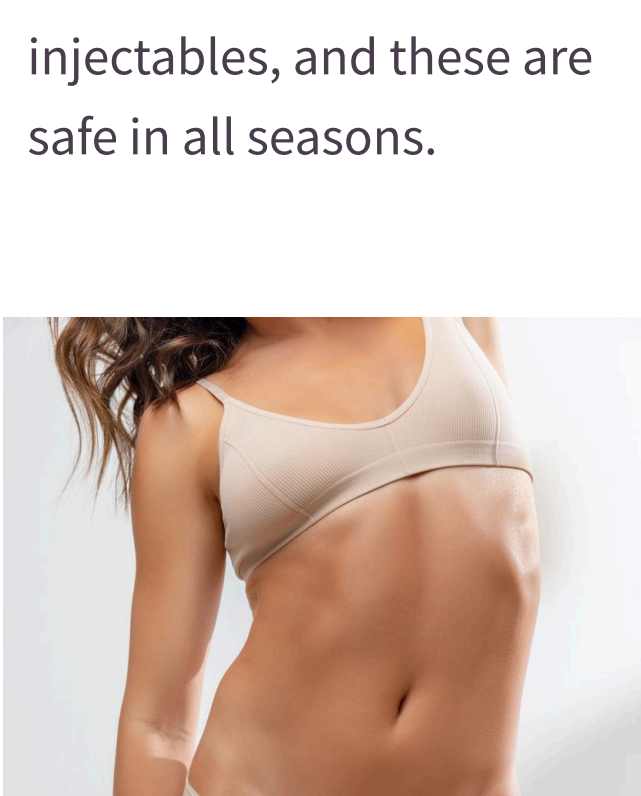
With Summer months upon us, there are considerations for sun safe skin care treatments.

Things to avoid:

1. Retinol with precaution and bleaching creams (Hydroquinone)
2. Light Lasers such as IPL's (intense pulse light). These lasers typically target the brown and red discolorations in your skin's tone.
3. Ablative lasers such as Erbium or CO2 (target fine lines, wrinkles and pores). These can leave your skin more susceptible to burn and with your new baby skin, we would encourage you to wait until fall or winter.

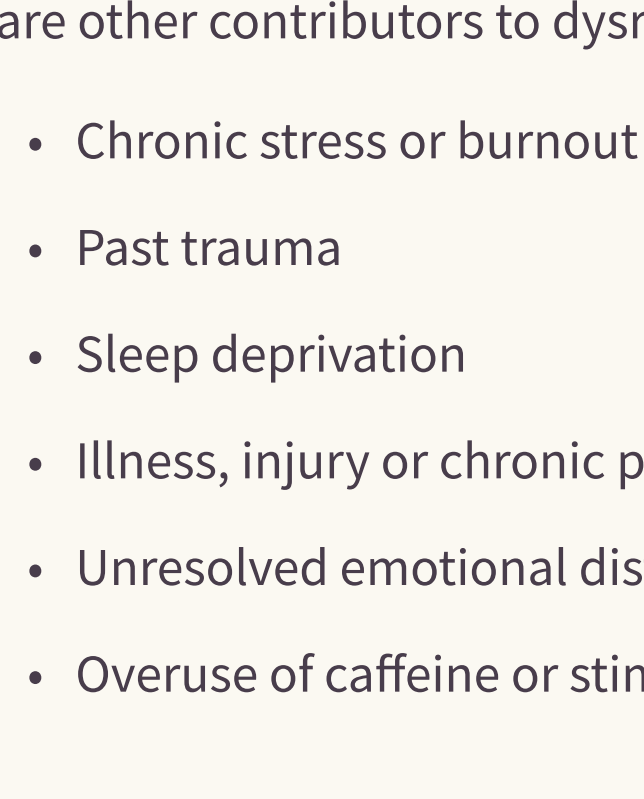
Now let's talk about what's possible.

Skin Pen or micro needling with proper sunscreen protection afterwards. Remember Vit C helps your sunscreen work 50% better.



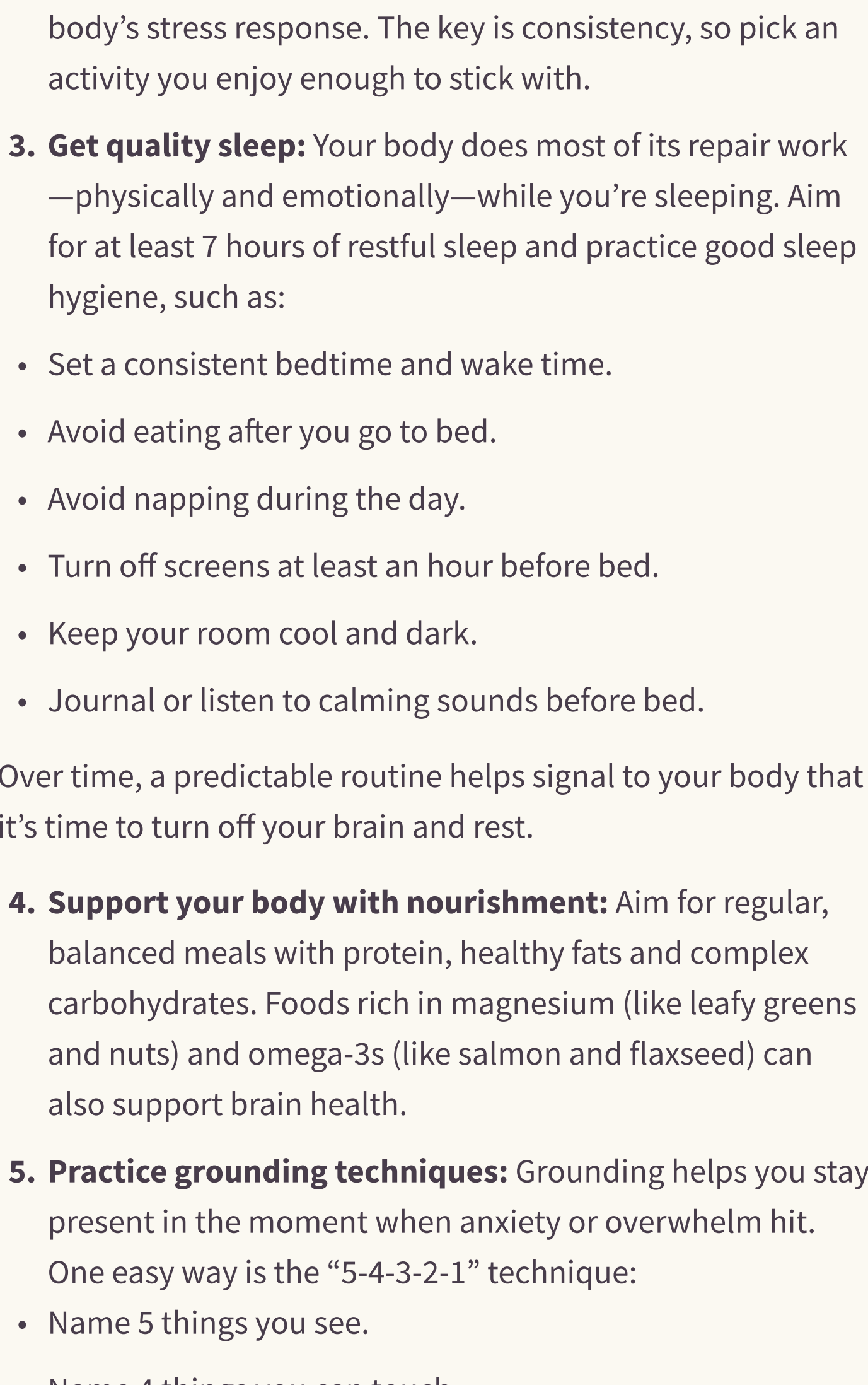
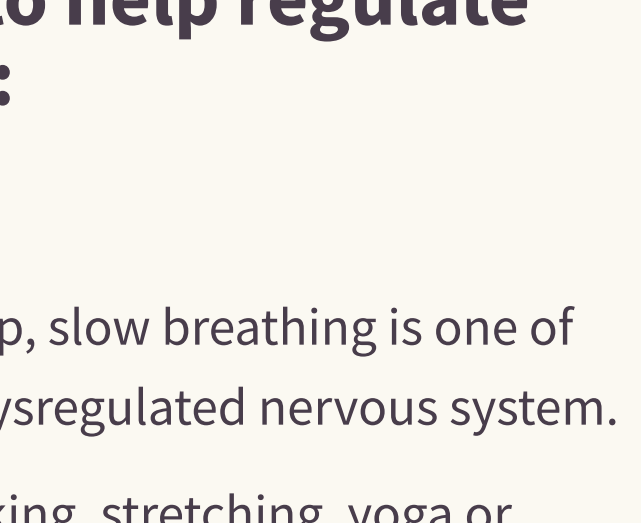
Facials of all types and one of our favorites, Glass Skin Facial (this is a no-downtime peel series that will leave your skin tight and glowing). Of course, there is no lotion or potion that will ever smooth like injectables, and these are safe in all seasons.

Get your skin laxity in check with Hyper-dilute Radiesse body treatments. We recommend two treatments 4-6 weeks apart. There is little downtime and you will see results fast. Areas we target: arms, knees, inner thighs, stomachs, and booty!



My all-time favorite, Ultherapy. This is a non-invasive laser that helps tighten the SMAS layer of the skin, lending to lifting and shifting of tissues. Especially great for brows, jawlines and necks!

Hyperhidrosis, excess sweating, is never a good look. Treating underarms, palms and feet with a little tox can make a big difference when things heat up.



We are all so dang overstimulated with our full lives and addiction to technology, that we must schedule time for us to have intentional rest. Our nervous system runs the show. It's our "fight, flight or freeze" response to life's curve balls. Here are other contributors to dysregulation:

- Chronic stress or burnout
- Past trauma
- Sleep deprivation
- Illness, injury or chronic pain
- Unresolved emotional distress
- Overuse of caffeine or stimulants

Here are a few ways to help regulate your nervous system:

1. **Breathe with intention:** Deep, slow breathing is one of the quickest ways to calm a dysregulated nervous system.
2. **Move your body gently:** Walking, stretching, yoga or dancing to your favorite song can all help regulate your body's stress response. The key is consistency, so pick an activity you enjoy enough to stick with.
3. **Get quality sleep:** Your body does most of its repair work—physically and emotionally—while you're sleeping. Aim for at least 7 hours of restful sleep and practice good sleep hygiene, such as:

- Set a consistent bedtime and wake time.
- Avoid eating after you go to bed.
- Avoid napping during the day.
- Turn off screens at least an hour before bed.
- Keep your room cool and dark.
- Journal or listen to calming sounds before bed.

Over time, a predictable routine helps signal to your body that it's time to turn off your brain and rest.

4. **Support your body with nourishment:** Aim for regular, balanced meals with protein, healthy fats and complex carbohydrates. Foods rich in magnesium (like leafy greens and nuts) and omega-3s (like salmon and flaxseed) can also support brain health.

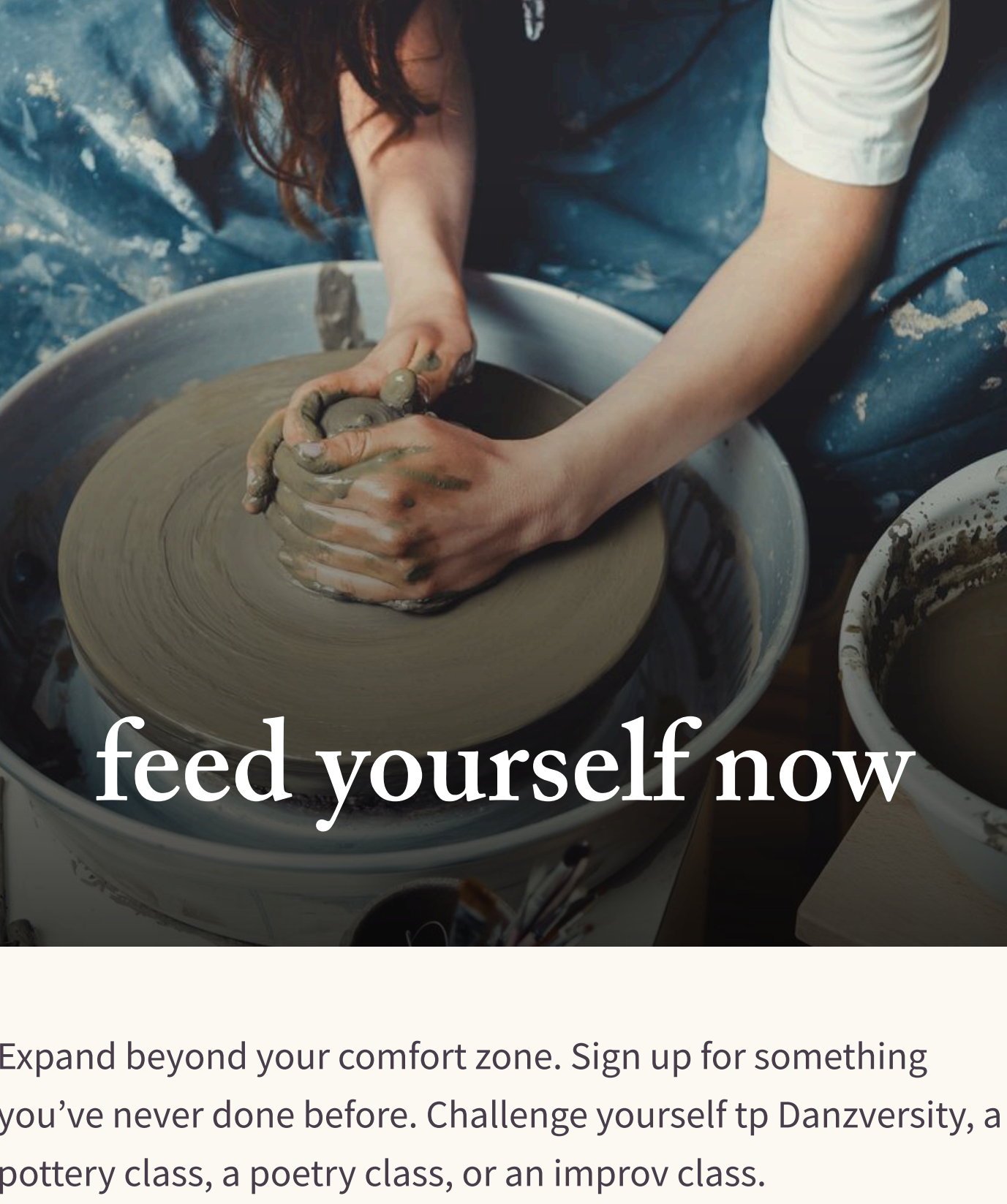
5. **Practice grounding techniques:** Grounding helps you stay present in the moment when anxiety or overwhelm hit. One easy way is the "5-4-3-2-1" technique:

- Name 5 things you see.
- Name 4 things you can touch.
- Name 3 things you hear.
- Name 2 things you can smell.
- Name 1 thing you can taste.

This simple exercise brings your attention back to your body and surroundings, helping to reset your nervous system.

6. **Seek connection and support:** Talking with trusted friends, family or a counselor can help you process emotions and release stored tension.

7. **Limit overstimulation:** Turn off all your notifications on your phone. Take short breaks during the day to stretch, breathe or simply sit in quiet



These have been a hit in our house and now have become a real staple. Try this protein-packed Peanut Butter Ball recipe for a sweet treat!

Mix together in a large bowl:

- 1 cup of peanut butter
- 2.5 cups of rice crispies
- 1 cup of honey
- 2 cups of collagen peptide protein powder.

Use a small scoop and place round 1-inch balls on baking sheet to chill in fridge to set. Enjoy!!!

"Who here thinks they have obligations?"

This was the question asked by a shaman to my group of EO members on my last retreat. Of course, we all raised our hands with a heavy load on our minds. I could think of a laundry list of obligations on my plate. As we called out our obligations, he assured us they were all "choices"; that there were plenty of mothers who do not "mother". "The only obligation we have is to ourselves" he says. I pause and listen deeply as he explains. We so often put other's needs in front of our own and wonder why life feels hard and we are not happy.

He continues, "get clear on what your necessities are and make those your obligations. Then your happiness will follow."

I've spent the last year contemplating my necessities vs. wants. Here is what I now prioritize in my life: quiet time in the mornings, fresh flowers in my home, dancing until I sweat at least twice a month, and body work at least once a month.

I encourage you to start making your necessities your only "obligation" and see what happens.

Expand beyond your comfort zone. Sign up for something you've never done before. Challenge yourself to Danzversity, a pottery class, a poetry class, or an improv class.

Try something new. This helps challenge your brain and who knows, you might just find a new necessity!

If you want to be expansive, get outside your bubble and EXPAND! Bring a friend for more laughs and connection. A real-life tip for aging better, "real connection", says Jane Fonda

