

ease medspa and wellness

Ease MedSpa and Wellness: Your Oasis of Relaxation and Rejuvenation

Are you feeling overwhelmed by the stresses of daily life? Do you crave a sanctuary where you can escape the chaos and reconnect with your inner peace? At Ease MedSpa and Wellness, we understand. This comprehensive guide dives deep into what sets Ease MedSpa and Wellness apart, exploring our luxurious treatments, commitment to holistic wellness, and the transformative experiences we offer. We'll cover everything from our signature facials to our advanced medical spa treatments, ensuring you leave feeling refreshed, rejuvenated, and ready to face the world with renewed energy. Let's embark on a journey to discover the ultimate escape at Ease MedSpa and Wellness.

Unwind and Rejuvenate with Our Signature Spa Treatments

Ease MedSpa and Wellness is more than just a spa; it's a holistic wellness destination designed to nurture your mind, body, and soul. We believe that true wellness encompasses more than just looking good; it's about feeling good from the inside out. That's why we offer a curated selection of treatments designed to address your specific needs and desires.

Our signature facials are a testament to this philosophy. We utilize only the highest quality, organic products, tailored to different skin types and concerns. Whether you're battling acne, aiming for anti-aging benefits, or simply seeking deep hydration, our experienced estheticians will create a customized facial experience to leave your skin glowing. We go beyond the basics, incorporating advanced techniques like microdermabrasion and chemical peels for truly transformative results.

Beyond facials, we offer a range of luxurious body treatments. Indulge in our soothing massages, designed to melt away tension and promote relaxation. Choose from Swedish massage, deep tissue massage, hot stone massage, or aromatherapy massage – each meticulously crafted to alleviate stress and improve circulation. Our body wraps are another popular choice, infused with natural ingredients to detoxify and nourish your skin.

Experience the Cutting Edge of Medical Spa Technology

At Ease MedSpa and Wellness, we also pride ourselves on offering advanced medical spa treatments that deliver visible, long-lasting results. Our team

of highly trained and certified professionals utilizes the latest technology and techniques to help you achieve your aesthetic goals.

Consider our Botox and Filler treatments, expertly administered to rejuvenate your appearance and address wrinkles and fine lines. We understand the importance of a natural look, focusing on enhancing your features rather than creating an artificial appearance. Our team will work with you to develop a customized treatment plan that aligns with your individual needs and desired outcomes.

We also offer a comprehensive range of laser treatments, including hair removal, skin tightening, and the treatment of various skin conditions. Our advanced laser technology provides precise and effective results, minimizing discomfort and maximizing efficacy.

Holistic Wellness: Mind, Body, and Spirit

Our commitment to holistic wellness extends beyond our aesthetic treatments. We believe that true well-being is a multifaceted journey that requires nurturing your mind and spirit as well as your body. That's why we integrate various holistic wellness modalities into our services.

Our tranquil spa environment is designed to promote relaxation and stress reduction. Soft lighting, calming music, and the gentle aromas of essential oils create a sanctuary where you can disconnect from the demands of daily life and reconnect with yourself. We also encourage our clients to incorporate mindfulness practices into their daily routines, providing resources and guidance on meditation and stress-management techniques.

We believe that true wellness is a journey, not a destination. We are committed to supporting you every step of the way, providing personalized guidance and support to help you achieve your health and wellness goals.

Why Choose Ease MedSpa and Wellness?

Ease MedSpa and Wellness offers a unique blend of luxurious spa treatments and advanced medical spa services within a calming, supportive environment. We prioritize personalized care, using high-quality products and cutting-edge technology to deliver exceptional results. Our highly trained and experienced professionals are dedicated to providing you with a transformative experience, leaving you feeling refreshed, rejuvenated, and empowered.

Conclusion:

At Ease MedSpa and Wellness, we are dedicated to helping you achieve your optimal state of well-being. Whether you're seeking relaxation, rejuvenation, or a boost to your confidence, our team is here to guide you on your journey to a healthier, happier you. Book your appointment today and experience the

Ease difference.

Frequently Asked Questions (FAQs):

1. What are your most popular treatments? Our most popular treatments include our signature facials, Swedish massage, and Botox injections. However, we offer a wide range of services to cater to diverse needs.
1. Do you offer packages? Yes, we offer a variety of packages designed to combine treatments for a comprehensive wellness experience at a discounted price. Check our website for current package offerings.
1. What payment methods do you accept? We accept all major credit cards, debit cards, and sometimes offer financing options. Please inquire at the time of booking.
1. What is your cancellation policy? We require a 24-hour notice for cancellations or rescheduling to avoid a cancellation fee. Please see our website for the full policy details.
1. Do you offer gift certificates? Yes! Gift certificates are a wonderful way to show someone you care and are available for purchase on our website or in-spa.

ease medspa and wellness: *San Diego Magazine* , 2008-04 San Diego Magazine gives readers the insider information they need to experience San Diego-from the best places to dine and travel to the politics and people that shape the region. This is the magazine for San Diegans with a need to know.

ease medspa and wellness: Cracking the Metabolic Code B. Lavalley R.Ph. C.C.N. N.D., James, James B. Lavalley, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your

diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life experience up to this day-determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

ease medspa and wellness: Stretch to Win-2nd Edition Frederick, Ann, Frederick, Christopher, 2017-05-17 This proven program used by today's top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

ease medspa and wellness: Aging Gracefully and Strong Melinda Silva, 2014-08-25 Do you want to remain strong and energetic as you age? Do you need a trusted source for anti-aging information? Are you looking for solutions that are medically sound but not chemically invasive? Dr. Melinda Silva bridges the realms of traditional and integrative medicine. Her focus is on promoting wellness and quality of life, not merely treating symptoms and illness. She is on a quest to show women that we no longer need to be at the mercy of the aging process or to endure its uncomfortable side effects. *Aging Gracefully and Strong* can empower you with practical tools to live the vibrant life you want. The letters of the alphabet provide the setting for 26 easy-to-implement strategies for healthy living and smart aging-all backed by solid research, and seasoned with experience and anecdotes. Each chapter concludes with a manageable action step, and together these can help you make the years ahead ones that you'll look forward to.

ease medspa and wellness: New York , 2007

ease medspa and wellness: Body Contouring Bruce E. Katz, Neil S. Sadick, 2010 Edited by leading authorities Bruce E. Katz and Neil S. Sadick, MD, *Body Contouring* is a brand-new volume in the *Procedures in Cosmetic Dermatology Series*. It showcases the hottest new body rejuvenation techniques and technologies, including laser lipolysis, focused ultrasound, mesotherapy, laser and light treatments, subcision for cellulite, and more. International contributions equip you to master the newest approaches from around the world. Succinctly written and lavishly illustrated, the book offers a wealth of pearls and pitfalls to help you refine your skills and avoid complications. A bonus DVD allows you to refine your skills by watching key techniques being performed by the authors. Shows you how to perform the hottest new techniques in body sculpting, including laser lipolysis, focused ultrasound, mesotherapy, laser and light treatments, subcision for cellulite, and more. Offers clinical pearls, pitfalls, and key points to help you get the best results for all procedures. Allows you to master the best and newest techniques and technologies from around the world, thanks to contributions from high-profile physicians with a wealth of international expertise. Includes a DVD that helps you learn key procedures by seeing them performed by the authors themselves.

ease medspa and wellness: Outside the Box Cancer Therapies Dr. Mark Stengler, 2019-05-07 Now in paperback: A thorough, cutting-edge, alternative therapy-focused exploration of Integrative Oncology care. With approximately 40 percent of men and women in the United States being diagnosed with cancer at some point in their lifetime, very few of us escape having cancer touch our lives in some way--whether it is our own life or that of a loved one. Scientific research continues to prove the benefits of nutritional and holistic therapies, yet, for the most part, these approaches to treatment still remain unexplored by the conventional medical establishment. With integrative and holistic healing being sought after and supported by more and more of the general public and medical community for various elements of everyday life, it only makes logical sense to explore these therapies with regard to one of the most prevalent causes of death of our time. In *Outside the Box Cancer Therapies*, naturopathic medical doctors Mark Stengler and Paul Anderson

combine their expertise to focus on the most critical components of integrative oncology care. Supported by extensive research and decades of clinical experience, Dr. Stengler and Dr. Anderson thoroughly explain: • the different types of cancer and their causes • how proper nutrition can help to prevent and treat cancer • the most well-studied supplements to use with cancer treatment • cutting-edge naturopathic therapies, and • natural solutions to common problems, such as the side effects of chemotherapy and radiation. With a clear and focused approach, Dr. Stengler and Dr. Anderson provide a definitive and comprehensive resource for anyone seeking to heal from cancer or a professional looking for the most cutting, up-to-date integrative approaches to treatment.

ease medspa and wellness: How to be Well Frank Lipman, 2018 Now available in paperback, the holistic manual for everything you need to know to be well, from celebrity health guru and NYT bestselling author Dr. Frank Lipman

ease medspa and wellness: Wellness in Whiteness Amina Mire, 2019-09-04 The Open Access version of this book, available at <https://www.taylorfrancis.com/books/9781351234146>, has been made available under a Creative Commons Attribution-Non Commercial-No Derivatives 4.0 license. This book analyses the social and ethical implications of the globalization of emerging skin-whitening and anti-ageing biotechnology. Using an intersectional theoretical framework and a content analysis methodology drawn from cultural studies, the sociology of knowledge, the history of colonial medicine and critical race theory, it examines technical reports, as well as print and online advertisements from pharmaceutical and cosmetics companies for skin-whitening products. With close attention to the promises of 'ageless beauty', 'brightened', youthful skin and solutions to 'pigmentation problems' for non-white women, the author reveals the dynamics of racialization and biomedicalization at work. A study of a significant sector of the globalized health and wellness industries - which requires the active participation of consumers in the biomedicalization of their own bodies - Wellness in Whiteness will appeal to social scientists with interests in gender, race and ethnicity, biotechnology and embodiment.

ease medspa and wellness: Fascia in Sport and Movement, Second edition Robert Schleip, Jan Wilke, Amanda Baker, 2021-03-30 Fascia in Sport and Movement, Second edition is a multi-author book with contributions from 51 leading teachers and practitioners across the entire spectrum of bodywork and movement professions. It provides professionals from all bodywork and movement specialisms with the most up-to-date information they need for success in teaching, training, coaching, strengthening, tackling injury, reducing pain, and improving mobility. The new edition has 21 new chapters, and chapters from the first edition have been updated with new research. This book is an essential resource for all bodywork professionals - sports coaches, fitness trainers, yoga teachers, Pilates instructors, dance teachers and manual therapists. It explains and demonstrates how an understanding of the structure and function of fascia can inform and improve your clinical practice. The book's unique strength lies in the breadth of its coverage, the expertise of its authorship and the currency of its research and practice base.

ease medspa and wellness: Laser and IPL Technology in Dermatology and Aesthetic Medicine Christian Raulin, Syrus Karsai, 2011-02-14 The editors have gathered 15 laser experts from the United States, Europe and Asia to present the most up to date information in cutaneous laser surgery and intense pulsed light technologies. This innovative book describes new laser techniques (laserlipolysis, fractional photothermolysis, among others) and provides expert guidance on using lasers successfully in over 80 clinical indications.

ease medspa and wellness: Mosby's Fundamentals of Therapeutic Massage - E-Book Sandy Fritz, 2016-01-28 Success in massage therapy begins with a solid foundation in the fundamentals! Mosby's Fundamentals of Therapeutic Massage, 6th Edition helps you build the skills you need, from assessing problems and planning treatment to mastering massage techniques and complementary bodywork. Case studies bring concepts to life, and guidelines to professionalism include topics such as ethics, legal issues, and best business practices. 'How-to' videos on an Evolve companion website demonstrate manipulation techniques, body mechanics, positioning and draping, and more. If you want to prepare for certification exams and succeed in practice, this resource from

massage therapy expert Sandy Fritz is your text of choice. Research Literacy and Evidence-Based Practice chapter includes new research findings and explains how research is done, and how to read and understand it. Comprehensive coverage includes all of the fundamentals of therapeutic massage, including massage techniques, equipment and supplies, hygiene, working with special populations, and business considerations; it also prepares you for success on the National Certification Exam (NCE), the National Certification Exam for Therapeutic Massage and Bodywork (NCETMB), and the Massage and Bodywork Licensing Examination (MBLEx). Over four hours of video on Evolve demonstrate techniques and body mechanics — each clip is narrated and performed by author Sandy Fritz — and include a demo of practice management software. An entire chapter is dedicated to case studies which offer practice with clinical reasoning and prepare you to address common conditions encountered in professional practice. Step-by-step, full-color photographs demonstrate massage techniques and protocols by body area. A workbook/textbook format facilitates study and review with matching exercises, fill-in-the-blank questions, drawing exercises, and critical thinking questions. Coverage of body mechanics helps you to create an ergonomically effective massage environment and to determine appropriate pressure, drag, and duration application while applying massage methods. A spa chapter describes the massage therapy services offered at spas and looks at the spa as a possible career track in massage. Adaptive Massage chapter explains how to address the needs of specific populations, from pregnant women and infants to hospice patients and people with physical impairments. Example boxes reinforce specific concepts by showing real-life situations. Coverage of multiple charting methods helps you develop record-keeping and documentation skills, including SOAP and computer charting with simulation on Evolve. Foot in the Door boxes outline the professional skills expected by prospective employers. Learning features include chapter outlines, objectives, summaries, key terms, practical applications, and workbook sections. In-depth HIPAA coverage shows how to store records in a HIPAA-compliant manner and describes HIPAA requirements and training.

ease medspa and wellness: The Cellulite Myth Ashley Black, Joanna Hunt, 2017-02-07 Forget everything you've ever been told about cellulite—it's a myth! Ashley Black, fascia pioneer, and body guru to the stars, unveils never before known secrets to obliterating cellulite and changing your personal health paradigm. For years we've been conditioned to believe that cellulite is a fat problem, yet skinny girls have it, active girls have it, sedentary girls it, curvy girls have it, older women have it and, guess what, so do younger women. In fact, 90% of women struggle with it . . . you are not alone! The appearance of fat is affected by the sticky webbing of tissue it's housed in called fascia—which can be manipulated. Get ready for the most radical shift in health and beauty of the century! Obliterate cellulite, transform your body, and revolutionize your life!

ease medspa and wellness: Total Renewal Frank Lipman, 2004-12-16 In terms of health, most of us live at 50 percent of our capacity. Total Renewal takes us the rest of the way there. To varying degrees, we all suffer from digestive disorders, low-grade toxicity, or fluctuating blood sugar levels. While not ballooning into full-fledged diseases, these conditions limit our enjoyment of life and prefigure illnesses that loom in our future. Consisting of seven steps, Dr. Frank Lipman's Total Renewal Program is the key to reversing the unhealthy habits and poor functioning that we have slowly developed and accepted over the course of our lives. The program replaces them with new behaviors that leave us stronger, healthier, and more durable. Dr. Lipman's seven steps are: 1.Take Responsibility for Your Health and Well-Being 2.Remove Toxins and Decrease Your Total Load 3.Recognize Your Unique Diet 4.Replenish Nutrients and Balance Hormones 5.Release Tension and Relieve Stress 6.Revitalize with a Detox 7.Reconnect to Yourself, Others, and Nature

ease medspa and wellness: A Little Bit of Reiki Valerie Oula, 2019-03-05 From a professional Reiki practitioner, an accessible introduction to the ancient alternative healing modality for health and wellness. The Japanese art of Reiki can reduce stress, aid relaxation, enhance energy, and promote healing. Expert teacher Valerie Oula introduces you to this profoundly beneficial hands-on practice, providing a history of Reiki and an overview of how it works. She includes exercises and meditations to help you tune into reiki energy and shows you where to go to experience a session

and what to do to become a Reiki practitioner.

ease medspa and wellness: The Murad Method Howard Murad, Dianne Lange, 2003-04-22
The renowned dermatologist's easy-to-follow, quick-results program to treat skin both inside and out, using widely available products Since 1972, Dr. Howard Murad has been studying the effects of the environment, nutrition, and lifestyle on skin and creating a skin-care program to slow the aging process. The Murad Method is the result of his three decades of clinical experience treating more than 40,000 men and women as well as independent research proving the effectiveness of the program. His unique approach to skin care combines external products and internal supplements in a simple regimen that will improve the texture and look of anyone's skin. This book clarifies the science behind what Dr. Murad believes is the next generation of skin care, an approach based on what he calls the Water Principle. Rather than relying on a single miracle ingredient, this breakthrough program includes a combination of exfoliants, polyphenols and other antioxidants, amino acids, fatty acids, and anti-inflammatory agents that enhance skin hydration. The Water Principle is the foundation of Dr. Murad's unique system for repairing and rejuvenating your skin. The skin is your body's largest organ, and The Murad Method is the first book to show you how its appearance directly reflects your overall health. The Murad Method has been clinically proven to: - boost hydration - reduce wrinkles - increase elasticity - improve sun protection By following a regimen that suits your skin type and requires just five minutes, morning and night, for five weeks, you will not only counter the damage that causes aging, but actually reverse the visible signs of aging and reduce wrinkles. Simple, clear charts show you how to customize an anti-aging regimen for your skin type and special concerns. You can assemble your own program, using either Murad or name-brand products. There is an extensive listing of products that contain the key ingredients Dr. Murad recommends in his anti-aging prescription to guide you. The information in this book will change the way you think about your skin--and give you the tools you need to make your skin look younger in five weeks.

ease medspa and wellness: Soft Tissue Augmentation Alastair Carruthers, Jean Carruthers, 2008 Soft Tissue Augmentation, 3rd Edition helps you make optimal use of these techniques and provide the optimum results your patients expect. Drs. Alistair and Jean Carruthers provide you with evidence-based, procedural how-to's and step-by-step advice on proper techniques, pitfalls, and tricks of the trade, equipping you to successfully incorporate the very latest procedures into your busy practice! Offer your patients the best care and avoid pitfalls. Evidence-based findings and practical tips equip you with the knowledge you need to recommend and discuss the most effective treatment options with your patients. Proceed confidently with current, to-the-point guidance on the cosmetic use of traditional and new fillers edited by pioneers in the field, Drs. Jean and Alastair Carruthers. Expand your repertoire and refine your skills with a wealth of color illustrations, photographs, and procedural videos (including lip augmentation and treatment of hands and feet) depicting cases as they appear in practice. See how non-invasive cosmetic procedures apply to real-life situations with new case studies and pearls throughout. Stay on top of cutting-edge techniques and topics including darker skin and fillers; platelet rich plasma; and tower technique of filler injection as well as new and novel non-permanent fillers including Elastin and Soft Tissue Augmentation; and a combination of Carboxymethyl Cellulose (CMC) and Polyethylene Oxide (PEO). Take advantage of a dynamic and up-to-date focus on the latest soft tissue techniques with 25 new chapters and the unmatched guidance of expert contributors - many new to this edition. Browse the fully searchable text online at ExpertConsult, along with expanded video content and downloadable images.

ease medspa and wellness: SomatoEmotional Release John E. Upledger, 2002-09-25
Developed by the author, SomatoEmotional Release is a technique for bringing psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of meaningful, intentioned touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their

associated emotions.

ease medspa and wellness: *Miami and the Beaches* , 2011-10-25 Miami is one of the great destinations of the world. Gerald Hoberman, the widely acclaimed, award winning, master photographer, author and designer took to the air over Miami in a romantic helium-filled blimp. What better way to capture the vibrant sunny disposition of Miami and the beaches, that sparkling jewel of Florida's coastline on camera? Hoberman then comes down to earth so to speak, camera at the ready and in an extraordinary display of further photographic and artistic virtuosity, incisively captures the very spirit and essence of Miami as never before. Each impactful image will leave the reader spellbound from cover to cover. Accompanied by well researched, informative and entertaining text, it also has some typical Hoberman serendipity thrown in for good measure to add spice to the gingerbread. This book, one of a kind, will provide many fascinating hours of riveting reading. It is a must have for travelers planning a journey there. It is a wonderful memento for those who have already visited and deserves a special pride of place, in the homes and libraries of the people who proudly call Miami home.

ease medspa and wellness: *The Complete Idiot's Guide to Girlfriend Getaways* Lisa Kasanicky, 2009 Women.

ease medspa and wellness: *Starlight Skin* Kaye Escalona, Jessica Campana, 2020-07-16 Kaye and Jessica, co-founders of Starlight Med Spa and "skincare sisters", share their vast knowledge of skincare advice in this guide to complexion perfection. Learn about your skin's unique needs and how to put your best face forward by following along with the tips given in Starlight Skin. Inside, you'll discover how to determine your skin's type and conditions, how to achieve a clear, even, and youthful complexion, and how to shine from the inside out. Let Starlight Skin be your complete guide to glow!

ease medspa and wellness: *The Microbiome Diet* Raphael Kellman, 2014-07-01 First diet book connecting the microbiome with healthy weight loss; featuring an easy wellness program with a 3-phase diet.

ease medspa and wellness: *Better Sleep, Better You* Frank Lipman, Neil Parikh, 2021-04-13 Sleep is the most important part of anyone's journey to a healthy and happy life, and with this book you can learn how to fix your sleep schedule and recover precious hours of relaxation. If you're like most people, odds are you aren't getting enough sleep. Thanks to shifts in our culture America is in the midst of an epidemic of sleeplessness, and unfortunately, sleep deprivation has bigger consequences than one might think, ranging from irritability, brain fog, and weight gain to serious conditions like hormone dysregulation, heart disease, memory impairment, diabetes, and Alzheimer's. In *Better Sleep, Better You*, functional medicine pioneer and sleep expert Frank Lipman, MD, and Casper co-founder Neil Parikh team up to offer a one-stop resource to help you reap the benefits of sleeping well every night. Unlike the dozens of articles offering a quick fix for insomnia, Lipman and Parikh understand that there's no such thing as a one-sleep-fits-all solution. By clearly explaining the latest developments in sleep science and all the factors that affect your sleep—including when and how you eat and exercise, how you handle stress, how you nap, and how you engage with technology—*Better Sleep, Better You* helps readers create a personalized sleep protocol that works for their lifestyle and needs. Packed with fascinating science, engaging case studies, and easy-to-implement practical advice, *Better Sleep, Better You* provides everything you need to optimize your sleep, productivity, and happiness—for life.

ease medspa and wellness: *Antiaging 101* Frank Comstock MD, 2010-08 *Antiaging 101* empowers us with the knowledge and tools required to slow the aging process. Structured in the format of a college lecture series, *Antiaging 101* explains the lifestyle changes necessary to obtain and maintain optimal health and vitality. Learn how and why your diet, exercise program, supplements, hormones, and stress reduction impact your health and aging. By learning this material you will empower yourself and your family to make intelligent choices that will impact your health immediately. After this course you will know what foods to eat, what supplements to take, what exercise to do, and what hormones to utilize. Yes the program takes sacrifice and commitment,

but in return you will have more energy, strength, and stamina. You will look better and you will be healthier. You will realize that each day, instead of being another step toward getting older, is actually an opportunity to get younger.

ease medspa and wellness: *Goodbye Lupus* Brooke Goldner, 2015 Goldner discusses the pain of her illness and her recovery, and how she discovered a way to help herself heal through proper nourishment.

ease medspa and wellness: *Age Healthier Live Happier* Gary Donovitz, 2014-12-30 Tired of being overmedicated by drugs that reduce your quality of life? Concerned about medical illnesses that you are at risk for as you age? Ready to explore the life-saving benefits of bio-identical hormone optimization? Finally! Age Healthier, Live Happier show you the path to the balanced life women and men are searching for! Reduce your use of antidepressants, diet pills, statins, pain medications, and synthetic hormones. Reverse the course of heart disease, diabetes, obesity, fibromyalgia, arthritis, and high cholesterol. Lower your risk for Alzheimer's disease breast cancer, osteoporosis and prostate cancer.

ease medspa and wellness: *The Touch Remedy* Michelle Ebbin, 2016-05-10 An empowering guide that unites the ancient healing power of touch therapy—from acupressure to reflexology—with modern science to help relieve the number one cause of disease today: stress—and to soothe anxiety, boost immunity, and alleviate pain. Human beings are wired for touch. Touch is critical to our physical and mental health. And for centuries, cultures around the globe have employed touch as a powerful force for healing. And yet America is an increasingly touch-deprived, high-stress culture, and we are paying for it with our wellbeing. Now, in *The Touch Remedy*, leading touch therapy expert Michelle Ebbin, who appears regularly on *The Dr. Oz Show* and has been featured on *The Doctors*, *The View*, and *Live with Kelly & Michael*, demonstrates how the ancient wisdom of touch can truly change your life. A fresh, contemporary approach to natural health, which draws on a unique combination of ancient wisdom and cutting edge research, *The Touch Remedy* is a collection of proven touch therapy solutions to calm and heal every member of the family, from babies to grandparents to pets. Demystifying time-tested touch therapy techniques such as Acupressure, Reflexology, Cranial Sacral Therapy, among others, Ebbin shares her invaluable insight and provides clear, step-by-step remedies, accompanied by beautiful full-color photos, to relieve a range of physical and emotional stressors, from back pain and headache to anxiety. Her solutions are quick, taking only two-to-three minutes each, and easy, requiring only three steps, and most of the remedies can be done anytime, anywhere, even on the go. In addition, Ebbin shows how touch therapy offers powerful strategies to improve intimacy in relationships, bond with your children, and improve communication through touch. With *The Touch Remedy*, we can quite literally take our health into our own hands—and nurture the bodies, minds, and spirit of our loved ones and ourselves.

ease medspa and wellness: *Oncology Esthetics* Morag Currin, 2014

ease medspa and wellness: *Waking Up Eve* Darci Knowles, 2000-06 Like a cross between Daphne du Maurier and V. C. Andrews, Darci Knowles whips up an intriguing tale of repressed memory, hidden identity, suspicion-induced family members, and kind strangers that find themselves in the middle of trouble. It sounds like a familiar mix, but the author adds new twists by introducing new age philosophy and political intrigue.

ease medspa and wellness: *New York New York* Hilary Geary Ross, 2011-11-29 New York New York combines the talents of renowned photographer Harry Benson with text by society columnist Hilary Geary Ross to create a stunning portrait of New York's best-known citizens. From captains of industry, politicians, movie stars, dancers, artists, and best-selling authors to celebrated athletes and society doyennes, *New York New York* captures the glamour of Manhattan from the early 60s to today in hundreds of black-and-white and color photographs. Subjects include Diane Sawyer, Halston, Truman Capote, Robert Redford, Neil Simon, Tom Wolfe, Norman Mailer, Spike Lee, Malcolm Forbes, Al Pacino, Lauren Hutton, Lena Horne, Andy Warhol, Yogi Bera, Jackie Kennedy, Gerard Butler, Cindy Lauper, Daryl Hannah, Mario Cuomo, Birdie Bell, Donald Trump,

Brooke Astor, Yoko Ono, Woody Allen, and Michael Kors, among many, many others.

ease medspa and wellness: *Skin Deep* Samantha Dench, 2017-02-13 Behind the spa light, author, skin disruptor and licensed esthetician, Samantha Dench uncovers the truth about how to properly care for and protect your skin from the inside out. Dench successfully disrupts the standard skin care protocol and dives deep into how to achieve healthy and glowing skin with a health-conscious approach. Her in-depth research, knowledge and experience cuts through the noise of confusion to help teens, adults and estheticians decipher how they want to protect the skin with healthy habits, products and treatments that support the natural function of the skin. Readers will gain invaluable insight about the best approach to skin care including -how the skin functions to protect and heal itself. -the healthy methods used to cleanse, treat, exfoliate and moisturize. -lists of helpful ingredients, harmful ingredients, healthy foods and inflammatory foods. -non-abrasive treatments that support the skin, instead of harm it. -the role of estheticians and how to find the right one for you. -detailed descriptions on various spa services for skin care. -rules to live by to prevent skin issues and aging. If you are tired of trying product after product without results or worsened outcomes, step into Samantha's spa and learn to love the skin you're in!

ease medspa and wellness: *Orange Coast Magazine*, 2006-01 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region, bringing together Orange County's most affluent coastal communities through smart, fun, and timely editorial content, as well as compelling photographs and design. Each issue features an award-winning blend of celebrity and newsmaker profiles, service journalism, and authoritative articles on dining, fashion, home design, and travel. As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation, Orange Coast is the definitive guidebook into the county's luxe lifestyle.

ease medspa and wellness: *Activate the Female Orgasm System* Charles Runels, Dr Charles Runels MD, 2013-12-22 The reader can better activate the sexual response of herself or that of a lover after following the steps in this book. Dr. Runels brings to this book his 23 years of experience in treating and conducting research with thousands of women suffering with sexual and hormonal problems. Also, since he invented and was first to do the O-Shot (R) procedure {Orgasm Shot (R)}, he offers unique insight about how the procedure was invented and how to know if it may benefit you or someone you love. He also explains the components of the Female Orgasm System (he was first to use the term). By understanding the system, including the O-Spot (a new idea that he introduced into the medical literature). He also explains the role of the O-Shot (R) procedure in rejuvenating the Female Orgasm System. The last chapter helps the reader make treatment plans for common sexual problems in women: (1) decreased sex drive (libido), (2) decreased arousal, (3) dyspareunia (pain with sexual intercourse), and (4) difficulty with orgasm. He also explains female ejaculation, the anatomy of the phenomenon, and how the O-Shot (R) can enhance and promote that experience. Also, see plans for treatment of urinary incontinence and depression and anxiety.

ease medspa and wellness: *#Getsocialsmart* Katie Lance, 2017 Tired of spinning your wheels when it comes to social media? In this book, I take you through the nuts and bolts of what it takes to create a smart and sustainable social media strategy that will help you grow your business!

ease medspa and wellness: *Building Your Beauty Empire* Lyndsey Brantley, 2020-09

ease medspa and wellness: *GRT AMER FOOD FIGHT* Dr Brent Baldasare, 2016-10-02 A diet and nutrition book exposes how the food industry victimizes the U.S. consumer. The U.S. is one of the fattest and sickest nations on Earth. While Baldasare (*The Nutrition Cure*, 2015, etc.) once viewed Americans malnutrition as a problem of poor personal choices, he now realizes it is actually a more systemic issue. The truth is that far too many of our food choices are made for us, not by us, he writes. The struggle to eat healthily...has become a battle in which many powerful forces are aligned against us. The aims of this book are twofold. The first is to reveal the ways in which the food industry and its lobbyists have actively misled the public to serve their own needs, suppressing scientific research and waging a campaign of nutritional misinformation. The second is to inform consumers as to what foods and ingredients they are actually eating and how to cut through the

cultural noise to locate sources of real nutrition. Divided into brief sections, many less than a page, the book tackles the myriad topics that constitute the current diet debate: from the diseases that most affect the American public to strategies employed by the food industry to sell products (including packaging, qualified and unqualified health claims, ecology and ethics labels, and plastic coding) to breakdowns of the additives, fats, pesticides, and other specifics for each food group. The author concludes with the current state of food activism and provides an appendix of useful charts documenting everything from types of food coloring to sources of gluten. For Baldasare, an informed public remains the best chance at fixing the food system, and he offers an impressive amount of information. Writing in a clear, practical prose aimed at the general reader, the author approaches each topic with candor and occasional humor (Got milk? If you re a US citizen, your government certainly hopes so). The book s encyclopedic nature lends itself more to discretionary browsing than to proceeding straight through, but readers of all lifestyles should learn troubling and helpful facts about the food they eat. An exhaustive and informative guide to the intricacies of America s food.

--Kirkus Reviews

ease medspa and wellness: Short-scar Face Lift Patrick L. Tonnard, Alexis M. Verpaele, 2007 The highly popular first volume on The MACS-Lift Short-Scar Rhytidectomy, by Drs. Patrick Tonnard and Alexis Verpaele, introduces surgeons to an exciting new concept in facial rejuvenation—one that offers shorter incisions, minimal morbidity, and reduced recovery time. In the second volume, Short-Scar Face Lift: Operative Strategies and Techniques, Drs. Tonnard and Verpaele build on that foundation and expand their scope. Together, Volumes I and II will give you the complete information you need for mastering optimal facial rejuvenation and providing your patients with the benefits of a short-scar face lift. It's a win-win situation for all! Volume I: The MACS-Lift Short-Scar Rhytidectomy By Patrick Tonnard, MD; Alexis Verpaele, MD Volume I provides the foundation for the MACS-lift technique. This four-color semi-atlas describes and illustrates every step leading to the mastery of this vertical-vector face-lift. An accompanying DVD begins with an animated overview that highlights key steps for the operation; this is followed by an operative video that guides the viewer through the entire procedure. Volume II: Short-Scar Face Lift: Operative Techniques and Strategies Edited by Patrick Tonnard, MD; Alexis Verpaele, MD The second volume represents the next stage in short-scar face-lift technique and a convergence of new modalities to enhance the results of facial rejuvenation. Drs. Tonnard and Verpaele are joined by leading experts who share their insights and technical pearls on short-scar face lifting. In addition, they discuss ancillary procedures, such as the temporal brow lift and neck lift, to enhance the overall result. An accompanying DVD provides operative video of the MACS-lift, the short-scar temporal lift, microfat grafting, and erbium-YAG laser resurfacing.

ease medspa and wellness: How to Start a Business in Colorado Entrepreneur Press, 2007-07-09 SmartStart Your Business Today! How to Start a Business in Colorado is your road map to avoiding operational, legal and financial pitfalls and breaking through the bureaucratic red tape that often entangles new entrepreneurs. This all-in-one resource goes a step beyond other business how-to books to give you a jump-start on planning for your business. It provides you with: Valuable state-specific sample forms and letters on CD-ROM Mailing addresses, telephone numbers and websites for the federal, state, local and private agencies that will help get your business up and running State population statistics, income and consumption rates, major industry trends and overall business incentives to give you a better picture of doing business in Colorado Checklists, sample forms and a complete sample business plan to assist you with numerous startup details State-specific information on issues like choosing a legal form, selecting a business name, obtaining licenses and permits, registering to pay taxes and knowing your employer responsibilities Federal and state options for financing your new venture Resources, cost information, statistics and regulations have all been updated. That, plus a new easier-to-use layout putting all the state-specific information in one block of chapters, make this your must-have guide to getting your business off the ground.

ease medspa and wellness: The True Definition of Beauty Adam Scheiner, 2017-06-02 So

much of our lives are affected by our appearances. The way we're viewed by the world, the way we view ourselves, and the way we communicate with others are all influenced by the non-verbal cues we send out. When these cues are aligned with who we really are and how we truly feel inside, our relationships with others and our confidence in ourselves can be dramatically improved. Modern advances in cosmetic surgery can help people achieve these life-changing results. But all too often, patients are hesitant to seek treatment. They don't know their options. They don't know what questions to ask. And - above all else - they don't want to look like they've had work done. In his book, Dr. Adam J. Scheiner lays out a philosophy towards cosmetic procedures that focuses on revealing a patient's innate natural beauty and reclaiming their appearance from damage like sun exposure and the inevitable deterioration caused by aging. This approach leads to more harmonious results that are subtle, yet powerful. By explaining the mathematical basis underlying true, balanced beauty, and then demonstrating the ways in which cosmetic procedures can bring this true beauty to light, Dr. Scheiner seeks to set patients' fears at ease and arm them with the knowledge they need to guarantee they get the results they desire - and deserve. Discover the options available to you and how they can bring your true beauty to light.

ease medspa and wellness: Healing Home Spa Valerie Gennari Cooksley, 2003 Unlike most spa books that emphasize beauty regimens, Healing Home Spa features an A-to-Z section of more than 100 common ailments and everyday health challenges with therapeutic prescriptions for prevention and healing - from acne to aging skin, congestions, eye strain, stress, varicose veins, and wound care. Hundreds of original, feel-good recipes for masks, tonics, soaks, inhalations, and oils can be found throughout the book, making this a unique therapeutic treat that readers will use alone or with a partner to indulge in the healthy pleasures of the home spa. Healing Home Spa shows readers how to turn their home into a harmonious retreat by incorporating natural home spa treatments that are easy to follow, while including many of the latest trends practiced in spas throughout the world: essential oil and herbal therapy, hydrotherapy, flower essence therapy, massage, body wraps, skin brushing, sound and music therapy, teas and tonic, yoga, and more. In all, more than a dozen techniques are described, including their healing benefits and current studies to support their efficacy.

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