

cure LIFE

UNLOCKING THE SECRETS OF VAMPIRE FACIALS: A REVOLUTION IN SKINCARE

5 AESTHETIC TIPS TO KNOW

HAIR LOSS REMEDY

CURE MED SPA HOLIDAY OPEN HOUSE

THE SECRET TO SILKY SMOOTH SKIN:

UPKEEP IN THE SNOW

It's The Most Wonderful Time of the Year

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Candice Georgiadis

cure LIFE | Editor-In-Chief

Tis the season for trimming the tree, embracing the holiday spirit and planning celebrations with family and friends! You will love the specials we have for you this month. Take time out of the madness that the holiday season brings to unwind. You will thank yourself later!

December is an extra special time of the year. It easily puts everyone in a cheerful disposition. It's a month of personal faith, joy, holiday shopping and celebration.

The holiday season is in full swing and it's time again to find the perfect gifts for your loved ones. Feeling stumped?
Here at Cure Med Spa, we have refreshing gifts that can provide transformation and confidence well beyond Christmas Day. Cure Holiday promotions bring amazing offers for gift cards, treatments, gift sets and more. We have the best holiday gifts to finish your shopping but don't forget to splurge on yourself, too!

We are grateful for this magical season of sparkling lights, warm cups of cocoa and the excitement of Saint Nick, even as adults.

December is one huge holiday extravaganza and we should celebrate accordingly! Stop in to see us soon. Cheers!

Merry Christmas and Happy New Year!



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*Raffle winners consent to before & after in social media

In the realm of innovative skincare treatments, vampire facials have taken the beauty industry by storm. This cutting-edge procedure, officially known as platelet-rich plasma (PRP) therapy, has garnered immense popularity due to its ability to rejuvenate the skin and promote a youthful complexion.



Vampire facials represent a groundbreaking advancement in skincare, offering a natural, long-lasting solution to combat signs of aging. As with any cosmetic procedure, it's essential to consult with a qualified practitioner to discuss individual goals and determine the most suitable treatment

What Does a Vampire Facial Do?

At its core, a vampire facial involves the use of PRP, which is derived from the patient's own blood. The procedure begins with a simple blood draw, after which the blood is processed to isolate the plasma, which is rich in platelets. These platelets are then reinjected into the patient's face, stimulating collagen production and promoting the growth of healthy, new skin cells. The result? A rejuvenated, radiant complexion, often dubbed the "vampire lift," as it gives the skin a youthful, lifted appearance.

How Long Does a Vampire Facial Last?

One of the key advantages of vampire facials is their long-lasting effects. While individual results can vary, many patients report noticeable improvements in skin texture and tone for up to 12 months after the procedure. Additionally, the gradual collagen stimulation means that the results appear natural and not overly dramatic, allowing individuals to enjoy the benefits without appearing artificially enhanced.

Is a Vampire Facial Risky?

Like any medical procedure, vampire facials carry a degree of risk, albeit minimal. Since the treatment utilizes the patient's own blood, the risk of allergic reactions or adverse effects is significantly reduced. However, it's crucial to choose a qualified, experienced practitioner to perform the procedure. A skilled professional will ensure proper sterilization and technique, minimizing the risk of infection or other complications.

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HOW PLATELET-RICH PLASMA THERAPY HELPS WITH HAIR LOSS

Hair loss is frustrating for anyone who experiences it. Many seek ways to reverse or slow hair loss. There are many over-the-counter treatments as well as surgical options. PRP is another form of hair loss therapy that is relatively new to the market.

WHAT IS PLATELET-RICH PLASMA?

Platelet-rich plasma or PRP uses components from the patient's blood to create an injection designed to heal and promote tissue regeneration. Platelets and plasma are the regenerative and protein-rich components of blood. PRP injections use the patient's own platelets and plasma for their treatments, reducing the chances of complications or adverse reactions after treatment.



HOW DOES PRP WORK?

The PRP injections contain proteins that help the body to repair damaged tissue. Due to its healing qualities, PRP has been used effectively to treat injuries such as pulled muscles and torn ligaments sustained by athletes. The components of PRP injections help the body speed up tissue repair by using its natural elements. PRP is composed of platelets, the component of blood responsible for healing and regeneration. PRP helps to regrow hair by helping to heal the damaged follicle allowing hair to begin to grow again. PRP (Platelets and plasma) is injected directly into the damaged follicle to help reverse the hair loss process.



HOW DO PRP TREATMENTS HELP WITH HAIR LOSS?

Not all hair loss is attributable to the same cause. Some types of hair loss are due to damage to the hair follicle. In these cases, PRP's reparative components could help stimulate hair growth (and regrowth) by reversing the damage to the follicle. It is important to remember that PRP therapy is not necessarily a cure for the root cause of hair loss. Therefore, it is usually necessary to schedule regular PRP treatments at set intervals to continue to see hair growth results. The frequency of treatments would depend on various factors and should be decided after consultation with a professional experienced in PRP therapy.





IS PLATELET-RICH PLASMA THERAPY SAFE?

PRP has been used in Europe in various medical areas, yet, it is relatively new here in the United States. Over the last few years, several published studies have been conducted regarding the safety of PRP, and the overall opinion is that PRP is a safe and, for many, effective treatment for hair loss. Still, the effects can vary from person to person.

WHAT ARE THE POTENTIAL SIDE EFFECTS?

PRP injections involve using your blood, which reduces the risk of many complications. However, like any procedure, there are certain risks associated with PRP treatments. The most common include infection, scar tissue, injury to blood vessels, and calcification at the injection locations.

There are also instances where PRP might not be a good fit for you. Many of these depend on medical history or lifestyle choices. For example, your provider may recommend against PRP for hair loss therapy for the reasons below or others.

- You are a heavy smoker.
- You have a chronic condition such as thyroid disease, liver disease, or cancer
- You take blood thinners or have a low platelet count.
- You have a history of substance abuse.

HOW MUCH DOES PRP COST?

PRP treatments involve three treatments over approximately four to six weeks with follow-up maintenance treatments. The cost of PRP treatments will vary based on a few factors unique to your needs.

If you would like to learn more about PRP for hair loss and how it might help you, contact us at Cure Med Spa today to learn more about our services or to schedule a consultation.

PDO THREADS

AN UPLIFTING EXPERIENCE AWAITS



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5 AESTHETIC TIPS TO KNOW

Everyone knows that getting spa treatments are infinitely relaxing and beneficial, especially when you're getting a facial treatment. Besides being a stress reliever, there are a host of benefits to keeping the skin – the largest organ in your body – healthy and getting it the regular care that it needs.

Here at Cure, we offer a myriad of facials for all skin types, including our signature facial treatment that everybody loves. But besides getting pampered and receiving proper care from a professional aesthetician, getting a facial makes a dramatic difference for your skin. Read on to see why you should get yourself a facial, stat!

1 - Get professional advice

You might think you know your own skin but let's face it, nobody knows it better like a skin expert. When you come in for a facial, a professional aesthetician gets an unobstructed view of your skin up close, without makeup and filters, which reveals your true skin type. The skin analysis allows them to come up with the proper and ideal skin treatment and regimen that's suited to your skin's unique needs.

2 - Hydration is key

If you don't know it by now, hydration is important across all skin types, even for those with oily skin! To maintain a healthy skin and prevent skin concerns that spring from having dry skin such as dermatitis and eczema, it is essential to keep it hydrated at all times. During facials, the skin receives intensive hydration to give your skin a much-needed moisture boost. When done regularly, facials help your skin regulate and maintain the appropriate moisture level.

3 - Always exfoliation

Exfoliating at home can sometimes be a bit too harsh on the skin, leaving it dry and peeling unattractively. But having it done by a professional can make a huge difference on your skin, effectively removing dead skin cells and promoting healthy cell turnover. Facials include the aesthetician performing deep exfoliation on your skin using different methods such as bio abrasion, derma-planing, chemical peels or ultrasound exfoliation, depending on your skin type.

4 - Clogged pores and blackheads

Perhaps the most important part of having a facial, getting whiteheads and blackheads safely extracted and having clogged pores addressed will definitely help improve and clear out your skin. Paired with exfoliation, extractions leave you with a healthier skin complexion when done regularly.

5 - Anti-aging advice

As we grow older, our skin is subjected to signs of aging such as fine lines and wrinkles, or age spots, among others. Facials offer a host of anti-aging benefits to the skin that you shouldn't miss out on. Steam and facial massages help improve and increase the flow of blood and oxygen to the skin, which in turn promotes rapid absorption of the nutrients and antioxidants the skin needs, leaving it looking soft, smooth and youthful. It's a well-known fact that getting regular facials help keep the skin's aging process at bay.






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UPKEEP IN THE SNOW






Connecticut is a city of extremes - from soggy humid summers to stifling dry winters, our skin just can't seem to catch up. We will be sharing some of our tips for surviving the winter weather and keeping your skin plump and hydrated.

1. Jojaba Oil - Oh how I love thee. Seriously just look it up and your jaw will drop at all the benefits of this hidden gem. This is something my best friend swears by, and I have to agree. I buy mine at Whole Foods, but it's available at most organic food stores, or even CVS! It takes the place of a moisturizer by mimicking the natural oils of the face, so it will take a step off of your skincare routine! I can't speak high enough about this beautiful oil.
2. SUNSCREEN - I know I know, you've heard this a thousand times. And it's winter, why do I need sunscreen? But take it from me, you do. "The ozone layer is the part of the atmosphere that absorbs the radiation from the sun. However, the ozone layer is thinner during the winter months. That is why you have less protection from the sun. Even though the winter outside is colder, your skin may be absorbing more of the ultraviolet rays." says APDerm. Protect yourself!
3. Hydrafacial - God bless the friends who introduced me to the Cure Hydrafacial. Using the Hydrafacial system, it is a 30 min procedure using patented vortex technology to suction the dirt and bacteria from your pores and infuse your skin with a variety of serums to brighten and even your skin tone. Yep, it's insane. And unlike traditional facials, it has no downtime, so you'll walk out of your appointment with glowing fresh skin. Book an appointment for this winter and thank me later.
4. Skip the toner - Toner, since it's usually made with alcohol, is naturally going to dry your skin. Whilst great for more humid months to absorb excess oils, it will leave your skin rough during the winter months. Try an alcohol free face mist with hydrating elements to replace that toner feeling! Glossier has a great one I highly recommend.


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The Magic of Laser Hair Removal

BANISH UNWANTED HAIR WITH LASER PRECISION

Imagine waving goodbye to unwanted hair and embracing the freedom of hairless skin. Laser hair removal is a non-invasive cosmetic procedure that uses advanced laser technology to target and destroy hair follicles at their roots. This safe and effective treatment delivers long-term results, reducing hair growth and providing you with smooth, touchable skin.

How Does Laser Hair Removal Work?

THE SCIENCE BEHIND FLAWLESS SKIN

Laser hair removal works by targeting the pigment in the hair follicles. The laser emits a concentrated beam of light that is absorbed by the melanin in the hair, heating and damaging the follicles. This process prevents future hair growth while leaving the surrounding skin unharmed

Where Can You Get Laser Hair Removal?

Discover a Sanctuary of Beauty at Cure Med Spa

At Cure Med Spa, we pride ourselves on providing a tranquil and welcoming environment where you can indulge in self-care. Our team of highly trained professionals is dedicated to delivering exceptional service and ensuring your comfort throughout the laser hair removal process. Step into our spa and experience a rejuvenating escape.

The Benefits of Laser Hair Removal

WHY CHOOSE LASER HAIR REMOVAL?

The Top 5 Benefits of Laser Hair Removal:

- **Permanent reduction in hair growth**
- **Precision and effectiveness**
- **Time and cost savings in the long run**
- **Improved skin texture and appearance**
- **Minimized risk of ingrown hairs and razor burns**









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