

SculpSure®
BOGO 50% OFF

CHIN UP!

SculpSure technology safely reduces stubborn fat in problem areas such as under the chin—with a treatment plan that is customized to the results you desire.

ALABAMA VEIN & RESTORATION MEDSPA

...a dedicated center of excellence

Hoover - Tuscaloosa - Clanton - Oxford - Fultondale
1.877.268.8346

www.alabamaveincenter.com

March 2022 Ed.

3 We also offer Bio-identical
Hormone Replacement Therapy!



4 March Specials



5 Healthy habits to incorporate into
your plan this year.



ALABAMA VEIN & RESTORATION MEDSPA

4721 Chace Circle, Hoover, AL 35244

P:(205) 823-0151 * F:(205) 823-5218 * www.alabamaveincenter.com

At Alabama Vein & Restoration Medspa, our goal is to improve the quality of life of our patients. We utilize cutting edge technology and the most advanced venous procedures to establish an accurate diagnosis and for successful treatment.

We strive to provide compassionate, comprehensive vein treatments for patients with venous insufficiency, venous ulcers, and spider veins. As a team comprised of physicians, physician assistants, and other medical staff, we work from the top to the bottom to achieve our goal of taking care of our patients in the most pleasant and efficient way possible.

Conditions Treated

Varicose Veins • Spider Veins • Venous Ulcers • Stasis Dermatitis

Vein Treatments Offered



- * Ultrasound Guided Sclerotherapy
- * Varithena
- * Microphlebectomy
- * Veinwave
- * EVLA
- * Cosmetic Sclerotherapy
- * Compression Therapy
- * Venoseal

C. Austin Hunt II, M.D., F.A.C.S., RPVI * Sylvia Eldridge, PA-C * Jamie Gober, PA-C



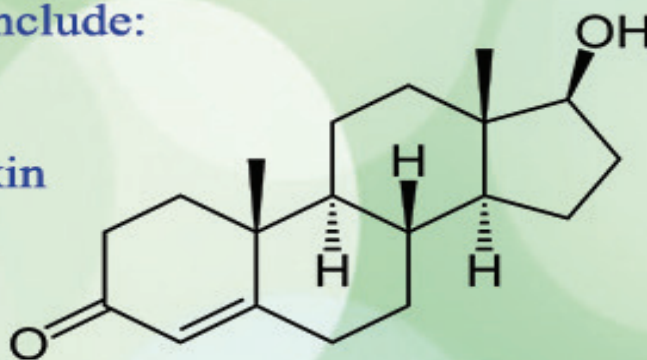


We also offer Hormone Replacement Therapy

As the levels of hormones decline, so do our physical and mental capabilities. We lose our energy, vitality, strength, physique and health. By restoring these hormones to their youthful levels, it is possible to restore our zeal and energy as well as to strengthen and bolster our bodies and minds.

Hormonal Deficiency Symptoms Include:

- Weight Gain
- Loss of Muscle Mass
- Wrinkling and Thinning of the Skin
- Depression and Stress
- Loss of Sex Drive
- Fatigue
- Sleep Disorders



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SculpSure AKA WarmSculpting

Buy 1 area, get 2nd area 50% OFF!
Remove unwanted fat from hard to rid areas including:
flanks, abdomen, under chin, back, inner/outer thighs



VelaShape \$250 an area

A non-invasive body contouring treatment for circumferential and cellulite reduction

Package pricing amount can be determined at your consultation.

6-10 treatments for best results completed once a week followed by maintenance treatments once a month or as needed to maintain results. No downtime but patients may avoid exercise or heat for one day



Skin Pen Face & Neck

Package of 3 treatments for \$875

Treatment of fine lines/wrinkles and acne scarring
Younger Looking Skin

~Total value savings \$75~

Add PRP to Skin Pen for only \$250 (normally \$300)



SkinPen

CROWN
AESTHETICS
BY CROWN AESTHETICS

Facials \$70!

- Signature • Radiance •
- Gentlemen's • Purifying Acne •
- Age Defiance •
- Gentlemen's •

March Specials

Healthy Habits to incorporate into your plan this year!



Create a food plan~

It's difficult to eat healthy foods if you don't have a shopping plan, so be sure to write out a list of the things you need and stick to it. When planning ahead, food prep is a great way to have healthy, easy meals on hand; this involves preparing a large meal and dividing it up to store in the freezer or refrigerator for use during the week.

Berries, nuts, and dark, leafy greens are high-energy foods, but snacks should also contain lean protein to help you stay full longer. Turkey, tuna, and hard-boiled eggs are perfect between-meal foods that you can keep on hand to get you through a busy day.

Get active~

Your diet isn't the only factor in how you look and feel. Daily exercise has more benefits than you may realize, especially if you get outdoors at the same time. Regular activity contributes to better sleep, a reduction in anxiety and feelings of depression, and can even boost your self-esteem.

Walking on your lunch break, playing a game of catch with the kids, or practicing yoga first thing in the morning will help to increase your energy levels and your mood.

Pamper yourself~

If your new workout routine has created sore muscles, or if you've experienced poor circulation or joint pain recently, it's time to pamper yourself a bit. Not just utilized for relaxation anymore, massage therapy can be hugely beneficial for the skin, blood flow, and chronic pain, making it a popular service for all types of people. Alabama Vein & Restoration Medspa offers several massage treatment options, as well as resources to help you determine which type of massage is right for you.

Unplug~

You can treat yourself in other, smaller ways as well. For instance, most of us have a hard time staying away from our phones and other devices, but it's important to unplug and recharge yourself. Screen time can take a toll on your eyes and your sleep, while the content you consume can leave you feeling anxious. Many experts advise putting screens away at least an hour before bed-time in order to get better rest, but doing so throughout the day can also be beneficial to your mental health.

IT'S YOUR LUCKY DAY!

***Enjoy 10% OFF any aesthetic treatment this month**

- cannot be combined with any other offer or discounts, excludes sclerotherapy
- mention this coupon when scheduling your appointment to receive discount

Happy St. Patrick's Day!

*10% OFF Coupon



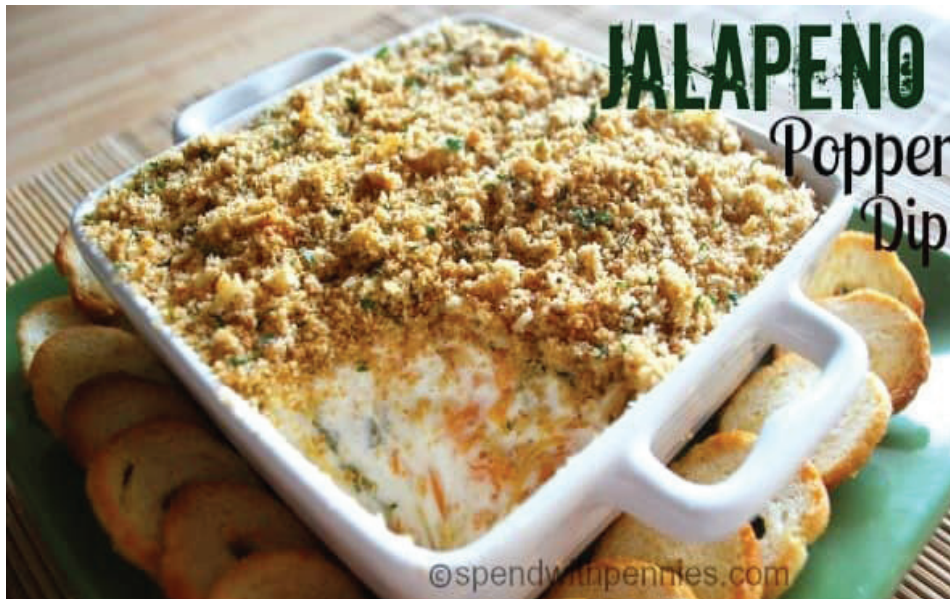
Jalapeno Popper Dip

Recipe by Holly on spendwithpennies.com

Prep
10 min

Cook
15 min

Ready
25 min



Ingredients:

- 4 ounces diced jalapenos
- 8 ounces sour cream softened
- 1 cup sour cream
- 1 teaspoon garlic powder
- 2 cups cheddar cheese
- 3/4 cup parmesan cheese

Topping:

- 1 cup Panko bread crumbs
- 4 tablespoons butter
- 1/4 cup parmesan cheese
- 1 tablespoon fresh parsley

Directions:

1. Preheat oven to 375°F.
2. With a mixer on medium, combine cream cheese, garlic powder and sour cream until fluffy.
3. Add cheddar cheese, 3/4 cup parmesan cheese, and diced jalapenos, mix well.
4. Spread into an 8x8 baking dish.
5. Combine bread crumbs, melted butter, 1/4 cup shredded parmesan cheese, and parsley.
6. Sprinkle the crumb topping over the cream cheese mixture.
7. Bake 15-20 minutes, or until hot and breadcrumbs are golden brown

PRP Intimate Shot for Him and Her!
Available at
Alabama Vein & Restoration Medspa!



What Benefits Can a Woman Have from the PRP Intimate Shot?

Decreased or completely resolved pain during sex (dyspareunia)

Increased ability to have vaginal orgasms

Greater arousal from clitoral stimulation

A tighter more elastic vaginal canal

Decreased or resolved overactive bladder and/or urinary incontinence

Stronger and more frequent orgasms

Increased natural lubrication



What Benefits Can a Man Have from the PRP Intimate Shot?

Increases hardness of erection

Increases sexual stamina

Improves circulation and blood flow

Increases sensation and pleasure

Reduces the time between erections

Restores self-confidence

Improves or eliminates urinary incontinence

Enhanced appearance

Increases size and girth, results may vary



Recommended Businesses in our Spotlight:



Baha Burger
Contact Info
Website : baha-burger.business.site
Phone: (205) 682-6980
Address: 4745 Chace Cir
Hoover, AL 35244



Ashley Mac's
Phone: (205) 259-5044
Address: 4730 Chace Cir, #100
Hoover, AL 35244



Brandi Carbonie, CRNP
Phone: (205) 682-6077
Address: 5295 Preserve Pkwy
Suite 210
Hoover, AL 35244



24e Health Club
Phone: (205) 824-4243
Address: 1550 - B Montgomery Hwy
Hoover, AL 35216

Thank you for all of your loyalty and support. Without you all we would not be where we are today. We are very grateful to every one of you and hope that we can continue to provide vein care for you and and your loved ones. If you have any problems, questions, or concerns, you can contact us anytime. Have a great month! 205-823-0151