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#### Women's Health

- [Wellness exams](#)
- [Hormone Replacement Therapy \(HRT\)](#)
- [Intimate Wellness](#)

#### Men's Health

- [ED](#)
- [Testosterone Therapy](#)

#### MedSpa Services

- [Cosmetic Filler](#)
- [Botox](#)
- [Painless Laser Hair Removal](#)
- [MicroNeedling](#)

## APRIL SPECIALS

### AESTHETICS

MicroNeedling \$225 (Reg. \$250)  
Vampire Facial  
MicroNeedling w/PRP \$399  
(Reg. \$500)

### INJECTABLES

Juvederm Volux XC  
\$675 (Reg. \$800) Per Syringe

- Loss of jawline definition
- Sagging or drooping skin on the lower face

### WEIGHT LOSS

New Patient HCG Program  
\$575 (Reg. \$625)  
New Patient Lifestyle Program  
\$400 (Reg. \$450)  
\$50 Off Semaglutide or Tirzepatide  
Only when combined with the  
above programs.

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## Spring Cleaning

Spring cleaning is more than just a seasonal chore; it carries a deeper meaning and tradition. Here are a few key aspects:

**Renewal and Rebirth:** Spring symbolizes new beginnings and growth. Cleaning during this time aligns with the natural cycle of renewal, helping to refresh your living space and mindset.

**Health Benefits:** A thorough cleaning can improve indoor air quality, reduce allergens, and create a healthier living environment.

**Psychological Boost:** Decluttering and organizing can reduce stress and increase feelings of accomplishment and control.

### Gut Health

Let's start from the inside out. Our gut health is crucial, as it can impact many aspects of our overall wellbeing. Adopting a healthy diet and avoiding sugar and alcohol are excellent first steps. Here are some supplements that are commonly recommended to help with your gut health: **Probiotics, L-Glutamine, Digestive Enzymes, and Collagen** are just a few to get started with.

### Wellbeing

For our wellbeing, we can incorporate a few mindful practices. At the end of the day or right before bed, reflect on how you responded to various situations throughout the day. Consider how effectively you managed your time and stayed on track. Did you accomplish your tasks for the day? Did you drink enough water? After this introspection, make any necessary adjustments for the next day.

### Skincare Routine

Spring cleaning isn't just for your home, it's great for your skin too! Here are some tips to refresh your skincare routine for the new season.

### Purge Your Products

- Check expiration dates on your skincare products and toss anything that's past its prime. Old products can harbor bacteria and lose their effectiveness.
- Switch to lighter formulas as the weather warms up, consider switching to lighter moisturizers and serums. Heavy creams that worked in winter might be too much for spring.
- **Exfoliate** gently, use a gentle exfoliant to remove dead skin cells and reveal fresh, radiant skin. **Glycolic** and **retinoic acid** are great options as it helps with cell turnover and moisture retention.
- Don't forget to apply sunscreen daily to protect your skin from UV damage.

Any questions about skincare or supplements? Here at VitalityMDs we carry premium dietary supplements and exceptional skincare solutions. We offer the best in skin health and science based on proprietary technologies, unique delivery systems, bioengineered complexes and advanced, medical-grade formulations.

Written by Yael Y.

### SUPPLEMENT SALE ONLINE

10% Off all Supplements