



New Year - New Year!

As we are now into the new year, it's the perfect time to ask ourselves: Are we truly functioning at our highest capacity? Are we feeling our best, or are there areas where we could improve to feel and look our best in 2025?

At **VitalityMDs**, we're here to help guide you on this journey, starting from the inside and working outward to your appearance. Let's explore how we can support you in making this year your healthiest and most vibrant yet!

Balancing Hormones: The Foundation of Vitality

If you're experiencing symptoms like joint pain, brain fog, fatigue, weight gain, sleeplessness, or any other discomforts, it might be a sign that your hormones are out of balance. At **VitalityMDs**, we can check hormone levels amongst other results to determine the root cause of your symptoms. Dr. Russell Bartels and his team of Nurse Practitioners are the Valley's premier experts in hormone replacement therapy for **men** and **women**.

Remember, it's not always about hormone replacement therapy (HRT)—we have a variety of solutions tailored to your needs. Don't rely on friends' advice when it comes to your health. Trust a specialist to get you on the right track!

Nourishing the Body from the Inside Out

Your gut plays a crucial role in overall health, and what you're putting into your body everyday matters. At **VitalityMDs**, our Certified Nutrition & Wellness Consultant, **Dalia Blunt, MS, NBC-HWC**, can help you identify the best foods and supplements for your unique needs, ensuring you're not wasting time and energy on unnecessary

products. Dalia is also a Weight Loss Coach and can help you lose weight as well!

How often do we purchase supplements based on the latest fad or article you read? Let's simplify the process and focus on what your body truly needs for optimal health in 2025!

Protecting and Rejuvenating Your Skin

Winter can be harsh on skin, sometimes even more than during the summer months. In Arizona, we know how dry the air can leave skin feeling. However, simply slathering on the heaviest moisturizer isn't always the answer. Exfoliating is key to removing dry, dead skin and allowing hydration to penetrate effectively.

Your skin is the largest organ, and it reacts to both internal and external conditions. At **VitalityMDs**, we offer a variety of skin rejuvenation services tailored to your skin type. Start the year with a complimentary skin consultation to find the best products and treatments for you!

Enhancing Your Features: Botox for a Refreshed Look

Wishing to enhance your features or just look less tired by 3 pm? **Botox** might be the solution to give your forehead a lift and keep your face looking smooth and refreshed.

At **VitalityMDs**, we pride ourselves on having prestigious cosmetic injectors who specialize in a **range of injectables**. Whether you want a more defined jawline, fuller cheeks, or simply to smooth out lines, we're here to help you achieve your goals—while maintaining a natural look.

Book a consultation with one of our injectors to get personalized suggestions for achieving the results you desire.

Start the Year Right with VitalityMDs

This year is all about feeling your best, from the inside out. Whether it's optimizing your hormone levels, nourishing your body, rejuvenating your skin, or enhancing your features, **VitalityMDs** is here to help you thrive.

Don't wait for another year to make a change. Start today and feel the difference in 2025! Call 480.425.8700 today!

Six Healthy New Years Resolutions:

1. Participate in Dry January
2. Eat 5 fruits and vegetables each day
3. Stay hydrated while limiting sugary snacks
4. Strength train twice a week
5. Try a meditation app
6. Schedule medical check-ups and screenings

January 2025 MedSpa Specials

VitalityMDs

January 2025



MedSpa Specials



Rejuvenation Package

2 Syringes of Filler
20 Units Botox
1 HA5 Rejuvenating Hydrator
1 TNS Plus by SkinMedica
\$2025 (save \$300)

CoolSculpting Special

Treat stubborn fat
\$475 a cycle (3 cycle minimum)
Regular price \$750 a cycle

SylFirm RF Face and Neck

1st Treatment \$850
2nd Treatment \$800
3rd Treatment \$750

Treat Acne Scars, Fine Lines and Aging Skin
Start your new year off right by booking your SylFirm treatments January - April to receive these special prices.

Weight Loss Special

\$100 OFF New You Package
LifeStyle Program + Semaglutide or Tirzepatide
New Patient HCG 4-week Program \$550 (Reg. \$625)
New Patient LifeStyle 8-week Program \$400 (Reg. \$450)



Sylfirm final treatment must be completed by April 30, 2025; all other specials expire 6 months from the date of purchase.
All packages/services/retail purchases are non-refundable and cannot be combined with any other offers or be exchanged for another service.
8415 N PIMA ROAD #210, SCOTTSDALE, AZ 85258 | CALL TO SCHEDULE: 480.425.8700 | Learn more at vitalitymds.com



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