

SPRING 2024

# Newsletter

## BEAUTY ENERGY EXCHANGE



Hi, Its Nyree!

Happy Spring! Welcome to the second BEE newsletter. It's been so fun thinking of what I want to share and highlight this time around. If there's anything you would love to see or learn about, please let me know. In this newsletter, I talk about fillers, my special of the month (hint - it involves fillers!), the upcoming Breathwork event to benefit Frosted Faces, the BEE Beauty - Dr. Lindsay Fry - a radiant soul who embodies inner and outer beauty, and, two new features, one of my favorite skincare products, this one is for hyperpigmentation, and, a self-care book that has been a game changer for me. Enjoy!!!

In love and kindness,  
Nyree

### Dermal Fillers 101

Dermal fillers are a non surgical way to add volume to the face, create contour, augment facial features, and smooth wrinkles with natural-looking results. The most common type of dermal filler is made of hyaluronic acid (HA). HA is a naturally occurring substance in the body that helps maintain hydration and volume in the skin. Examples of HA fillers include Juvederm, Restylane, RHA, and Versa.

Dermal fillers can be used to treat various areas of the face, including nasolabial folds (smile lines), marionette lines, cheeks, lips, under-eye hollows, chin, and jawline. They can also be used for hand rejuvenation.

One syringe of filler contains 1 cc of HA, which is about as the size of a blueberry. Most people need a syringe or less for the lips, but 2-4 syringes or more to restore facial volume.

Filler administration involves injecting HA into targeted areas using a fine needle or cannula. Results are typically immediate, with noticeable improvement in volume and smoothness. The duration of results varies depending on the type of filler used, ranging from 6-18 months.

Dermal fillers are generally safe when administered by a qualified and experienced healthcare professional. However, potential risks include bruising, swelling, redness, allergic reactions, and rare complications such as infection, nodules, or vascular occlusions.

### DERMAL FILLER

Restore lost volume & a youthful contour!

Commonly treated areas include the lips, lip lines, smile lines, cheeks, chin & jawline.

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# BEE Beauties

## BEE Transformation

### 1. Best part of aging?

I would have to say that the best part of aging for me would have to be becoming more confident in myself and my decisions. As I have gotten older, I feel as if I have a lot more self-awareness and inherently listen to myself more, which has established an increased self-confidence and assurance.

### 2. What makes you feel beautiful and confident?

Taking the time to appreciate my body and all that it does for me. Nourishing myself both body and soul makes me feel like I radiate from within, which, to me, is just the best feeling.

### 3. Favorite aesthetic treatment ?

Just one!?! Well, if I must choose...chemical peels! I love how fresh I feel afterwards and the increased softness of my skin for what feels like weeks following. I finally bit the bullet and tried one for the first time and was so pleased with my results I immediately booked my next one!

### 4. Goal for 2024?

Establishing a cost effective and healthy skin care routine that is easy to maintain and actually works! I feel as if I am off to a great start by simply listening to and working with my knowledgeable and insanely skillful practitioner, Nyree!

### 5. Top 5 things you are grateful for?

- my new king-sized bed
- restful sleep
- daylight savings time
- my home and the people and pets that live in it
- sushi

### 6. Anything interesting about you that you want to share?

I never know what to say in these sections lol what kind of content would you like to see??

## VI Peel & Microneedling

Before

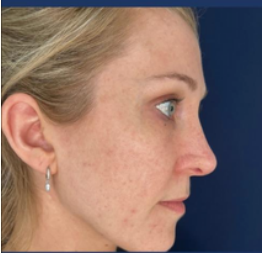


After

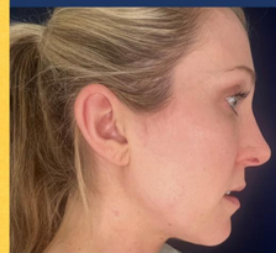


## VI Peel & Microneedling

Before



After



## VI Peel & Microneedling

Evens texture  
Reduces the appearance of pores  
Refines fine lines & wrinkles

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# BEE SPOTLIGHT

## PRODUCT OF THE MONTH

**BEE Joy Even Pigment Pads** - Perfect for melasma, hyperpigmentation or anyone wanting brighter, more radiant skin.

### Contains:

Kojic Acid, Arbutin, and Bearberry - natural skin brighteners that promote even pigment  
Green Tea Polyphenols, Vitamin C, Emblica, and Silybum - antioxidants that brighten the skin, reduce redness and irritation, and protect the skin from sun damage and damage from environmental pollutants. Prescription-strength hydroquinone prepared in-office for increased effectiveness and potency.



### Hydroquinone FAQ:



Hydroquinone bleaches your skin by decreasing the number of melanocytes present. Melanocytes make melanin, which is what produces pigmentation. In cases of hyperpigmentation, more melanin is present due to an increase in melanocyte production. By controlling these melanocytes, your skin will become more evenly toned over time.

It takes about four weeks on average for the ingredient to take effect. It may take several months of consistent use before you see full results. Minor side effects are possible, including temporary redness or dryness at first, especially if you have sensitive skin. These effects should fade as your skin becomes used to the product. When using hydroquinone, you may be more sensitive to sun exposure, so it is very important to also use a mineral-based sunscreen.

2% Hydroquinone is available over the counter, prescription strength hydroquinone products contain 4%+ and tend to get better results for hyperpigmentation.

In rare cases, hydroquinone has caused a condition called ochronosis. It's marked by papules and bluish-black pigmentation. This can occur after prolonged daily use. For this reason, you shouldn't use products with this ingredient for more than five months at a time.

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# Upcoming Events



## What's Happening

### **Gentle Breathwork**

Tuesday, April 30th

6:30 - 8 pm

@ Beauty Energy  
Exchange

**Please note: Our  
Perimenopause Talk has  
been rescheduled to  
Sunday, May 12th from 3-5**

@ Beauty Energy  
Exchange

Gentle Breathwork with Tobey Geise to benefit Frosted Faces Foundation! \$33 donation required. Please bring a yoga mat, pillow, and blanket.

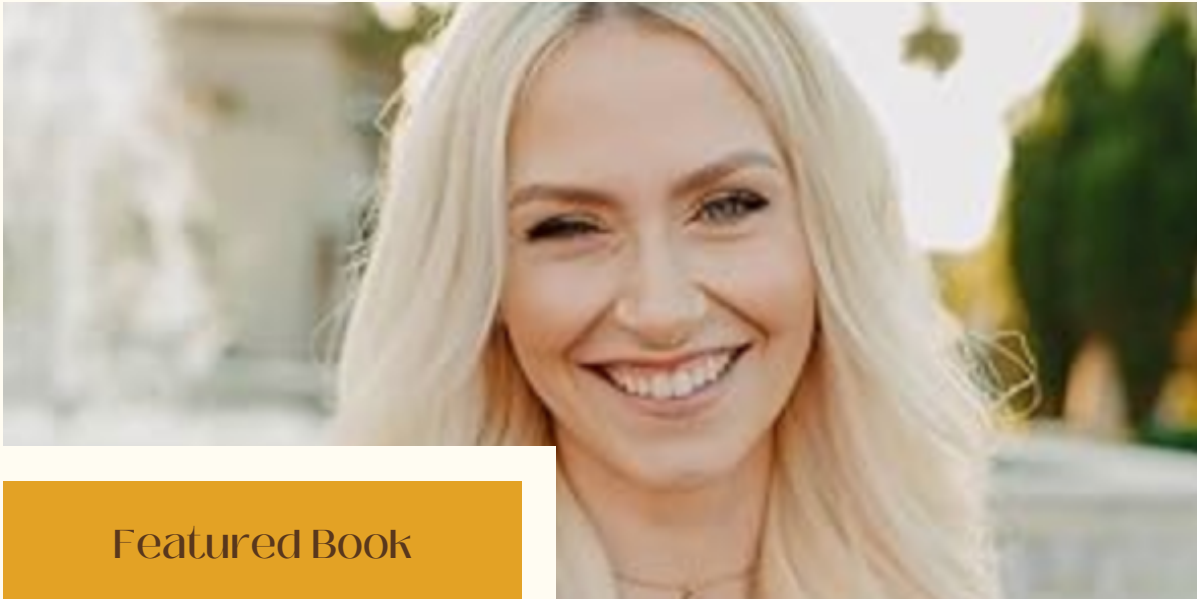


Dr. Lindsay Fry,  
doctor of Naturopathy  
answers all of your  
questions about  
perimenopause and  
menopause - including

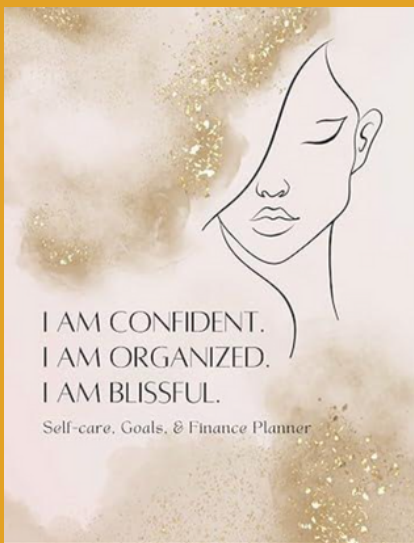
hormonal changes, symptoms, hormone replacement therapy and other treatments for symptoms, weight gain and weight loss, Ozempic (semaglutide) and Mounjaro (tirzepatide)

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# BEE Your Best Self



## Featured Book



This newsletter, I want to share a book that I am currently using and loving. It was created by Chelsea Ravansari, a local makeup artist and all around amazing woman who is passionate about empowering other women.

From Chelsea: "This 12-month undated planner is designed to help create ease and flow in your life. You'll be able to pay off debt and achieve your vision board dreams, all while thriving in your self-care era. I am on a mission to help women find their confidence through regular self-care habits, achieving their goals, and bettering their relationship with their finances. Because when women feel confident in themselves, it brings them to create what they were made to do."

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# Monthly Specials

**\$100  
OFF 1  
SYRINGE**



Plump lip volume  
Enhance cheekbones  
Define the jawline  
Restore a receding chin  
Fill In undereye hollows



**\$300  
OFF 2  
SYRINGES**