



Announcements



**Closed February 16th
for President's Day.**



Prior Authorizations & the \$35 Fee

A prior authorization (PA) is a requirement set by some insurance companies—not our office—to determine whether they will cover a medication or service.

Each prior authorization requires significant administrative and clinical work, which may include:

- Reviewing your medical records
- Completing insurance-specific forms
- Submitting supporting documentation
- Participating in scheduled peer-to-peer calls with an insurance-designated provider
- Responding to follow-up questions, delays, or denials

This process can take several hours of staff and provider time and may extend over days or even weeks, depending entirely on the insurance company. Because not every patient requires a prior authorization, this work is not included in our standard pricing. The \$35 prior authorization fee helps cover the time and resources required to complete and manage this process on your behalf.

Please note:

- The fee does not guarantee insurance approval
- The fee reflects administrative time, not medical decision-making
- We submit prior authorizations as a courtesy to our patients

We believe in transparency and appreciate your understanding as we navigate insurance requirements that are outside of our control.



Welcome to the Team!

Dr. Elizabeth Davies



Dr. Elizabeth Davies is a board-certified Family Medicine physician with a strong commitment to comprehensive, patient-centered care. She earned her degree in Biomedical Sciences from Auburn University and completed medical school at the University of Alabama at Birmingham.

Dr. Davies completed her residency training at Spartanburg Regional Family Medicine Residency Program in Spartanburg, South Carolina, where she built a broad clinical foundation and a passion for preventive care and long-term patient relationships.

A Birmingham native, Dr. Davies was proud to return home to care for the community that shaped her. Outside of work, she enjoys hiking, perusing estate sales, trying new restaurants around Birmingham, and collecting vinyl records.



Let's celebrate



National Women's Physicians' Day

February 3, 2026



Dr. Erin Rowell

Dr. Elizabeth Pridgen

Dr. Brytney Cobia

Dr. Elizabeth Davies



Help our small business grow! Leave Us a Google Review



Your experience matters — and your review truly makes a difference.

Your review helps us:

♥ Keep and grow great providers

📅 Expand clinic days, hours, and scheduling access

💡 Reinvest in better technology, services, and pricing

✨ Confidently add new treatments and offerings

🏠 Support a local small business that gives back to our community

**Thank you for being part of the Vulcan family.
Your support helps us continue to care for you better.**

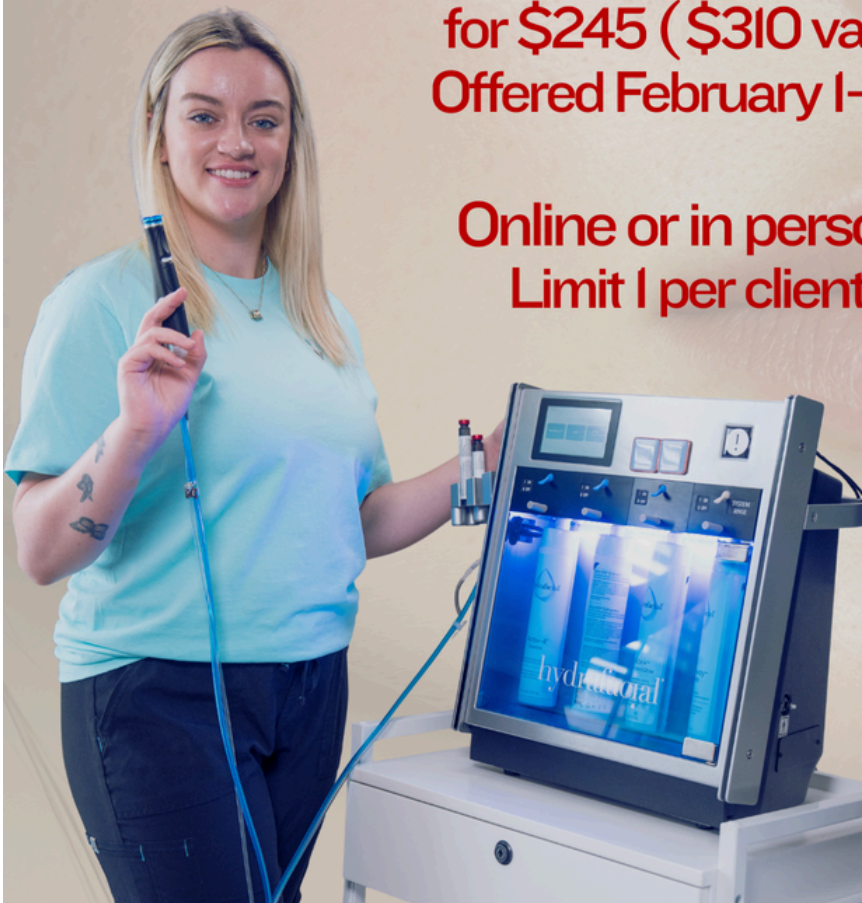


Love your skin this February

Purchase a \$195 HydraFacial gift card
Receive a FREE booster of choice
(\$50 value)

Enhance your glow with dermaplaning —
for \$245 (\$310 value)
Offered February 1–20.

Online or in person.
Limit 1 per client.





Lower Face Sculpt

NON SURGICAL LIQUID LIFT

\$499

A refined, non-surgical treatment designed to subtly sculpt, lift, and rebalance the lower face. Using precise, artful placement of neuromodulator, this treatment softens tension, enhances natural contours, and restores a more youthful, relaxed appearance—without surgery or downtime.

Targeted areas include:

- Masseters (20 units) to gently slim a strong or bulky jaw & relieves clenching
- Chin (8 units) to smooth dimpling and refine texture
- Jawline (16 units) to enhance definition and contour
- Depressor Anguli Oris (4 units) to soften downward pull and subtly lift the corners of the mouth

The result is a lighter, more sculpted lower face with improved balance and effortless elegance—never frozen, never overdone. Ideal for: Patients noticing heaviness, tension, or downward pull in the lower face who want a polished, natural-looking refresh.

Results: Develop gradually over 7–14 days and last approximately 3–4 months!

NO DOWNTIME! Appointment Length: 20–30 minutes





SPRAY TANS

OPENING SPECIAL PRICING



Spray Tan Single Session

Classic Tan:	\$45
Rapid Tan:	\$50
Classic Sweatproof	\$55
Rapid Sweatproof	\$60
Petite (age 10 and under)	\$40

Spray Tan Memberships

Classic 5:	\$202.50
Classic 8:	\$315
Classic 10:	\$382.50
Rapid 5:	\$225
Rapid 8:	\$350
Rapid 10:	\$425

Gamechanger Additives

\$5 for 1, \$7.50 for 2, \$9 for 3, \$10 for all 4.

Memberships (autobilled monthly):
Unlimited tan and 15% off
additives/products: \$150

Enroll now and get our special price
for all of 2026!



SPRAY TANS

Spray Tan Memberships

Package of 5 Rapid Spray Tans worth \$225

Please shower, shave, & exfoliate before coming. Do not wear any makeup, lotion, or deodorant to your appointment & wear dark loose clothes. Do not use Dove soap prior to or after your tan. If it is a rainy day, please bring an umbrella.

Aftercare: A light rinse can be done after 2-4 hours depending on the desired color.

Allow water to flow over all areas and gently pat dry. Do not use any soap or shampoo.

Normal showering may resume 8 hours after rinse. Again, paraben-free and sulfate-free products only.

Appointments required.

2015 Kentucky Ave
Vestavia, AL 35216
205-438-6009
www.vulcanwell.com



SPRAY TANS

are coming to Vulcan Mid-January, 2026



ADD ONS

\$5 FOR 1, \$7.50 FOR 2, \$9 FOR 3, \$10 FOR ALL 4

DHA Boost: DHA combined with Erythrulose helps develop a longer-lasting tan and increases moisturization for optimal tanning results.

Hydration Lift: Formulated with breakthrough Triluronic acid technology that reaches 3 layers of skin for up to 24 hours of intense moisturization to keep skin looking smooth and supple. Helps to provide deep hydration immediately after application, replenish hyaluronic acid within skin, and relieves dry skin by repairing skin barrier function to retain moisture.

Vitamin Bath: An amino acid and vitamin enriched spray treatment that revitalizes and hydrates the skin, making it look younger and feel supple. Helps to even and brighten skin tone and reduce inflammation. Helps to provide vital nutrients to combat environmental stressors and improve skin health.

Collagen Boost: Helps restore skin elasticity by smoothing the surface and prompting healthy cell renewal. Helps to stimulate collagen production and cell energy to reduce the appearance of wrinkles, skin imperfections and appearance.




colorescience®

NEW PRODUCT ALERT

TOTAL EYE 3 IN 1 RENEWAL THERAPY

RETAILS FOR \$79

20% OFF FEBRUARY ONLY!

TOTAL EYE® FEATURES

- + Neutral peach tone immediately brightens and corrects dark circles
- + Cooling applicator aids in reduction of puffiness
- + Smooths fine lines and wrinkles
- + Broad Spectrum SPF 35 PA+++ protects against future sun damage
- + Primes skin for smooth application of eye makeup
- + Reapply throughout the day as a refresh

SUGGESTED USE

- + Recommended for use twice daily; can be worn overnight.
- + Apply Total Eye® after All Calm®, Even Up®, or your favorite Skin Perfector.
- + Complete your look with your favorite Colorescience Foundation or Enhancers. Then finish with Sunforgettable® Brush-on Shield SPF 50 every two hours for continued protection.



Recommended by
The Skin Cancer
Foundation as an
effective broad
spectrum sunscreen

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SPEND \$100 AND RECEIVE A FREE TOTE! WHILE SUPPLIES LAST



*Treat your skin
this February*



SBS A- list Duo "Love Affair" \$166.50

**10%
OFF**



This February, treat your skin to some heartfelt care with SkinBetter Science's award-winning A-Team Duo. Let Alto Advanced shield you from future damage while AlphaRet helps restore and renew. Each 15 ml bottle offers 60 pumps, giving your skin all it needs with just one pump a day. Regularly priced at \$185 plus tax.





Plated

THE HAIR GROWTH CRUSH



Purchase Plated
Hair - receive a
FREE nano
(2 week supply)

*while supplies last

(plated)TM
SkinScience





***Healthy Weight, Healthy Heart:
Why Weight Management
Matters This February***



February is National Heart Month, a time dedicated to raising awareness about cardiovascular health.

Heart disease remains the leading cause of death for both men and women in the United States, and one of the most important—and modifiable—risk factors is body weight. Maintaining a healthy weight or achieving meaningful weight loss can significantly reduce the risk of heart disease, stroke, high blood pressure, and type 2 diabetes.

Excess body weight, particularly abdominal fat, places added strain on the heart and blood vessels. Obesity is strongly associated with conditions such as high blood pressure, elevated cholesterol, insulin resistance, and chronic inflammation—all of which increase cardiovascular risk. Research shows that people with obesity have a substantially higher risk of developing heart disease compared to those at a healthy weight. Even modest weight loss can make a meaningful difference: losing just 5-10% of body weight has been shown to improve blood pressure, lower LDL (“bad”) cholesterol, reduce triglycerides, and improve blood sugar control.

Weight management is not about perfection—It’s about progress and sustainability.

Long-term heart health benefits are best achieved through a combination of balanced nutrition, regular physical activity, adequate sleep, and stress management. Studies consistently show that individuals who maintain a healthy weight over time have lower rates of cardiovascular events such as heart attacks and strokes. In fact, maintaining a healthy weight can reduce the risk of heart disease by up to 30-40%, especially when combined with other healthy lifestyle habits.



In recent years, medical advances have expanded our options for supporting healthy weight loss.

GLP-1 receptor agonist medications, originally developed for diabetes management, have been shown to promote significant and sustained weight loss while also offering cardiovascular benefits. Large clinical trials have demonstrated that certain GLP-1 medications reduce the risk of major cardiovascular events—such as heart attack and stroke—by approximately 20% in patients with obesity or diabetes and established cardiovascular risk. These benefits appear to go beyond weight loss alone and include improvements in blood sugar control, blood pressure, and inflammation.

At Vulcan Wellness & Aesthetics, we believe that heart health and weight health go hand in hand.

Whether through lifestyle changes, personalized wellness plans, or medical therapies when appropriate, our goal is to support you in achieving a healthy weight that protects your heart for years to come. This National Heart Month, we encourage you to view weight management not as a cosmetic goal, but as a powerful investment in your long-term cardiovascular health.

Carson H. Rowell, MD





Stories for Stanley!!!

WE WANT TO HEAR FROM YOU

Please share your Vulcan Story with us!
(Weight Loss, Skincare, Hormones, etc.) and we've got a
Stanley with your name on it!

Send us a message on social media or email at admin@vulcanwell.com



#storiesforstanley



VISIT OUR ONLINE SKINCARE STORE!



colorescience®



skinbetter
SCIENCE®

OPEN 