



## NOURISHING NEWS

Live Well. Age Well. Inside & Out.



### **Gratitude First**

As I step into this next season, I want to pause and thank you! Some of you have been with me since 2011 when I first started at Dr. Finley's office — and your loyalty, trust, and support mean the world to me. Whether you've been here from the beginning or joined me more recently, you've been an important part of my journey. Thank you!

### **The Journey of Expansion**

This year has been one of change, growth, and reflection — both personally and professionally. From the realities of running a business, to navigating hormonal shifts, grief, and the everyday beauty of life, I realized I was stepping into a new stage of my

becoming. It was time for a reset — in both life and work.

**Personally:** I hired a coach and completed a 12-week reset course — A Nourished Life, worked with a naturopath, returned to Pilates, and became more consistent with my quiet time — meditating, praying, and reconnecting with God.

**Professionally:** I invested in advanced training — sculpting facial massage, lymphatic drainage, and facial cupping — and became a Nourished Life Certified Coach to better serve you outside of the treatment room.

Each step was about growth, renewal, and creating new ways to nourish myself — so I can better nourish you.



### **What's New in October**

With this expansion — and rising supply costs — comes a **new service menu and updated pricing, beginning October 1, 2025.**

These adjustments allow me to continue providing you with the holistic care you've come to expect.

## Menu Updates

- *Fully Nourished Facial* → now includes enhanced scalp massage with gua sha.
- *Ultimate Nourishing Facial* → now features your choice of two enhancements (light therapy, gua sha, cupping, lymphatic drainage, or kansa wands).
- *Acne Facials*
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  - Please Book "The Express Nourishment Facial"

## New Services

### ***Sculpt & Release Facial***

\$145 | 60 Minutes

Where beauty and release meet. This massage focused facial combines sculpting massage, fascia release, and lymphatic drainage to naturally lift, contour, and de-puff while restoring balance. By working with the fascia — where stress and emotion often live — it smooths lines and frees what the body holds. The result: a radiant lift, softened fine lines, and a profound sense of ease — a holistic, non-invasive way to age well.

***Not recommended if you have:*** cuts, bruising, swelling, infections, rosacea, sensitive or thin skin, recent surgeries, PDO threads, pregnancy, recent dental work, cancer, heart problems, sinus infections, osteoporosis, diabetes. ***Botox (wait 6 weeks) • Filler (wait 6–12 weeks with approval from practitioner). May shorten Botox results.***

## ***Facial Cupping (Enhancement)***

\$35 add-on

This gentle technique uses suction cups to relax facial muscles, brighten skin, boost circulation, stimulate collagen, and support lymphatic flow.

***Not recommend if you have:*** open wounds, sores, burns, active breakouts, rosacea, eczema, psoriasis, thin or bruise-prone skin, ***Botox/filler***, cancer.

[VIEW NEW PRICING AND FACIAL MENU](#)

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## **Looking Ahead**

Nourish has always been about more than skincare — it's about connection, transformation, and caring for the whole woman. As I continue to grow, I'm looking forward to expanding the ways I can support you — with new services, coaching opportunities, and experiences designed to help you feel good in your skin, body, & soul. And this is just the beginning... there's so much more to come, and I'm so grateful to be on this journey with you.

With gratitude,

Amy

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## INTERESTED IN SCHEDULING?

Facials - In office

Product Consultations - In office or virtual

Health Coaching - In office or virtual

How to schedule:

Online at [www.nourishedsc.com](http://www.nourishedsc.com)

Text or Call - 317-459-6157

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TRANSFORM YOUR HEALTH AND WELL-BEING.

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