



WELCOME TO MY FIRST NEWSLETTER!

Hello and welcome. I'm so grateful you're here. My hope is that this newsletter feels a little like stepping into the clinic—a cozy, calming space where you feel supported, cared for, and able to exhale.

Each month, I'll be sharing wellness tips, seasonal guidance, and updates from the clinic. My intention is always to meet you exactly where you are and offer gentle, effective tools to help you feel your best.

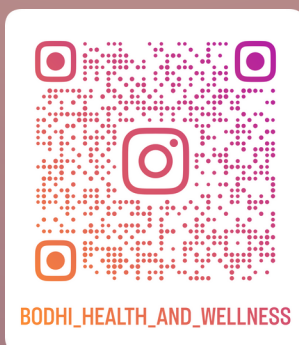
Veronica



STAY CONNECTED

I'd love for you to join me on social media, where I share simple wellness tips and little moments from the clinic.

INSTAGRAM



FACEBOOK





WHAT'S NEW AT THE CLINIC

Lately I've been seeing wonderful results with microneedling, especially for patients looking to brighten, smooth, and naturally rejuvenate their skin. If you've been curious about microneedling, feel free to ask me at your next appointment or email me—I'm always happy to walk you through what to expect.

I'm also planning a **Small Business Saturday** special, coming soon! It will be a great opportunity to treat yourself or gift a loved one some well-deserved self-care. Keep an eye out for the details!





WELLNESS TIP OF THE MONTH:

BOX BREATHING FOR A MOMENT OF CALM

When life gets full, our nervous system sometimes needs a gentle reset. Box breathing is a simple, effective technique that helps bring your body back into balance—anytime, anywhere.

Here's how to try it:

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds

Repeat this cycle 4–6 times.

This steady rhythm calms the mind, slows the heart rate, and supports your body's natural healing state. It's wonderful before bed, during a stressful moment, or even right before an acupuncture session to help your system settle in.



Thank you for taking the time to read this month's newsletter. I'm grateful to support you on your wellness journey, and I look forward to seeing you in the clinic soon.

Warmly,

Veronica