

# *Livier*

THE MAGAZINE

## THE LOVE EDITION

**LOOK GOOD,  
FEEL GOOD**

NON-INVASIVE TREATMENTS THAT  
LEAVE YOU FEELING FRESH

P. 20

**DATE NIGHT**

ROMANTIC  
ADVENTURES IN  
ORANGE COUNTY

P. 14

**ORANGE COUNTY'S  
NEW VIBRANT  
ADDITION**

LET US INTRODUCE YOU!

P. 1





# LIP plumping



**13** shades

**LIP GLOSS**



**10** shades

**LIP STICK**

*with*

MURUMURU

MEADOWFOAM

SQUALANE

MANGO BUTTER

MACADAMIA SEED OIL



Vegan - Paraben Free - Cruelty Free



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The best local flower shops for your Valentine's Day needs!

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The past behind the holiday is much different than you think!

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Learn how to get VIP treatment on a regular basis!

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MEET DR MOLINA  
Meet our newest edition who specializes in hormone therapy.



# OUR WELCOME LETTER TO THE COMMUNITY

# *Livier*

We are thrilled to unveil *Livier the Magazine* by *Livier Spa*, a new and innovative publication that not only captures the essence of beauty but revolutionizes the way you approach self-care.

More than just a magazine, *Livier the Magazine* is the cornerstone of our all-encompassing medical spa, redefining the standards of holistic well-being and offering a haven for those seeking the perfect blend of beauty and health.



At *Livier Spa*, we pride ourselves on being your one-stop-shop for all things beauty and wellness. Imagine a place where traditional spa services seamlessly intertwine with cutting-edge medical care – that's the experience we offer. Our fully renovated facility is not just aesthetically pleasing but is designed to provide you with the highest level of comfort and care.

### **Innovative Treatments Tailored for You**

What sets us apart is our commitment to offering unique and diverse treatments. From conventional Botox to indulgent massages, IV therapy to non-surgical facelifts, and holistic practices like Reiki and hormone therapy – we have it all. Our range of services is curated to cater to your individual needs, ensuring a personalized and transformative experience.

### **The Perfect Blend of Location and Luxury**

Situated in the heart of Newport Beach, our spa enjoys a prime location that is not only close to the beach but central to the best shopping in the area. Our carefully chosen location adds an extra layer of luxury to your experience, making it a true getaway for couples and a convenient retreat for those seeking relaxation.



### **More Than a Spa – a Morale Booster**

Looking for a unique way to boost morale among your clients or employees? Look no further. Livier Spa is not just a place for personal rejuvenation; it's a haven where you can treat your clients or reward your employees with an unforgettable spa day that goes beyond the ordinary.

In the pages of Livier the Magazine, we provide insightful guidance, expert advice, and exclusive offers that complement your journey towards beauty and well-being. Trust us to be your go-to resource for all things health and aesthetics.

Join us on this exciting venture as we embark on a mission to redefine beauty and wellness. Livier the Magazine is not just a magazine – it's a lifestyle, a community, and a commitment to helping you become the best version of yourself.

Here at Livier, we can't wait to meet you and embark on this incredible journey together, creating a vibrant community that thrives with your presence!

*-Our Team at Livier Spa*





# EDITOR'S NOTE

*Livier*

THE MAGAZINE

Welcome to our Newport Beach escape within the pages of *Livier the Magazine*! Nestled in the heart of the Renaissance Hotel, our state-of-the-art Medical Spa introduces you to a world of innovation and luxury.

In these pages, explore innovative spa services, local activities, trends, and inspiring interviews. From cutting-edge wellness at our med spa to the heartbeat of Newport's vibrant scene, join us on a journey that celebrates the mind, body, and soul.

*Madeline Deslaurier*

Editor-in-Chief



## IN THIS ISSUE

In these pages, discover what the team at Livier Spa is bringing to you! Explore innovative beauty treatments, connect to the community, and learn what we're all about! We've got you covered, ensuring a holistic and radiant start to the new chapter in your journey!

# MEET OUR *Team*



**MARIA DONNER**  
Founder & CEO



**MADELINE DESLAURIER**  
Editor in Chief



**MICHELLE SALGADO**  
Creative Design



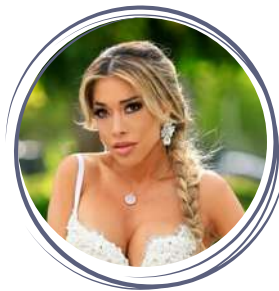
**NATALIE DONNER**  
Social Media Specialist



**DYNAHLEE HIGUERA**  
Content Creator



**DAVID DONNER JR**  
Digital Website Creator



**OLGA LOERA**  
Wardrobe & Styling



**ALEX CONTRERAS**  
Research Development



*Livier*



# LOCAL FLOWER SHOPS

FOR

*Valentine's Day*

## MILLAN FLOWERS

(714) 321-2681



"Oh my gosh was this the most incredible experience, not only did they go out of their way to find me a OUT OF SEASON FLOWER, she put together the most beautiful bouquet, it was priced so fairly, and the service was above and beyond! I will be back! Look no further!"



## MERCI BOUQUET

(949) 515-7763

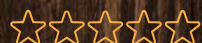


"We use Merci Bouquet every week for fresh flowers in the home. Kathy never ceases to amaze us with her unique designs, floral selections, and personal touches. We can't imagine using anyone else when it comes to flowers!"



## ALICIA'S FLOWERS

(949) 833-1883



"Alicia put together the most beautiful flower arrangement! She was very professional and accommodating and even called me to confirm some details regarding the online order. I will definitely be ordering from her again. Thank you, Alicia!"





# *Kissable Lips*

*for Valentine's Day*

REVANESSE®

- ♥ Revanesse contains a higher concentration of hyaluronic acid, which plumps & volumizes your lips
- ♥ Revanesse uses smaller particles of hyaluronic acid, which makes it smoother to inject vs other fillers.
- ♥ Revanesse lasts longer than other fillers
- ♥ Less post-injection swelling

**Book now**

**(949) 849-2200**

*Livier*



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VALENTINE'S DAY

# LOVE

UNVEILING THE  
HEART OF  
VALENTINE'S DAY:  
BEYOND CLICHÉS  
TO AUTHENTIC  
CELEBRATIONS OF  
LOVE

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***Valentine's Day*** isn't just about the usual chocolates and teddy bears—it has a fascinating history that goes beyond commercialized symbols. Forget the clichés, because there's a deeper meaning to this day that extends far beyond romance.

Contrary to what you might think, Valentine's Day isn't exclusively for couples. It's a day to spread love and appreciation to friends and family. The origins of the holiday are a bit mysterious, but one thing is clear: Valentine's Day has transformed over time into a celebration with a much broader scope.

Digging into its past reveals a darker side. Legend has it that in ancient Rome, young men were forbidden from getting married because single soldiers were deemed better. St. Valentine, however, went against this rule, secretly performing marriages for young couples. His acts of love got him arrested and sentenced to death.

As the years passed, Valentine's Day shifted away from its religious roots, becoming a more secular celebration. Love notes, poems, and tokens of affection became key parts of the tradition, turning the day into a celebration of love for everyone in your life.

At its core, the story of Valentine's Day is one of defiance, with St. Valentine standing up against societal norms for the sake of love and staying true to oneself. It's a tale of living authentically. Even far before Valentine's Day turned into a commercialized event, as far back as the 17th century, friends—not just lovers—were exchanging notes and tokens of affection on February 14th.

So, instead of viewing Valentine's Day as a holiday burdened with obligatory gifts, see it as a golden opportunity to shower your partner with romantic gestures. Creating those special moments not only strengthens your relationship but also leaves your partner feeling appreciated.

And here's the secret: a relationship filled with thoughtful gestures often translates into a happier and more fulfilling life for both of you. So, embrace the chance to celebrate love in all its forms, and let the authenticity of these gestures make your Valentine's Day truly extraordinary.

*Make your Valentine feel special and  
book a service with us at*

*Livier*

**(949) 849-2200**



A person in a white lab coat and blue gloves is using a laser device on a patient's leg. The patient is lying on a white surface. The background is a clinical setting.

# **LASER HAIR REMOVAL**

at

*Livier*

**FEATURING OUR MAGMA LASER  
HAIR REMOVAL!**

**SAFE AND EFFECTIVE ON ALL SKIN TONES!**

**MEASURES SKIN MELANIN LEVELS FOR HIGHER  
ACCURACY AND EFFICIENCY.**

**VIRTUALLY PAINLESS PROCESS**

**Schedule Your Appointment!  
(949) 849-2200**



# SIP N PAINT

## THE PERFECT DATE NIGHT

Sip on wine, share laughs, and craft a unique piece of art with your partner!



### PINOT'S PALETTE

Huntington Beach  
(657) 227-8179

### BRUSHES N VINO

Mobile Painting Parties  
(949) 478-0065





## The ARMÉE Cosmetics Lip Care Kit

An all-in-one  
solution!  
It is the ideal kit to  
help you prepare  
your lips before lip  
injections and  
maintain them  
thereafter.

# ARMÉE

### The Kit Includes:

**Lip Scrub:** Exfoliating sugar scrub with jojoba oil and shea butter, ideal for pre and post-lip augmentation to maintain smooth lips.

**Lip Hydrator:** Contains hyaluronic acid, arnica, and antioxidants for intense hydration and healing support before and after lip augmentation. Arnica also helps reduce swelling and bruising.

**Correcting Concealer:** Dual-ended concealer with peach and lavender ends to address different stages of bruising post-procedure.

**Matte Liquid Lipstick:** Aesthetic, moisturizing lipstick with lasting matte coverage, perfect post-procedure. Available in four shades.





# COUPLES MASSAGE

Celebrate this *Valentine's Day* with our exclusive Couples Massage package!

Enjoy side-by-side massages while our skilled therapists help you unwind.

Indulge in this intimate experience complete with sparkling wine.

Book now for an unforgettable experience!

*Livier*

(949) 849-2200



# MASSAGE THERAPY

at

*Livier*

Embark on a revitalizing journey with Olivia, a seasoned practitioner in massage therapy who brings a wealth of experience to the table.

In the midst of enduring lengthy days and the subtle burden of mental fatigue, we often find ourselves feeling drained and grappling with muscular pain. This not only dampens our energy but also stifles our potential to experience full vitality. Recognizing the significance of liberating oneself from these constraints, Olivia stands ready to guide you towards a more vibrant and unrestrained state.

For Olivia, it's not about a one-size-fits-all approach. She delves into the intricacies of your body, considers past injuries or traumas, assesses current stress levels, and addresses physical discomfort with precision. "I never give the same massage twice," she says. This philosophy underscores her dedication to providing a unique experience for each individual.

Gifted and intuitive, Olivia turns each session into a masterpiece, crafting a massage that goes beyond routine. There's no going through the motions; instead, she tunes into your body's signals, responding to its specific needs. It's a dynamic and evolving process, ensuring that every massage is a one-of-a-kind journey tailored just for you.

Olivia doesn't just offer massages; she creates an immersive and deeply satisfying experience that resonates with your body's unique requirements. If you're seeking a massage that's truly exceptional and tailored to you, Olivia is the expert you've been looking for.



SCHEDULE YOUR  
SESSION!



located on the 3rd floor of the  
Renaissance Hotel

Phone: (949)849-2200



# Date Night



## WATCH THE SUNSET

Enjoy a peaceful moment together as you listen to the waves crashing and watch the sun set.

## STAR GAZING

Cuddle up on a blanket and watch the stars together

## PICNIC ON THE BEACH

Grab your favorite bottle of wine and munch on some snacks while enjoying each others company

## BOTANTICAL GARDENS

Take a stroll and admire the beauty of the botanical gardens located all throughout Orange County





**WE GET IT.  
LIFE CAN BE HECTIC,  
WITH STRESS, KIDS,  
AND THE DAILY  
GRIND.**

# *Romance at Home*

BRING THE ROMANCE TO YOUR DOORSTEP FOR AN INTIMATE, AT-HOME ESCAPE - PERFECT FOR THE HOMEBODIES IN LOVE!

## **Cook Together at Home**

Try a new recipe, have fun, and don't take things too seriously!

## **Candlelit Dinner**

Whether it's take out, delivery, or made at home - candles always set the mood!

## **Play a Game**

Whether it's Scrabble or Naughty Truth or Dare - relish the joy of each others company!

## **Dance in the Kitchen**

Spontaneous expressions of affection, turning a simple date night into a symphony of togetherness.



SURPRISE HER WITH THE PERFECT GIFT FOR

# Valentine's Day

FEBRUARY 7TH - 14TH



OUR SECRET PLACE  
*By Spa & Gift*

Signature Facial

Hydra Facial

Needle Free Tox

Scarlet SRF

(949) 849-2200

APPOINTMENT ONLY

4500 MACARTHUR BLVD, NEWPORT BEACH, CA 3RD FLOOR SPA



Four Diamond



Award

MARRIOTT  
BONVOY™

R

RENAISSANCE  
NEWPORT BEACH HOTEL

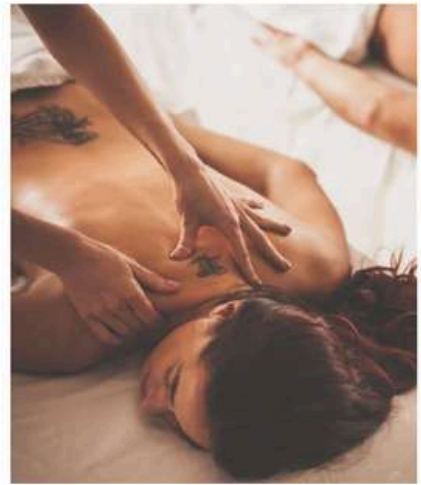
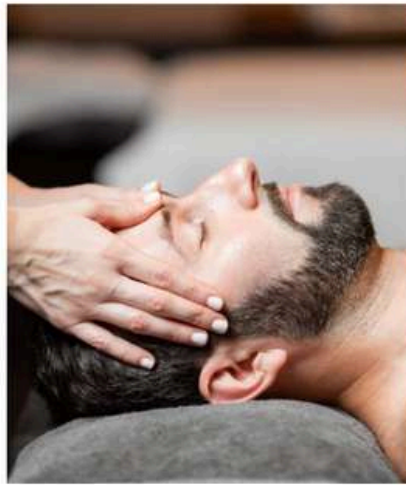
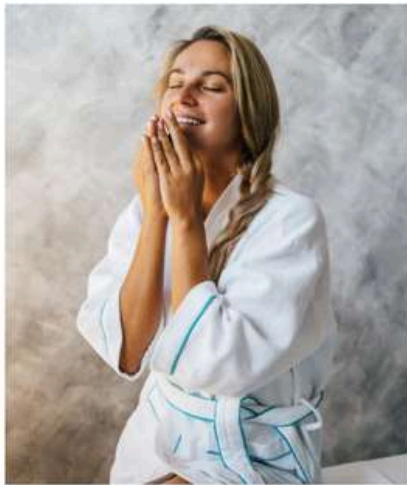




## MEMBERSHIPS PRICE LIST

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*Our Secret place by Livier Spa, Where Wellness Meets Beauty.*



### Package One

VIP

24 services total

50 Minute Custom Massages Qty 12

30 Minute Custom Facials Qty 12

Included with Membership:

Private Steam Room

Private Jacuzzi Access

Private Lounge Access

Outdoor Pool Access

**\$3,999**

### Package two

DELUXE

12 services total

50 Minute Custom Massages Qty 6

30 Minute Custom Facials Qty 6

Included with Membership:

Private Steam Room

Private Jacuzzi Access

Private Lounge Access

Outdoor Pool Access

**\$2,499**

### Package three

PREMIUM

6 services total

50 Minute Custom Massages Qty 3

30 Minute Custom Facials Qty 3

Included with Membership:

Private Steam Room

Private Jacuzzi Access

Private Lounge Access

Outdoor Pool Access

**\$1,299**

*Don't see a package that fits your needs? Give us a call for custom package pricing. Feel free to reach us at any time by making a call or dropping an email. We look forward to hearing from you!*





## BRIDAL PARTY PRICING LIST

*Our Secret place by Livier Spa, Where Wellness Meets Beauty.  
Your wedding day is the perfect excuse to treat yourself to a little pampering!*



### Package One

BASIC

*\*This Package Serves 6 People\**

*30 Minute Custom Massage  
30 Minute Custom Facial  
2 Hour Steam Room  
Lounge Access  
Appetizers & Champagne*

**\$3,000**

### Package two

DELUXE

*\*This Package Serves 6 People\**

*30 Minute Custom Facial  
2 Hour Steam Room  
Shower Access  
Jacuzzi Access  
Lounge Access  
Gel Nails  
Hair Styling  
Basic Makeup  
Appetizers & Champagne*

**\$4,500**

### Package three

GOLD PREMIUM

*\*This Package Serves 10 People\**

*30 Minute Custom Massage  
30 Minute Custom Facial  
2 Hour Steam Room  
Lounge Access  
Jacuzzi Access  
Express Beauty IV  
Appetizers & Champagne*

**\$5,100**

*Don't see a package that fits your needs? Give us a call for custom package pricing. Feel free to reach us at any time by making a call or dropping an email. We look forward to hearing from you!*



DON'T FORGET TO PLAN YOUR

# Galentine's Date

FEBRUARY 7TH -14TH

TO DO LIST:

TOX W/ YOUR BESTIE (NABOTA)

DRINK CHAMPAGNE

SIGNATURE FACIAL

LIP FILLER FOR POUTING

TRASH TALKING YOUR EX

CRY (BECAUSE NEEDLES HURT)

MASSAGES BECAUSE YOU DESERVE IT

VITAMIN PATCHES

SIGNATURE CANDLES

BLOCK YOUR EX



(949) 849-2200

APPOINTMENT ONLY

4500 MACARTHUR BLVD, NEWPORT BEACH, CA 3RD FLOOR SPA

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# LOOK GOOD FEEL GOOD

at *Livier*

## THE SKINNY SHOT

### SLOW METABOLISM

LOOKING TO DITCH STUBBORN FAT? THE SOLUTION IS SIMPLE! OUR **LIPOTROPIC SHOT "SKINNY SHOT"**.

THE COMBO OF LIPO+B12 INCREASES YOUR ENERGY, BOOSTS METABOLISM, AND BURNS FAT QUICKER THAN BEFORE!

LIPOTROPIC SHOTS CONSIST OF VITAMIN B12 AND AMINO ACIDS THAT ELIMINATE TOXINS AND PREVENT THE BODY FROM STORING UNWANTED FAT CAUSING FAT TO BREAK DOWN QUICKER AND MORE EFFICIENTLY.



## WEIGHT LOSS PEPTIDES

### SEMAGLUTIDE/ TIRZEPATIDE

THE FDA-APPROVED, ONCE-A-WEEK WEIGHT LOSS INJECTION! THIS CUTTING-EDGE PRESCRIPTION MEDICATION IS A POTENT SOLUTION THAT HAS SHOWN INCREDIBLE EFFICACY IN AIDING WEIGHT LOSS.

OUR TEAM OF EXPERTS WILL PROVIDE PERSONALIZED CARE, MONITOR YOUR PROGRESS, AND MODIFY YOUR TREATMENT PLAN AS NEEDED TO HELP YOU ACHIEVE YOUR IDEAL WEIGHT. EXPERIENCE ITS TRANSFORMATIVE BENEFITS FIRSTHAND!



BEFORE



AFTER



# SKINNY IV BAG

DESIGNED FOR ACCELERATED ADIPOSE TISSUE BREAKDOWN AND METABOLISM BOOST YOU WILL ALSO RECEIVE AN IM LIPOTROPICS (MIC) BOOSTER SHOT THAT WILL PLAY AN ESSENTIAL ROLE IN THE BODY'S USE OF FAT AND ENERGY. THIS CONTAINS AMINO ACIDS THAT HELP BREAKDOWN AND METABOLIZE FAT IN THE BODY.

## PRODUCTS THAT WILL MAKE YOU FEEL & LOOK GREAT!



### DIET & ENERGIZE BUNDLE

THE COMBINATION OF OUR TOPICAL B12 PLUS AND GARCINIA CAMBOGIA PLUS PATCH IS EFFECTIVE IN:  
CURBING YOUR HUNGER  
SUPPRESSING APPETITE  
ACTS AS A NATURAL WEIGHT LOSS SUPPLEMENT  
BOOSTS ENERGY AND STAMINA

### NURDORA PRE/PROBIOTICS

NURDORA PRE/PROBIOTICS AIDS IN WEIGHT LOSS!  
THEY ALSO  
IMPROVES LIKE GUT HEALTH  
DECREASES INFLAMMATION  
ASSISTS WITH APPETITE CONTROL



### TEATOX SKINNY TEA

LIVIER'S EXCLUSIVE DETOX GREEN TEA THAT AIDS IN WEIGHT LOSS, FAT BURNING, BLOATING WHILE CLEANSING AND DETOXIFYING



AVAILABLE AT

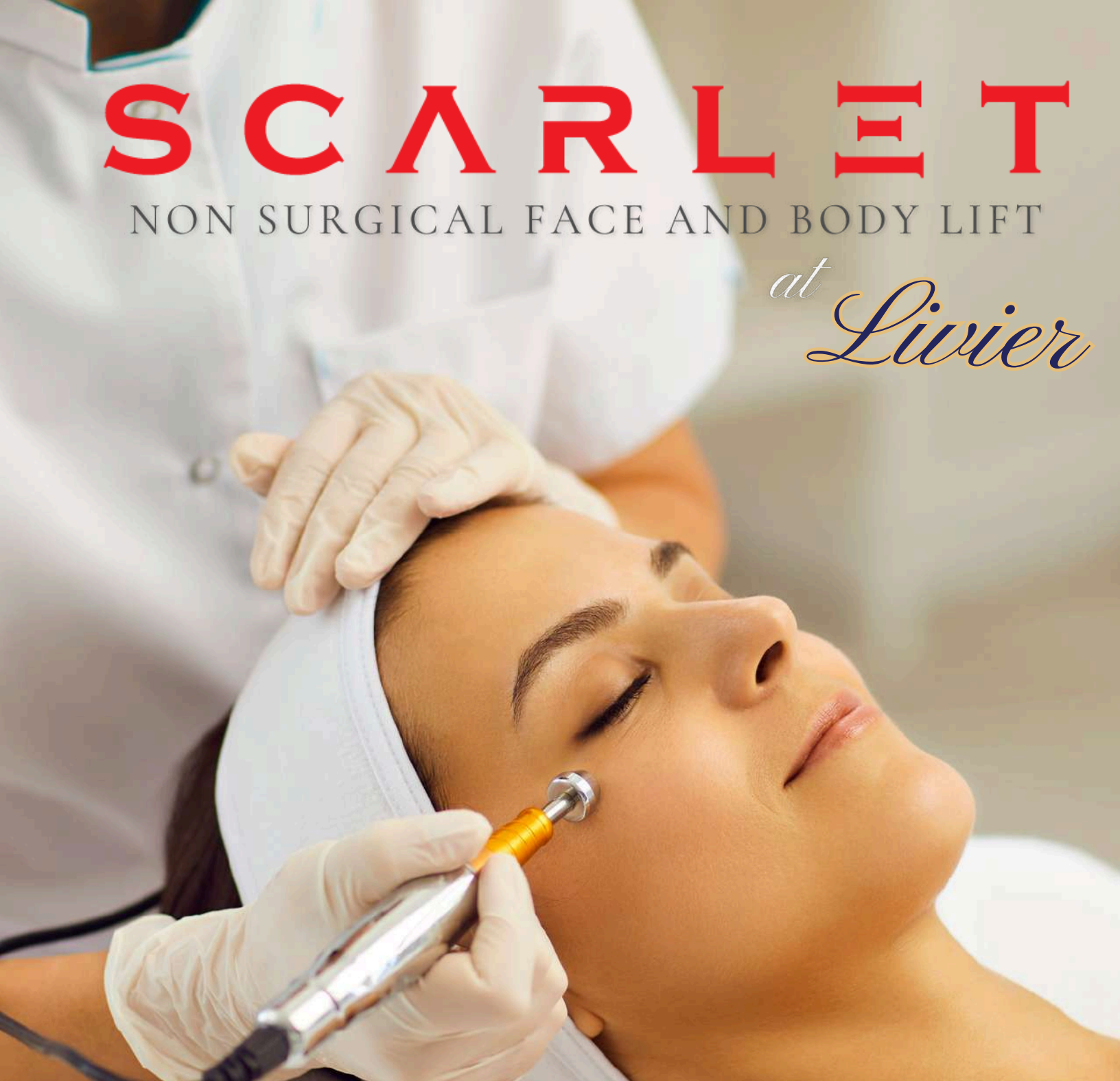
*Livier*



# SCARLET

NON SURGICAL FACE AND BODY LIFT

at *Livier*



## WHAT IS SCARLET SRF?

SCARLET SRF IS A MICRONEEDLING TREATMENT  
USING RADIO FREQUENCY (RF)

IT TIGHTENS, REJUVENATES, AND BOOSTS  
COLLAGEN FOR A YOUTHFUL GLOW—

TRANSFORMING TEXTURE, FIRMNESS, AND TONE IN  
ONE TREATMENT!



BEFORE



*After*

# BENEFITS

Tightens & Lifts Skin

Treat Acne Scars

Reverse Sun Damage

Stimulates Collagen Production

Evens Skin Tone

Reduces the Appearance of Fine Lines and Wrinkles

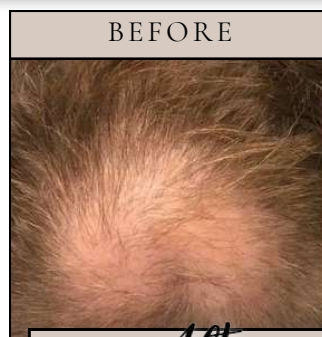


BEFORE

After



TREATED FOR: ACNE SCARS,  
UNEVEN SKIN TONE, SAGGING SKIN



BEFORE

After



TREATED FOR: BALDING, HAIR  
THINNING



BEFORE

After



TREATED FOR: SAGGING SKIN,  
SUN DAMAGE



BEFORE

After



TREATED FOR: BURNS &  
SCARRING

# VERSATILITY

Hair Restoration

Tighten Sagging Skin:

Including - arms, knees, stomach, etc.

Safe Around Eyes

Treats Body Scars & Stretch Marks



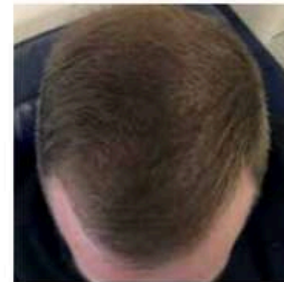
# HAIR RESTORATION

## WHAT IS PRP?

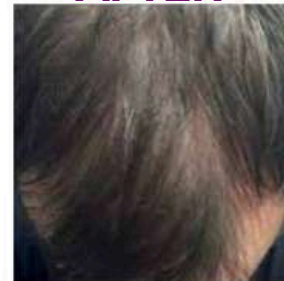
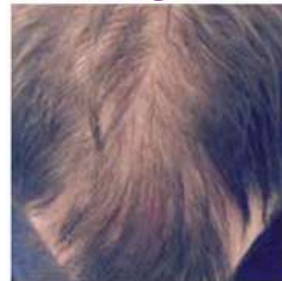
PRP (Platelet Rich Plasma) is blood plasma containing a high concentration of platelets. Although platelets are best known for their part in the blood clotting process, these cells are also considered a biochemical storehouse of growth factors that participate in recovery and healing of tissues by enhancing physiologic processes. Antiapoptotic effects of activated PRP have been suggested as one of the major contributing factors stimulating hair growth as it prolongs the survival of dermal papilla cells during the hair cycle. Follicular stem cell differentiation is induced, as well as prolonging the phase of the hair growth cycle.



**BEFORE**



**AFTER**



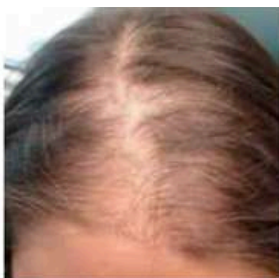
## HAIR LOSS

Alopecia, a common cause of hair loss, is a condition that is not painful nor does it interfere with regular daily activities. Nevertheless it is an emotionally challenging condition, particularly when hair loss affects the entire scalp. Fortunately, advances in medical research mean that today, men and women need not suffer the results of hair loss. PRP treatment is now a wide spread and well established procedure in all cases of alopecia. Published studies are providing increasingly stronger evidence of the beneficial effect of PRP treatment on hair re-growth.

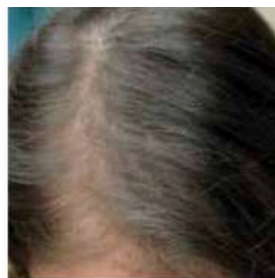
## ADVANTAGES OF PRP SCALP INJECTIONS

Cellenis® PRP treatment is an ideal treatment for hair growth – it reinvigorates dormant hair follicles and stimulates the natural growth of new hair.

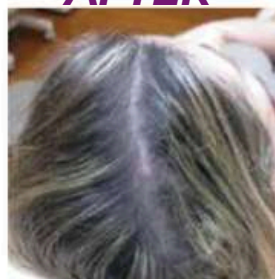
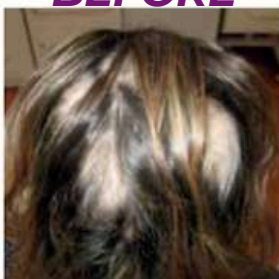
- Increases hair quality, volume, density and fullness
- Naturally stimulates hair growth
- Increases and strengthens existing hair
- Decreases hair loss
- Can be used in conjunction with alternative therapies and medications for hair loss



**BEFORE**



**AFTER**



AVAILABLE AT

*Livier*



## Firm & Tone

Tighten & brighten for more youthful & radiant looking skin

## Rejuvenate

Restore & strengthen skin cells

## Lift

Enhance production of collagen and elastin

## Recontour

Enhance production of collagen and elastin

## Results

Penetrates 10 x deeper & lasts 5 x longer than other topical types



# BRIGHCA

## Melting Collagen Set



Pure Collagen & Hyaluronic Acid, in Nanofiber Form, NOTHING ELSE

99.86% Premium Marine Collagen from New Zealand

0.14% Hyaluronic Acid



EXCLUSIVE AT

*Livier*



The background of the entire page is a close-up photograph of a TargetCool medical device. The device is primarily blue and white. It features a long, cylindrical blue handle with the brand name 'TargetCool' and a small identification number 'No. 0652140' printed on it. The handle is connected to a white, ergonomic grip. At the end of the device is a thin, clear tube that is emitting a fine mist or spray. The lighting is dramatic, highlighting the textures and colors of the plastic components.

# TargetCool

Exclusive at *Livier*

## INJECTIONS REINVENTED

### REDUCED BRUISING & SWELLING

Dermal areas treated with TargetCool are much less susceptible to swelling, inflammation, and hematoma. This means less unsightly bruising after injections and also quicker, easier recoveries.

### SKIP THE NUMBING CREAM

TargetCool's refreshing pain reduction adds peace-of-mind. And TargetCool's ability to rapidly cool the skin also eliminates the wait-time associated with numbing creams.

### IMPROVED COMFORT

TargetCool's ability to control the temperature of the skin at the injection point leads to creating a temporary anesthetic effect that leads to a more comfortable injection experience.



## ULTRASOUND SKIN TIGHTENING

Ultherapy is the only FDA-cleared, non-invasive procedure that lifts the neck, chin and brow, and improves lines and wrinkles on the upper chest. Through the ultrasound imaging with Ultherapy, energy is delivered precisely to the place where it will benefit you most—for natural-looking results that improve over time.

Ultherapy relies on ultrasound therapy to go deeper than other non-invasive treatments for collagen stimulation. It leverages traditional ultrasound imaging, allowing Ultherapy providers such as *Livier Spa* to see the layers of tissue they are treating. This ensures the treatment energy is delivered to where it benefits you most!

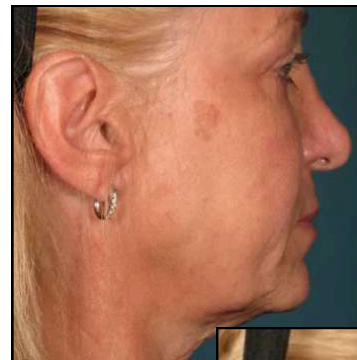
For those who are not ready for a surgical facelift, Ultherapy provides proven results in a single treatment for most patients. Lift and rejuvenate, without impacting the surface of your skin, and without downtime!



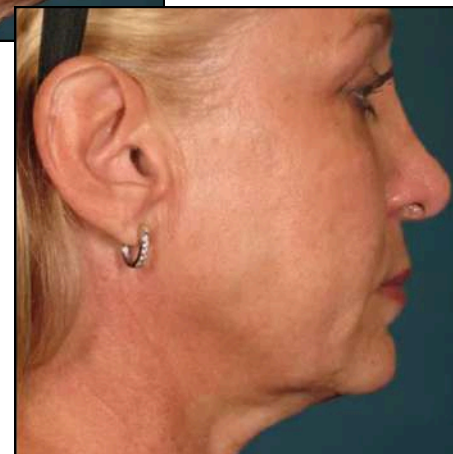
before



AFTER



before



AFTER



# AGE HEALTHIER & LIVE HAPPIER

## IT CAN START WITH A SIMPLE TEST

Find out how optimized hormones may improve your energy, sleep, weight, and libido.

PATIENTS TELL US  
THEY EXPERIENCE:



Increased energy, strength, and weight loss\*



Feel younger, healthier, and happier\*



Better moods, memory, and mental clarity\*



Restored libido and improved relationships\*



BEFORE BEING OPTIMIZED, PATIENTS COMPLAIN OF:

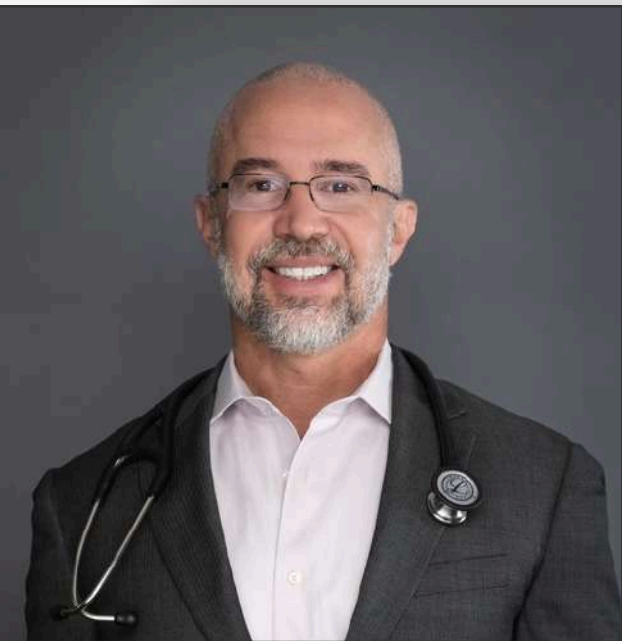
- Lack of energy and fatigue
- Difficulty sleeping at night
- Reduced mental focus and memory
- Feeling down, mood swings, on edge
- Weight gain including increased fat around mid-section
- Inability to lose weight regardless of healthy diet and exercise
  - Decreased muscle strength
  - Muscle and/or joint discomfort
- Reduced sexual desire and performance

949.849.2200

| 4500 MacArthur Blvd, Newport Beach CA



# Dr. Molina



When it comes to the world of Bio-Identical hormone replacement there's none other than local pioneer Dr. John Molina, D.O.

He has been at the forefront of changing people's lives through hormone replacement for over 20 years. Dr. Molina is a board certified Family Physician of 25 years who operates offices in Santa Ana and Costa Mesa. He specializes in Family, Sports, and Integrative Medicine.

His passion for health and longevity lead him to the world of hormonal replacement and more specifically through the use of hormone pellets.

In 2016, he became a prime provider for BioTe brand hormone pellets and has changed thousands of lives in both men and women.

From depression to hot flashes, sexual dysfunction, low energy, as well as chronic diseases such as Rheumatoid Arthritis, Lupus, Fibromyalgia, the benefits from hormone optimization are endless.

He believes than not only quantity but quality of life can be achieved through a simple in-office hormone balancing procedure.

Take that first step in making you the best you can be! Schedule an appointment with Dr. Molina at Our Secret Place.

DR JOHN MOLINA, D.O.

## Hormone Specialist

Bio-Identical Hormone Replacement

BOOK YOUR  
APPOINTMENT  
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bryght<sup>®</sup>

***for Every (Body) Part***

**Skin Lightening**

Underarms - Neck - Private Area  
Inner thighs - Anus



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