

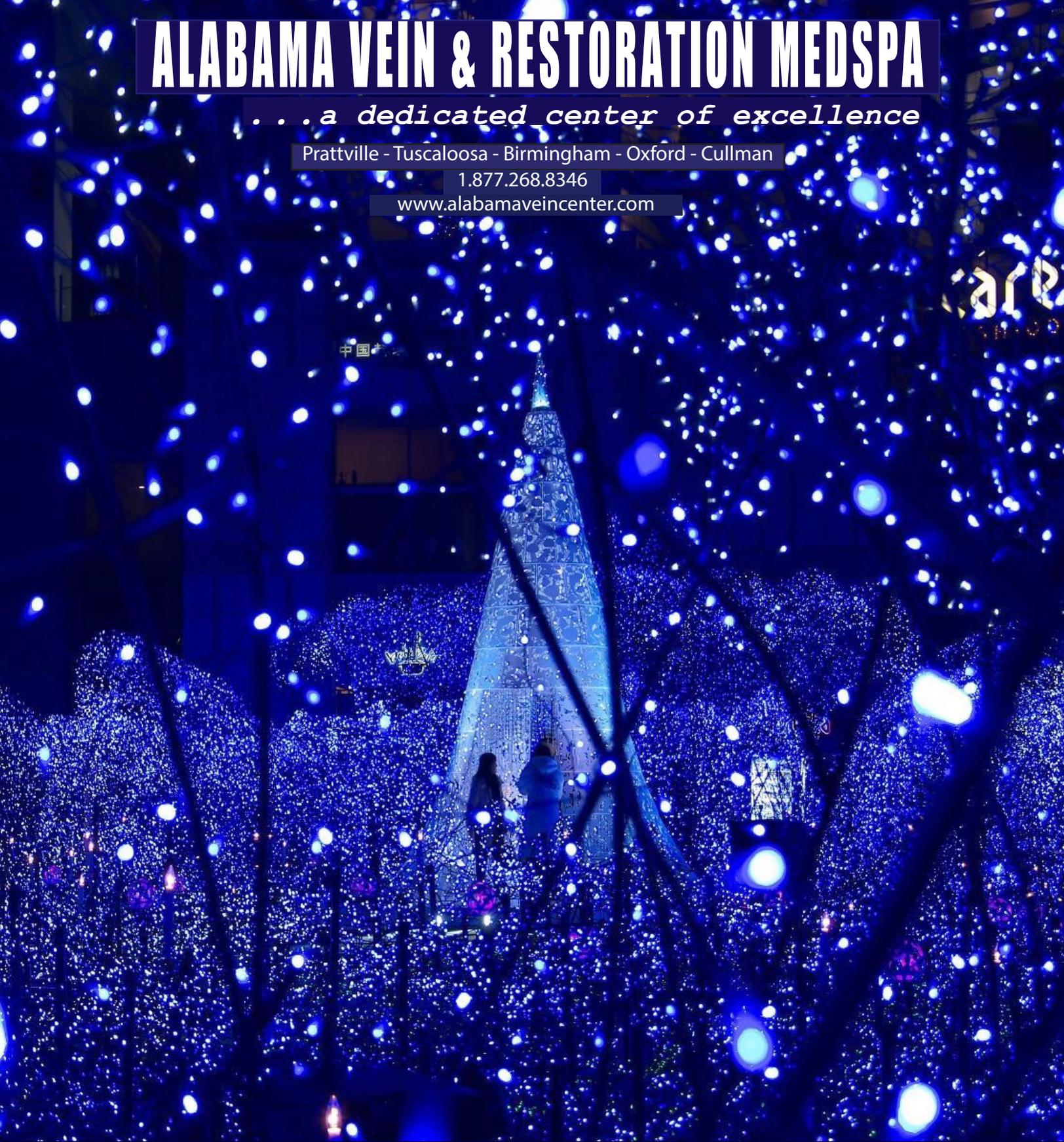
ALABAMA VEIN & RESTORATION MEDSPA

...a dedicated center of excellence

Prattville - Tuscaloosa - Birmingham - Oxford - Cullman

1.877.268.8346

www.alabamaveincenter.com



December 2019 Ed.

6 December Specials!



7 Zimmer Zwave for Cellulite
(Special this month!)



5 You're Not Scarred For Life -
Our Laser Treatments Can Help



ALABAMA VEIN & RESTORATION MEDSPA

4721 Chace Circle, Hoover, AL 35244

P:(205) 823-0151 * F:(205) 823-5218 * www.alabamaveincenter.com

At Alabama Vein & Restoration Medspa, our goal is to improve the quality of life of our patients. We utilize cutting edge technology and the most advanced venous procedures to establish an accurate diagnosis and for successful treatment.

We strive to provide compassionate, comprehensive vein treatments for patients with venous insufficiency, venous ulcers, and spider veins. As a team comprised of physicians, physician assistants, and other medical staff, we work from the top to the bottom to achieve our goal of taking care of our patients in the most pleasant and efficient way possible.

Conditions Treated

Varicose Veins • Spider Veins • Venous Ulcers • Stasis Dermatitis

Vein Treatments Offered



- * Ultrasound Guided Sclerotherapy
- * Varithena
- * Microphlebectomy
- * Veinwave
- * EVLA
- * Cosmetic Sclerotherapy
- * Compression Therapy
- * Venoseal

C. Austin Hunt II, M.D., F.A.C.S., RPVI * Sylvia Eldridge, PA-C * Jamie Gober, PA-C



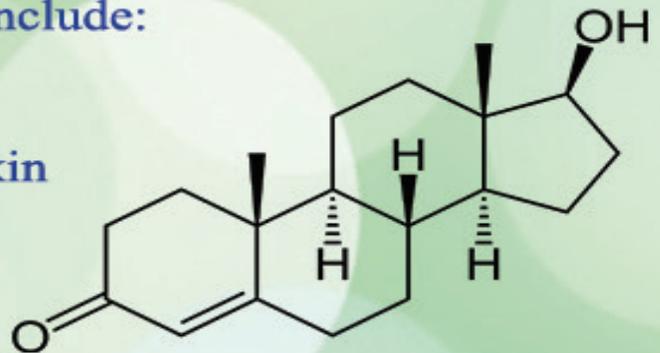


We also offer Hormone Replacement Therapy

As the levels of hormones decline, so do our physical and mental capabilities. We lose our energy, vitality, strength, physique and health. By restoring these hormones to their youthful levels, it is possible to restore our zeal and energy as well as to strengthen and bolster our bodies and minds.

Hormonal Deficiency Symptoms Include:

- Weight Gain
- Loss of Muscle Mass
- Wrinkling and Thinning of the Skin
- Depression and Stress
- Loss of Sex Drive
- Fatigue
- Sleep Disorders



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29.99



59.99



99.99



44.99



59.99



59.99



75.99

ALABAMA VEIN & RESTORATION MEDSPA

We offer CBD product formulas for pain relief, inflammation, sleep and relaxation, and by itself in different dosages to maximize benefits of CBD oil all in easy to use tinctures, capsules, or rub in formulas!

ABOUT CBD

Cannabidiol, more commonly known as CBD, is by far one of the most studied compounds of the 116-plus known cannabinoids found in industrial hemp.

Being a natural compound of the plant, it can comprise up to 40 percent of hemp. Unlike THC, CBD is non-intoxicating, which means it will not get you high.

CBD is often regarded as the single most crucial cannabinoid ever discovered. With on-going research, the list of uses continues to grow, giving more and more hope to those looking to enhance their overall quality of life.

Whether it's to maintain general well-being or becoming more proactive with a daily wellness routine, there are various ways in which CBD oil is useful.

Based on your needs and preferences, you can apply CBD and other cannabinoids through different methods. Your choice of administration can affect how CBD works with your body; common ways of administering CBD is through ingestion, sublingual, inhalation, and topical.

Your body's absorption of CBD from the application area into the bloodstream is known as its bio-availability – maximizing bioavailability means allowing more CBD to be readily available for bodily use. Taking CBD through various means changes its bioavailability; however, choosing the best method of use for your needs will help ensure that you'll receive the most support from properly sourced CBD.

You're Not Scarred For Life - Laser Treatments Can Help



Heal physical and emotional scars without surgery

Let's face it -- physical trauma often leads to emotional stress. Scars can cause an array of uncomfortable symptoms, such as:

Pain

Depression

Anxiety in social settings

Itching and tenderness

Post-traumatic stress

Loss of self-esteem

Our compassionate team can help you heal, inside and out. We use the Icon laser in the comfort of our office, so you can relax without worrying about any risks from surgery or anesthesia. Although you may require several treatments, each procedure usually takes less than an hour, with full recovery generally within a few days.

After laser resurfacing, you should notice a reduction in the look of your scar plus less itching and pain and greater movement in the skin in that area. We can also enhance your treatment later using additional techniques, such as injectable fillers, to help your skin appear even smoother.

December Specials

1 Laser Hair Removal 25% OFF All packages!

**2 Purchase a SkinPen Package of 3 Face & Neck for \$835 & Get a Free Avene Post Procedure Recovery Kit
SkinPen Face only \$225 (reg \$250)**

**3 Buy 1 syringe of Juvederm save \$50
Buy 2 syringes of Juvederm save \$100
Buy 3 syringes of Juvederm save \$150**

4 Buy 1 facial for \$75 and get the 2nd 50% OFF

5 All Skin Care Products 25% OFF

6 Elleebana Lash Lift & Tint Package of 3 for \$189 (reg \$225)

**7 Save \$20 on Viviscal Pro 180ct Hair Vitamins
(Free gift with purchase!)**

**8 Cellulite Zimmer FDA Cleared Treatment
Buy a package of 10 treatments per area and receive a
Full Size Glytone Day & Night Smoothing system (\$78
value)**

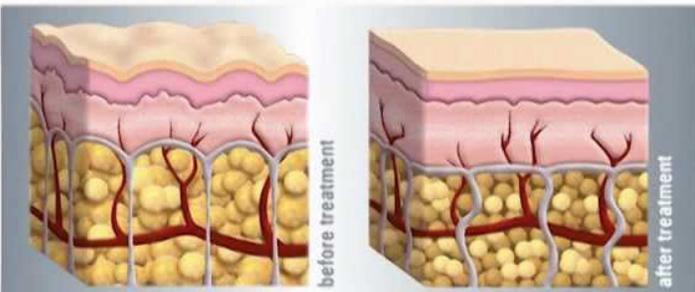
**9 IPL Package of 3 treatments \$749 (reg \$899) PLUS
receive your choice of Full Size Coloescience Even Up for
pigmentation or All Calm for redness (\$125 value)**

**10 Sculpsure (warmsculpting) Buy 1 Area
get 2nd Area 50% OFF!**



Purchase a package of 10 treatments per area and receive a Full Size Glytone Day & Night Smoothing System (\$78 value)

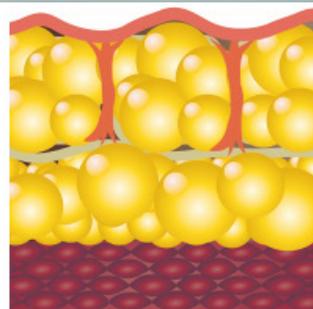
The high energy radial shockwaves consists of two different parts – positive pressure pulse and a comparatively small tensile wave component. The shockwave squeezes the surrounding tissue and breaks the grid structure of the molecules. The tensile wave leads to a collapse of the gas bubbles within the fat structures (cavitation), which re-expand after the high energy radial shockwaves and thus ensure a destabilization of the fat structures.



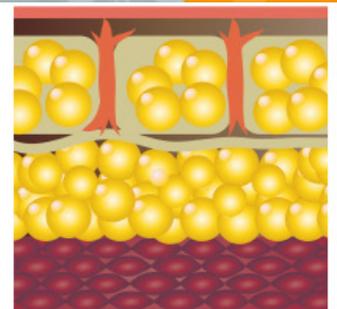
before



after



before



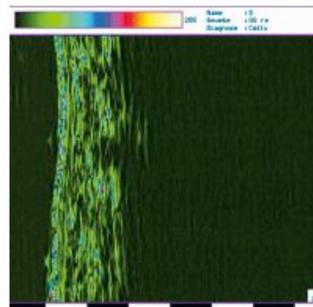
after



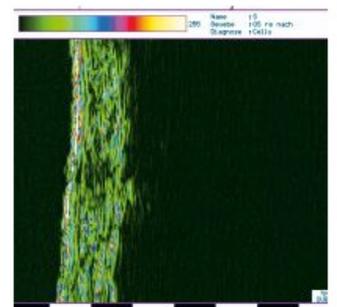
before



after



before



after

Salmon Patties Recipe

Recipes

Prep
10min
Cook
30min
Ready
40min
Servings
14 Salmon Patties



Recipe by natashaskitchen.com

Ingredients:

- 1 pound fresh salmon filet *
- 3 Tbsp Olive oil divided
- 1 1/2 tsp Garlic Salt
- 1/2 tsp Black Pepper or to taste
- 1 medium yellow onion 1 cup, finely diced
- 1/2 red bell pepper seeded and diced
- 3 Tbsp unsalted butter divided
- 1 cup Panko bread crumbs
- 2 large eggs lightly beaten
- 3 Tbsp mayonnaise
- 1 tsp Worcestershire sauce
- 1/4 cup parsley finely minced

Directions:

1- Preheat Oven to 425°F. Line rimmed baking sheet with parchment or silicone liner. Place salmon in the center, skin-side-down, drizzle with olive oil and season with garlic salt and black pepper. Bake uncovered for 10-15 min (depending on thickness), or just until cooked through. Remove from oven, cover with foil and rest 10 min. Flake salmon with 2 forks discarding skin and any bones then set aside and cool to room temp.

2- Heat a medium skillet over medium heat with 1 Tbsp olive oil and 1 Tbsp butter. Add diced onion and bell pepper and saute until golden and softened (7-9 minutes) then remove from heat.

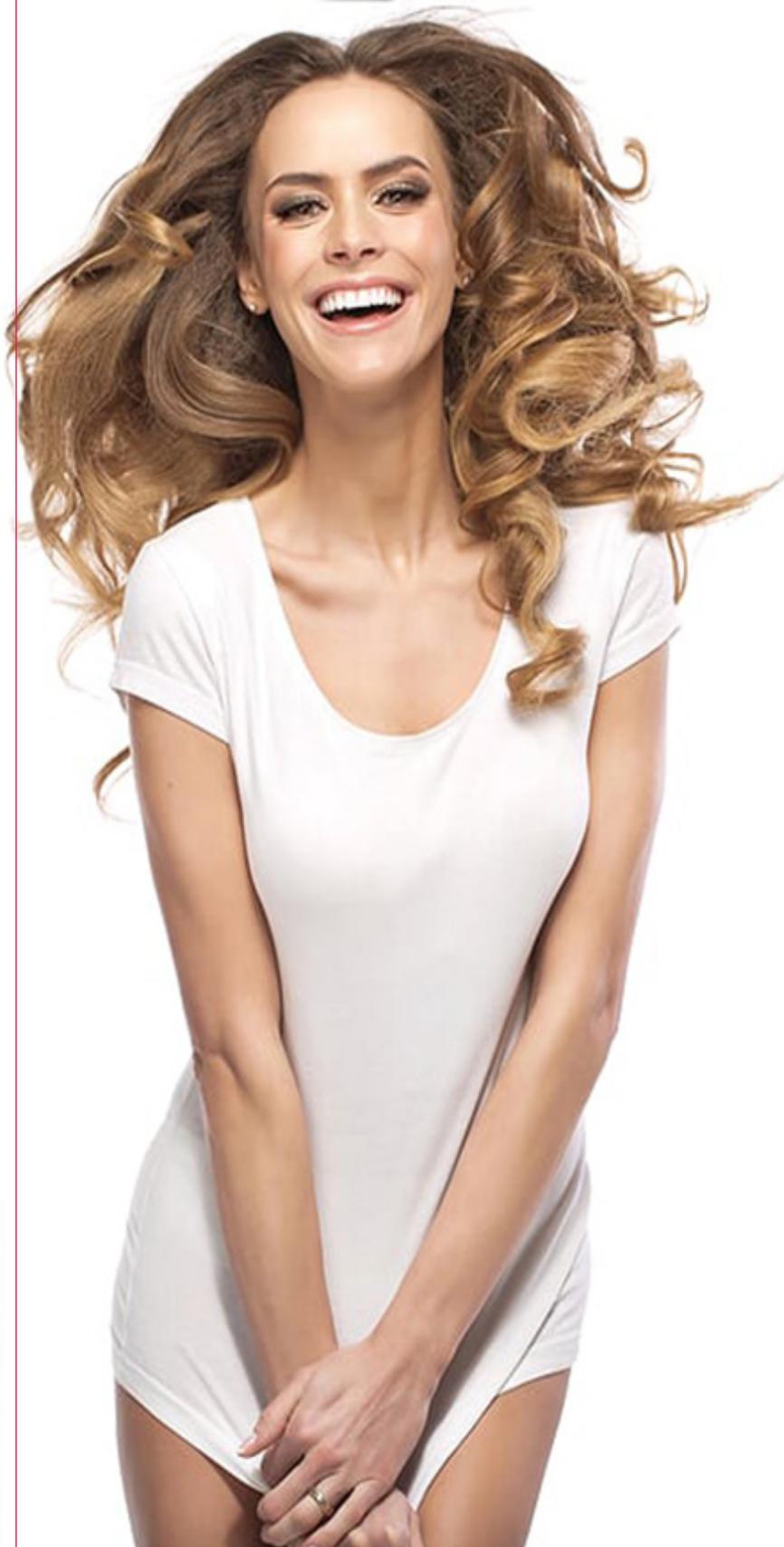
3- In a large mixing bowl, combined flaked salmon, sautéed pepper and onion, 1 cup bread crumbs, 2 beaten eggs, 3 Tbsp mayonnaise, 1 tsp Worcestershire sauce, 1 tsp garlic salt, 1/4 tsp black pepper and 1/4 cup chopped parsley. Stir to combine. Form into patties (about a heaping Tablespoonful each) and mold with your hands into 2" wide by 1/3 to 1/2" thick patties.**

4- In a clean non-stick pan, heat 1 Tbsp oil and 1 Tbsp butter until hot then add salmon patties in a single layer. Saute 3 to 4 min per side or until golden brown and cooked through. If salmon patties brown too fast, reduce heat. Remove finished patties to a paper-towel lined plate and repeat with remaining oil, butter and salmon cakes.

Recipe Notes

*Substituting Salmon: If desired, you can substitute the first 4 ingredients listed with 15 oz of well-drained canned salmon or salmon in packets. Leftover salmon from dinner can also be used if available.

**Cook's Tip: If salmon mixture is too dry to hold a patty shape, add an extra tablespoon of mayo and if it is too moist, add more bread crumbs.



PRP Intimate Shot for Him and Her!
Now available at
Alabama Vein & Restoration Medspa!



What Benefits Can a Woman Have from the PRP Intimate Shot?

- Decreased or completely resolved pain during sex (dyspareunia)**
- Increased ability to have vaginal orgasms**
- Greater arousal from clitoral stimulation**
- A tighter more elastic vaginal canal**
- Decreased or resolved overactive bladder and/or urinary incontinence**
- Stronger and more frequent orgasms**
- Increased natural lubrication**



What Benefits Can a Man Have from the PRP Intimate Shot?

- Increases hardness of erection**
- Increases sexual stamina**
- Improves circulation and blood flow**
- Increases sensation and pleasure**
- Reduces the time between erections**
- Restores self-confidence**
- Improves or eliminates urinary incontinence**
- Enhanced appearance**
- Increases size and girth, results may vary**

Recommended Businesses in our Spotlight:



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 Michael Hanna, MD
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 Phone: (256) 236-5631
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 Anniston, Alabama 36207

Thank you for all of your loyalty and support. Without you all we would not be where we are today. We are very grateful to every one of you and hope that we can continue to provide vein care for you and and your loved ones. If you have any problems, questions, or concerns, you can contact us anytime. Have a great month! 205-823-0151