



## JANUARY NEWSLETTER

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### HAPPY NEW YEAR

from all of us here at Gruene House Medspa! As we enter 2020, we want to send a special thanks to our office manager, Carlos Garcia, who's been with us since 2015! Carlos loves staying and feeling young, and has over 10 years of experience in the hospitality business. His goal is to make sure all guests leave with excellent customer service and a great experience with every visit. Be sure to wish him a happy anniversary the next time you stop into our office!



### NEW YEAR'S RESOLUTIONS

As you are crafting your new year's resolutions, you may be considering new ways to improve your look and confidence. We offer many services to help improve the quality of life for our patients. Whether your condition is cosmetic or a lack of functionality, we are here to help you find the right treatment for you.



## **BOTOX**

This treatment helps reduce wrinkles, relax the jaw muscle and reduce pain associated with TMJ, control excessive sweating, amongst other benefits. This treatment is appropriate for both men and women and offers a quick recovery time, so you don't have to worry about any downtime after treatment.

## **HORMONE MANAGEMENT**

Many men and women suffer from hormone imbalances that can contribute to symptoms that make you feel less than yourself. Sometimes these symptoms can be controlled by simply providing your body with the vitamins and natural medicine, and hormones it is missing. Whether you are struggling with a lack of energy, stress, anxiety, or a low libido, hormone management may be an option for you. With the help of Dr. Shah, you can help achieve your goal to get back to a happier, healthier you.



## **WEIGHT LOSS AND MANAGEMENT**

Weight loss is a common new year's resolution along with others to improve personal wellbeing. Weight loss can be important to not only your self esteem, but also your health. We offer services to help provide you with the necessary tools to effectively lose and manage weight as well as treatments such as CoolSculpting to help reduce cellulite.



# LASER TREATMENTS

Winter is the best time to get laser treatments! As the colder weather sets in, many people choose to stay indoors or bundle up, and thus will have less skin exposed to the elements. By getting treatment in the winter you have a reduced risk of sunburn and more time for healing before the skin is exposed to the elements. Additionally, there are some conditions that flare up in the winter such as eczema and dry skin, making winter a great time to seek treatment. Some of the laser treatments we provide are for hair reduction, non invasive skin resurfacing, and acne clearing treatments.



## NOT SURE?

Regardless of what brings you into our office this season, we are happy to help you reach those goals you have set for yourself. For more information or to schedule a consultation, contact us today at (830) 312- 4466 (New Braunfels) or (210) 255-1400 (San Antonio) to schedule a consultation.

## DID YOU LOVE YOUR VISIT?

Leave us a 5 star review on Google!  
<http://bit.ly/2rWLTNe>



# Guene House MED SPA



**2 LARGE AREA  
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TREATMENTS \$1600**  
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**San Antonio Office**  
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San Antonio, TX, 78229 (210) 255-1400

**Seguin Office**  
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