



A Bed of Roses

MediSpa

Two locations: Markham & Thornhill • 905-887-3845 • www.abedofrosesmedispa.com

Skin Fitness – Red Wine Therapy

Red Wine and Grapeseed polyphenols contain the secret to fighting aging. Resveratrol, a very powerful active ingredient in red wine and grapeseeds, contains OPC's which are 20 times more powerful than Vitamin C and 50 times more powerful than Vitamin E. They can bind collagen and help collagen fibers rebuild. Applying resveratrol super-firms the skin, smoothing away wrinkles, improving elasticity, radiance and tone to the skin. Our certified medical esthetician is trained to evaluate your needs and desires for improved skin health. She will recommend the Blueberry Wine Peel or Cherry Wine Peel Treatment to achieve maximum results in your skin.

Red Wine Concentrates with Noni

This pure Red Wine Concentrate tightens and refines the skin. The warm chiromatherapy blend of oils work out the skin, preparing and stimulating the skin for the red wine therapy which promotes and protects the production of collagen and elastin in the skin essential for maintaining strength and suppleness, while the amazing miracle noni fruit, with its wide spectrum of nutrients, delivers optimum nutrition for healthy, vibrant skin. Chiromatherapy blend of frankincense, sandalwood, and orange essential oils hydrate and rejuvenate deeply quenching the skin!

Blueberry Wine Peel

Blueberries, known to be most abundant in antioxidants and bioflavonoids, which are lacking in mature skin but most needed for the integrity of healthy skin, is found in this peeling treatment in a concentrated puree form. The collagen boosting properties found in Red Wine, Pomegranate, Lycopene, and Grape Seed Extract as well as natural fruit acids and enzymes make this a superb peeling treatment ideal for mature skin restoring hydration, tone, and firmness for a radiant, flawless complexion.

Cherry Wine Peel

The unique combination of natural acids in this peeling treatment deeply exfoliates dead skin cells in a non-irritating way due to the soothing and anti-inflammatory properties of cherry puree. Red Wine, Pomegranate, Lycopene, and Grape Seed Extract are nature's most powerful antioxidants and collagen boosters which feed and nourish skin cells bringing a firm, refined, flawless complexion. Ideal for mature/sensitive and problematic skin.



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The secret to healthy beautiful skin is really no secret at all...It's simple... Pure and Simple Workout

Physical exercise promotes stress reduction, muscle strength, youthfulness and energy, not to mention an overall balance of mind, body and spirit. There is nothing more rewarding when you start to feel your muscles work and your mind and body reconnect. Circuit training provides a sensible way to concentrate on strengthening and toning different muscle groups. With the same objective in mind, our Skin Fitness workout routine concentrates on perfecting your skin by alternating different treatments. Any qualified trainer will tell you that ones body adapts to a specific form of exercise to the point that it is no longer as effective. In the same way our skin constantly needs to be introduced to a new routine. Initially, when we try a new product our skin looks and feels great, but after a while we no longer feel the same benefits. With our unique circuit therapy your skin is constantly being challenged, energized and revitalized. Just as your body needs supplemental minerals and vitamins, Skin Fitness Therapy provides your skin with essential daily nutrients. Unlike commercial products containing chemical additives that are often harmful to your skin, our natural therapeutic treatments combine the purity and potency of nature's healing agents utilizing chiral technology (molecules separated within an ingredient through a purification process). These positive molecules that are extracted have the unique ability to bond with the skin's cells to produce the maximum benefits of each ingredient or nutrient, while eliminating negative reactions. Skin Fitness effectively stimulates and redefines your skin with the finest all-natural ingredients and ultra concentrated formulas. With out commitment to creating a healthy, youthful appearance, Skin Fitness provides you with "Back to Basic" nutrition for your skin.