

GlowFit Health **NEW**

More than just medical weight loss —
GlowFit Health will help you transform your life!

This program is very different from most medical weight loss programs. There are no pills and no shakes or meal substitutes. Our goal is to transform your eating and exercise patterns to a sustainable healthy new normal that you can practice the rest of your life, staying healthy, fit and vibrant. You will become a fat-burning beast, with a new energy and mental clarity. If you have tried every diet and or exercise trend and still manage to slowly lose ground, then this is the right place to start.

GlowFit 21 Day Challenge:

This basic package includes one-hour session of coaching, written materials covering diet, nutrition, exercise, sleep and stress management, recipes, email support. Everything you need to launch your transformation. Why 21 Days? Because it takes 21 days to change your body from being sugar dependent to a fat-burning beast. \$295

GlowFit 40 Day Transformation:

This package includes all the parts of the basic package and 4 scheduled one-hour coaching sessions over 40 days. Why 40 days? Because it takes 40 days to establish a new habit. GlowFit 40 is for people who want or need more support to help become accountable and establish your new lifestyle.\$995

GlowFit 180 Turnaround:

Want to turn your life around? This package is designed for people who need regular check-ins and support over a longer period of time, and includes all parts of the basic package and 6 in-person coaching sessions.\$1445

BONUS: All GlowFit clients receive a 10% discount on any body sculpting service.

**Call us for more information
or to set up an appointment:
206-800-7379**

Glow Medispa - West Seattle
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glow medispa

www.glowspaseattle.com
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medical services

Vaginal Rejuvenation

Our vaginal rejuvenation program treats: loose/ stretched out tissues (for example after childbirth), dry, thinning tissues after menopause, pain during intercourse, and urinary incontinence (dribbling).

The Ultra Femme 360 is an RF device that uses heat in a painless procedure to:

- Thicken and tighten the vaginal tissues
- Increase lubrication
- Decrease or eliminate dribbling
- Increase sexual pleasure

Exilis Ultra Femme 360

	1 SESSION	PKG OF 3
Sessions	\$1200	\$3200

Mommy Make-over Package

Designed to repair the damage of pregnancy and childbirth, our Mommy Makeover package builds back the abdominal muscle strength, tightens the skin and rejuvenates the vaginal tissue.

Package \$6500

Includes: Emsculpt plus Exilis Ultra abdomen (4 treatments), Ultra Femme 360 (3 treatments).



glow medispa

We offer private consultations and tailor treatment plans to fit your desired goals and your specific body type.

Ask about our membership benefits!

**visit our website at:
www.glowspaseattle.com**

body sculpting

Emsculpt

Builds muscle AND destroys fat at the same time. The only device of its kind, Emsculpt uses electromagnetic waves to cause a supramaximal contraction of the muscles. It is like doing 20,000 sit-ups or kettlebell swings in 30 minutes. Emsculpt is FDA-approved for killing fat and building muscle in the belly, arms and legs and the ONLY device approved for a Non-surgical Butt Lift!

Great for:

- Abdomen
- Butt Lift
- Thighs
- Arms (Biceps and Triceps)
- Calves

	1 SESSION	PKG OF 4
Any Body Part	\$800	\$3000

Vanquish ME

Melts fat in the Abdomen, Back and Thighs. Uses Radiofrequency (RF) energy to heat the fat, causing damage to the fat cells that destroys them. Vanquish ME has a side benefit of also tightening skin.

	1 SESSION	PKG OF 4	PKG OF 6
Abdomen	\$750	\$2800	\$3900
Legs.....	\$800	\$3000	\$4200

Exilis Ultra

Tightens loose skin and destroys fat using a combination of RF and Ultrasound. Exilis Ultra is versatile and can be used on almost any body part. This allows us to improve areas of loose skin or fat in the arms, sides, and small areas that other machines cannot treat.

	1 SESSION	PKG OF 4	PKG OF 6
Abdomen or Back	\$500	\$1800	\$2500
Legs.....	\$700	\$2600	\$3700
Other Body Part	\$500	\$1800	\$2500

Vanquish ME & Exilis Ultra

	1 SESSION	PKG OF 4	PKG OF 6
Abdomen or Back	\$1100	\$3900	\$5800
Legs.....	\$1200	\$4200	\$6200

Cellutone

Shock-wave device that improves the results from all the body sculpting treatments, and also is a great treatment for cellulite.

These treatments are often used in combination to get the best results. We will put together a program designed specifically to your body.

	1 SESSION	PKG OF 8
Cellulite treatment.....	\$200	\$1600

Combine 2 or 3 body sculpting packages and receive 10% off total price.

At Glow Medispa our body sculpting program is designed to treat ANY body. We combine these treatments to optimally treat you as an individual, because every BODY is different. Our program is designed to kill fat, tighten skin and build muscle.

For an appointment call us at: 206-800-7379