



LOOK INSIDE...

Client of the Month Page 2

Spring Tips & Tricks Page 3

Product of the Month Page 2

NEW! Magnetic Field Therapy Page 3

Spa Treatments To Get Ready For Spring

We all know that when Spring time rolls around it's time to get out the dust pans and de-clutter all the junk we've accumulated throughout the year. Why not put the same time and care we put into our homes in our own bodies as well. As the warm weather starts to bloom, and the sweaters and boots come off to be thrown aside until next year, we may be left feeling a little sluggish after the harsh winter. From dry skin, to unpolished nails and winter weight, start your Spring off with a visit to Coral Spa to get ready to head into the warm weather.

Skin Cleaning

A new season is the perfect time to refresh and rejuvenate your face from all the build up from make-up, pollutants and toxins in the air. Certified estheticians recommend getting a facial every change of season to help keep skin healthy and ready for the change in weather. Book in for a free consultation and skin assessment to see what facial is recommended for your specific skin needs. If you're looking for a stronger cleansing try a DermaSweep MD microdermabrasion treatment for a deep exfoliation. DermaSweep MD Microdermabrasion is a non-invasive and quick treatment that works underneath the surface to help remove dead skin for a thorough clean. Cleansing your skin will help give you that fresh start outlook we get when we organize our kitchen for spring.

Polish Up

We've been hiding our hands and feet under wool socks and comfy mittens so they may not

have been getting the tender love and care they need. From dry skin, to cracked heels and unpolished nails, Coral's got the fix for every issue. The winter weather can do a lot of damage to our skin, to get back on track to smooth supple hands try Dermalogica's hand and nail treatment. The lightweight and non-greasy lotion has botanicals and vitamins to protect and repair chapped hands while strengthening nails. For a more immediate treatment when it comes to painful cracked heels try adding on a paraffin treatment for instant relief and results. Top off your stay with a quick and vibrant colour from OPI's new spring/summer collection Fiji.

Throw Away the Weight

Unfortunately shedding the bulk we added over the holidays isn't as easy to get rid of as it was to go up for seconds of pumpkin pie. With the weather warming up and the layers lessening, it's the perfect time to get back on track. Our Metagenics programs are a strict supplement line with very specific dietary requirements. Our Lifestyle Educator will determine based on your health concerns, the appropriate program. Make an appointment with our Certified Lifestyle Educator Lynette Dela Cruz for a free detox/nutrition consult to start the new season with a spring in your step.





Tell me about the beginning of Coral and how it came to be what it is today?

Back in the early 2000's Dr. Sherman had a vision of what she coined a "one stop shop". A place where you could come to take care of YOU! Coral started as just a couple rooms in a medical clinic where Dr. Sherman did Botox and Filler, and Dr. Sam did laser hair removal. At the time I just finished my BA and was looking for an opportunity in business, combine that with Dr. Sherman's vision and it was meant to be. So with that, myself, Dr. Sherman and Dr. Sam took what was just a couple rooms in a medical clinic and began the process in turning Coral into what it is today.

What are you currently up to now?

I am a person who is driven by "What's Next" and in 2014 I made the incredibly hard decision to leave Coral in a full time capacity and open up a new business in Sentry Windows. The team that we had assembled at Coral was one that I had full faith in to lead the ship. I felt I could leave and the company would not miss a step. With that being said, Coral will always be near and dear to me and will be something I will forever be involved in one way or another. I may not be there every day, but I could never fully step away. On top of that, and most importantly, myself and my wife Tamar, have 3 beautiful children that we adore. When I am not selling windows & doors and thinking up new Spa services, the majority of my time is spent simply being a father and husband! Well, that and watching Game of Thrones of course ;).

What is something Coral offers that some people may not be aware of?

I find that people brand us as either just a "Spa" or as a just a "Medical facility", so I feel that what some people are not always aware of is the size of our service menu. From Botox & Filler, to Laser Hair Removal, Nutritional Evaluations, Manicures and Pedicures we offer a large variety of services!

What kind of experience can customers expect to receive when visiting Coral?

Great customer service and results! We pride ourselves on hiring very good and talented people. We put the customer first and making sure that the customer always has the best experience possible. We don't do something just for the sake of doing it, every recommendation made by one of our experts is custom made to the clients very specific needs and concerns.

What is your favourite treatment to get done at the spa?

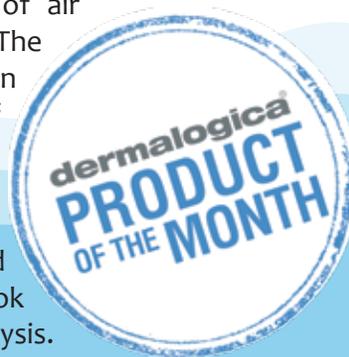
There is nothing I enjoy more than a nice Therapeutic Massage! Just last month I injured my shoulder, and our RMT Caryn did wonders! Thank You Caryn!



Just when we thought we couldn't love Dermalogica's Daily Microfoliant any more, they went and upped the ante, by making a hybrid that can smooth away skin-aging pollution. This superfine powder exfoliant can help remove pollutants and ward off accelerated aging skin for firmer, healthier-looking skin. The

more air pollution there is in your environment, the greater your risk of accelerated aging skin. That's because air pollution can penetrate skin and accelerate development of visible brown spots, wrinkles and other signs of aging. And, since 92% of the world's population lives in unhealthy levels of air pollution, this is becoming a significant global concern. The skin health experts at Dermalogica have created a Skin Pollution Index that indicates your current risk of accelerated skin aging based on local air pollution. Visit skinpollution.com to see if your risk levels fall under low or hazardous. If you have any questions or would like to get customized recommendations from a certified esthetician, please free to call us at 519-969-1554 and book in for a complimentary face mapping skin analysis.

CoralSpaInsider



Client of the Month



And the winner is.....

CONGRADULATIONS
Lynn B.

Coral Spa is proud to announce Lynn B. as our honoured client of the month! Lynn has been a loyal client for 4 years. She will receive a Therapeutic facial (valued at \$89). Check out our next newsletter to find out if you are the next Coral Spa client of the month!

dermalogica
a skin care system researched and developed by The International Dermal Institute



JOIN US FOR OUR **10TH ANNUAL Spring Awakening**
OPEN HOUSE AND FUNDRAISER

BROUGHT TO YOU BY CORAL AND **dermalogica**

Thursday, March 30th, 5:30pm – 8:00pm

Event Details

- Healthy Hors d'Oeuvres & Refreshments
- FREE Treatments, Demos and Consultations with Dr. Sherman
- Silent Auction, Clearance Table

In Support of



coralspa.com
1400 Provincial Rd. | 519.969.1554



Magnetic Field Therapy

We are very pleased to announce the launch of our latest revolutionary treatment Magnetic Field Therapy. Magnetic Field Therapy is the newest addition to our Age Prevention service menu which is a safe and healthy alternative to help you look and feel your best.

It is now commonly accepted that weak electromagnetic fields are capable of initiating various beneficial biological processes including healing for delayed fractures, pain relief, and modulation of muscle tone and spasm. Human tissues have shown dose-dependent responses to magnetic fields depending on the nature of the signal. One can induce meaningful electrical and magnetic current densities within biological tissue.

Any substance that conducts electricity (including living tissue) possesses an induced electrical current (Faraday's law of induction). Magnetic and electromagnetic fields create electrical potentials within

tissues with a unique advantage over electrical current: no surface or needle electrodes are required. Magnetic fields are therefore non-invasive in the purest sense, and far easier and more efficient to apply.

Since electromagnetic waves pass through matter, one does not even need to disrobe to provide a therapeutic application of electromagnetic signal.

Our Magnetic Field Therapy device has a medical class II device license by Health Canada to reduce pains and aches and to increase blood circulation. The system can potentially reduce back pain, depression, headaches & migraines.

The innovative system may also help improve blood circulation, anxieties, sleep disorders, mental clarity and overall well being.

Present this coupon at Coral Spa and receive 15% off any spa esthetic service. Spa esthetic services include manicures, pedicures, facials, relaxation massages, waxing, and chemical peels.
Valid from April 1st to August 31st, 2017

Check out the Coral Spa Blog
at www.coralspablog.wordpress.com

NEW articles every other Monday at 11am

NEW articles on the latest trends in beauty, cosmetics
make-up, skin-care and much more!



'because it's good for me'

Spring Tips & Tricks

SARAH



A great product for Spring is Dermalogica's Hydrating Skin Masque. The masque helps bind moisture to the skin after a dehydrating winter.

JACKIE



Spring means no more dry skin. Seal in the moisture and protect your hands and feet with a paraffin treatment. Paraffin can be added on to any pedicure or manicure.

LYNETTE



After all the food and merriment of the season, let's get back on track. Start the year right and book a consult to learn how to do a detox in as little as 10 days!



WHO WE ARE: THE HOSPICE OF WINDSOR-ESSEX COUNTY

Coral Spa is proud to announce our annual Spring Open House (Thursday, March 30th) will be donating partial proceeds to the Hospice of

Windsor-Essex County. The Hospice of Windsor and Essex County Inc. stands as a symbol of hope, providing compassionate care designed to enhance quality of life. It is the first community-based palliative hospice village in North America. Founded by Reverend Canon Paul Chidwich in 1979 to address compassionate end of life care, the Hospice has expanded into our current Hospice Village.

The Hospice Village serves all patients and their families dealing with a life-altering diagnosis. In simple terms, this means that Hospice services are available to patients and their families, from pre-diagnosis to bereavement. Services are holistic in nature and can include wellness programs, support groups, fitness programs, counseling, education and of course palliative care. The Hospice is proud to offer all services at no cost to the patient, provided in a space that is both serene and welcoming, responding to the diverse needs of a multicultural community.

The Hospice Village consists of the Wellness Centre, the Pain and Symptom Management Clinic, housed in the Transition to Betterness Building, the Solcz Family Home for Children and Families; the April's Garden Conservatory, and our Hospice Residential Home. It truly is a village!

The Hospice team includes more than 600 dedicated volunteers and a roster of professional staff including palliative care physicians, nurse educators, social workers, and alternative health care providers. We offer a comprehensive program that addresses all physical, social, emotional and spiritual needs of the patient and their family, available on a one-to-one or family basis.

Our Hospice Village, the only such community concept in North America, has a team of dedicated volunteers and professional staff that provide the very best patient care services to both patients and their families. It truly takes a village to raise a hospice, and in order to raise ours, we needed the support of the entire Windsor-Essex communities!

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@coralmedicalspa



Coral Medical Health Spa

About Us

Coral Medical Health Spa is a comprehensive practice complete with everything needed to help you look and feel your best from the inside out!

Under the supervision of Dr. Zoia Sherman, Coral offers the most advanced Age-Prevention solutions available from BOTOX Cosmetic to Bio-Identical Hormone Replacement Therapy, with a complete Day Spa featuring Dermalogica Skincare.

As a recognized leader in the field of cosmetics and anti-aging, Dr. Sherman combines leading technologies and procedures with first class individual attention to create a destination for those seeking the best in these treatments.