



# hela cheat sheet

## What is Your Goal?



**Beach Ready**

- recommendation**
- + LHR series
- + latisse
- + Allure's best facial
- + sunscreen
- + ultrashape
- + velashape



**More Energy**

- recommendation**
- + nutrition consult
- + b12 shot
- + IV therapy



**Dewy, Makeup Free Skin**

- recommendation**
- + IPL x 4
- + bright eyes facial
- + exfoliate facial
- + everglow facial
- + nutrition consult
- + sunscreen
- + antioxidant serum



**Destroy Stubborn Fat**

- recommendation**
- + nutrition consult
- + ultrashape
- + velashape
- + lymphatic massage
- + b12 shot



**Erase Scarring**

- recommendation**
- + laser consult
- + exfoliate facial x 6
- + LED x 5



**Wedding Ready**

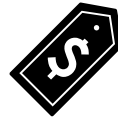
- recommendation**
- + IPL x 4
- + everglow facial
- + peel - ask your esti
- + IPL x 4
- + b12 series
- + nutrition consult
- + Botox consult
- + ultrashape + vela

## What is Your Limiting Factor?




**Time Limit**

- service options**
- + IPL full face
- + botox
- + b12
- + express facial
- + LHR (mustache/neck/chin)
- + latisse



**Want a Deal**

- available deals**
- series of 6:  
6 services for the price of 5
- 
- follow us on  
instagram for  
regular promos  
and giveaways!



**Need Advice**

- consultations**
- + physician consult
- + nutrition consult
- + injectables consult
- + esthetician consult



**No Limits  
Want It All**

- the works!**
- + membership

### word key

- LHR laser hair removal
- IPL intense pulsed light "photo facial"
- Latisse grow your own lashes
- LED light emitting diode
- Tox freezes wrinkles, stops sweating