

# UPLIFT & EDUCATE

## The Future is Female!

### 2024 is All about Women's Health

March is for celebrating the amazing women in this world, and 2024 is the year we prioritize women's health. With recent shifts towards holistic and personalized approaches to treatments, in combination with digital technologies, we've seen improvements to our physical and mental health like never before!



Whether you're a new mom, going through menopause, or interested in holistic preventative health, Dr. Lanna Aesthetics is here to help you be your best, most confident self.

NEWSLETTER  
MARCH 2024

## All About The Pelvic Floor

### What is the pelvic floor?

The pelvic floor is a group of muscles and ligaments that support your bowels, bladder, uterus, and vagina.

### What are pelvic floor disorder/dysfunction?

Pelvic floor disorder or pelvic floor dysfunction occur when your pelvic muscles have weakened or been injured causing urinary and fecal incontinence and straining. This affects nearly 24% of women in the United States.

### What causes a weak pelvic floor?

A few causes include, but are not limited to, pregnancy, childbirth, obesity, aging, menopause and even endometriosis.

### Solutions to repair the pelvic floor:

## March Specials

### \$50 OFF DYSPORT

Aspire Members; Limited Vouchers Available

### \$250 OFF PDO THREADS

Single Area

### 25% OFF FORMA

Includes Singles Sessions and Packages of 3. Face and vaginal.

### 25% OFF MORPHEUS8

Includes Singles Sessions and Packages of 3. Face, body, and vaginal.

\*Terms and Conditions Apply. Cannot Stack Specials. Senior Injectors only. 3/1-3/31

# Hormones and Your Health

Hormones help regulate bodily function. You might've heard more than once that hormones are the cause for your changes in mood, weight, concentration, menstruation, and more.

When your hormones are not at the right levels to help your body function properly, you might experience a plethora of issues and discomfort.

## Dr. Lanna Aesthetics Hormone Optimization Program



Our Bioidentical Hormone Replacement Therapy Program (BHRT Program) is for those looking for a holistic approach to health improvement. We want to help you optimize your health and vitality.

**Interested in Learning About How Hormones Can Help You? Call: (646)422-7385**

## NOW BOOKING:



**NEW  
JERSEY**

Call to Schedule an Appointment:  
**(646)422-7385**  
See you in NJ!

## Visit a Location Near You

**Call to Schedule: (646)422-7385**

You might've been told that kegels are the only way to strengthen your pelvic floor and if there's no improvement then you're left with surgery. *Not anymore!* Dr. Lanna Aesthetics is proud to offer EMS technologies that can help improve the pelvic floor and/or urinary incontinence:

### V-Tone

V-Tone is a gentle, nonsurgical technology designed to provide intravaginal electrical muscle stimulation (EMS) to rehabilitate weak pelvic floor muscles.

### FormaV

FormaV uses a vaginal probe to provide uniform deep heating for treating vaginal laxity, vaginal dryness, and frequent urination.

### Morpheus8V

Morpheus8V is an intravaginal treatment that uses radiofrequency microneedling to improve urinary incontinence, vaginal laxity, and vaginal dryness.

### NYC

LC Medical  
140 W 58th St.  
Suite A  
New York, NY, 10019

### STATEN ISLAND

LC Medical  
16 Sylvia St  
Staten Island, NY  
10312

### NEW JERSEY

Dr. Lanna Aesthetics  
8 S Main St,  
Marlboro, NJ  
07746

### LONG ISLAND

Victoria Elizabeth Bridal  
291 Clay Pitts Road  
East Northport, NY 11731