

Secret Tips and Debunking the Myths... great skin-care, Botox, and fillers.

(April 8, 2013, Spokane, WA) No, it's not "poison". No, it rarely hurts. Ask all those questions you've been silently thinking, and learn plenty of new skin-care tips. Spend an evening with Dr. Gwyn, featured at The Calm's free event Thursday. You'll experience plenty of show 'n tell and great Q & A. Plus, a few winners will be selected for free Botox.

The Calm's owner, Jen Miley opened the wine bar in October and has already featured all kinds of events and speakers. The Calm is a wine bar, designed for women (and no, you don't have to be a member). Miley says it just makes sense to bring in someone like Dr. Gwyn to get real about anti-aging, *"I'm excited because of not only the MD behind her name, from a 'clinical' perspective, but also my own personal experience with her has been amazing! I'm always excited to share a 'great' thing with anyone, and Dr. Gwyn is just that!"*

Dr. Gwyn is pleased to take her team on the road, *"Our demonstrations always evoke such positive and enthusiastic responses, like, 'I didn't know you could do that!"*

This is the perfect opportunity to speak candidly and ask all your questions... Dr. Gwyn can help you decide what's best for your face, including information on the best skin-care, injectables, and peels. She'll debunk a few myths, and Miley says, *"I think it's important to host these kinds of things at The Calm because it's a wonderful, warm, comfortable environment for women to learn, experience and enjoy not only The Calm, but friendships both old and new that I see form here daily."*

Chemical peels don't have to leave you suffering. Botox is not poisonous, dangerous, or painful. Feel free to drop into The Calm anytime on Thursday between 6:30-8:30 to get genuine facts.

"When I'm at the Calm I feel at home with friends," Dr. Gwyn continues, *"It provides a safe space where it's okay to explore and ask questions and we can provide the answers."*

Free: Thursday, April 11, 2013 – 6:30-8:30pm

The Calm: 1303 S. Grand Blvd, Spokane, WA 99202

509-464-2256 (CALM)

<http://bit.ly/Z45p9g>

After years of general and internal medicine, Dr. Gwyneth Blattau Gay went on for more training to specialize in skin-care. She recently put her passion to work and opened a clinic in North Spokane. Her boutique clinic, Rejuvenate RX is confidential, inclusive, and of course, rejuvenating. She and her team offer physician directed skin care, relaxing facials, and convenient medical care (from sprains to "I feel sick...").

For media interviews and information, contact: Lucinda Kay

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