



#2 | 2025

# Monthly Newsletter



## Welcome

Happy Holidays! December is jam packed with joy and fellowship, and is a lovely time to celebrate Christmas and all the festivities that coincide. However, with all of the hustle and bustle, it is easy to lose yourself amongst the excitement.

Grace & Wellness invites you to partake in a little self-care this season! Read below about new arrivals!

## December Special! 20% Off of All Services!

3 APPTS. MAX LIMIT  
PER PERSON

Want a Breath-Taking Skin Rejuvenation Transformation Perfect for the Holidays? Learn About the Regenerative Effects of PDRN Microneedling!

**MORE INFORMATION BELOW**

## Team Member Spotlight

### MEET ONE OF OUR MASSAGE THERAPISTS!

"My name is Michelle Jaeger. I am a licensed massage therapist. I offer a therapeutic massage that aims to benefit and revive hope-body, mind, and soul. I have training in many different modalities including but not limited to: trigger point, swedish, positional release, some cranial sacral methods, specialized kinesiology balancing, pediatric massage, complete vitality blueprint wellness, brain health, and the QRI harmonic laser with frequencies. I have served clients from many walks of life and different ages. I look forward to serving you."





# Introducing PDRN

## SKIN REJUVENATING MICRONEEDLING

As a naturally occurring ingredient, PDRN has excellent biocompatibility with human skin, and regenerates tissues by activating the micro vessels in your skin to help boost collagen production. It repairs even deep layers of skin damage, improves skin elasticity, and strengthens the skin's natural barrier to prevent further damage. Skin regenerates naturally, but this speeds up the process for long-lasting healthy, radiant skin. It stimulates elastin production and collagen growth in the skin, allowing dark spots and discoloration to be smoothed for a brighter and more even skin tone. Its unique ability to penetrate our skin to its deepest level and repair damaged DNA is remarkable.

## Tox Parties Coming Soon!

### GATHER TOGETHER FOR A NIGHT OF FELLOWSHIP AND FILLERS!

With a large room to gather and a plethora of injection services, Tox Parties are a great way for you and the people you love to reach common goals. Grace & Wellness provides Botox, EZ Gel, Dermal Fillers, and so much more, allowing you to recover young and healthy skin. This is an upcoming event available to book soon, and Grace & Wellness is excited to offer you this sneak peak into what we hope will be memories made of transformation amongst friends.



**"BEFORE I HAD GIVEN UP HOPES IN LIFE – THAT'S WHY I WAS SO BITTER. NOW, I HAVE COME TO REALIZE THAT THERE ARE STILL HOPES FOR ME." - HOPE, HUMAN TRAFFICKING SURVIVOR FROM UGANDA**

LEARN MORE ABOUT THESE SERVICES AND MISSIONS  
ON OUR WEBSITE, OR CONTACT US TO HEAR DIRECTLY

(612) 494-6636 | [cindy@graceandwellness.co](mailto:cindy@graceandwellness.co)

**GRACEANDWELLNESS.CO**