Premier Day Med Spa

With summer ahead - and the stresses of heat and humidity taking its toll on our bodies, a trip to Premier Day Med Spa may be just what is needed.

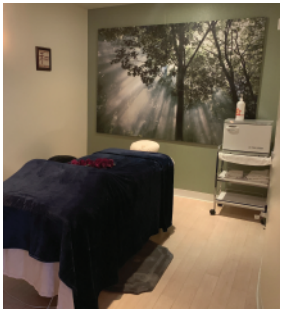
Spa Manager Nancy Murcia is excited about an array of facials - such as "The STAR Treatment" Hydradermie Galvanic Facial and the Rejuvenating, microneedling Facial to the Luminous HydraPH Peel and the always popular Microdermabrasion, this is a facility that now separates itself from the rest.

From the moment you walk off the second floor elevator, the reception area welcomes you to a world of comfort and relaxation.

In addition to the facials, Premier Day Med Spa is rolling out a menu of services that include Eyelash Extensions, Microblading, Facial Enhancement Treatments with Cosmetic Procedures and IV Vitamin Infusions, a Halo-therapy Spa, CBD Oil Massages and wellness programs.

Premier Day Med Spa has been creating a truly relaxing atmosphere for our clients for more than a decade. They use the most advanced health and beauty treatments available, combined with a full range of luxury massages, skin care and laser hair removal. Their therapists are trained specialists with extensive training.

One of the most popular treatments is the PRP (Platelet-Rich Plasma), which produces a rejuvenating and tightening effect on your skin, giving it a



healthy, youthful glow and eliminates fine lines and wrinkles as well as making textural improvements and even stimulates hair growth.

Interested in Body Contouring and weight loss treatments? Lose inches instantly, prevent cellulite, speed up cell regeneration and regain youthful smooth and silky skin.

Keep an eye on the monthly specials that include: Luminous Hydra PH Peels, which is a deep cleansing facial & cold laser therapy. It increases radiance and minimize signs of aging.

Also, the one hour Swedish massage with Aromatherapy, eases muscular tension and increases your overall sense of well being.

The lash lift & tint will enhance your natural lashes for a more dramatic look.

Premier Day Med Spa also carries The Guinot Paris skincare line, which was founded in France more than 40 years ago by well-known chemist René Guinot.

Premier Day Med Spa
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Natalie Navas Ross, MSN, FNP-BC

Natalie Navas Ross is a Chicago-native Nurse Practitioner with board certification in family medicine. Educated in Miami, she attended all local schools, earning a nursing degree from Florida International University, and the Advanced Registered Nurse Practitioner (ARNP) degree from Barry University. Natalie graduated a recipient of Summa Cum Laude honors from both institutions and is a member of Sigma Theta Tau International Honor Society of Nursing.

Early in her career, Natalie focused on the geriatric community, promoting health maintenance and quality of life among Florida nursing home residents within the Plaza Health Network organization. As a graduate ARNP, her experience expanded into working with psychiatric issues among the elderly and providing planning and transitional care from rehab to home, with a wholesome holistic approach to continued health maintenance.

It was this holistic direction that introduced Natalie to Dr. Balaguer, Managing Partner/ Administrator at Sunny Isles Physicians. Here, she would assume her role as a family nurse practitioner in primary care, and develop beyond that, her expertise in the field of anti-aging aesthetics.

Natalie is trained in the age-defying technologies of Ultherapy, the non-invasive FDA-cleared procedure by Merz Aesthetics to lift the neck, eyebrows, under the chin, and improve the lines and wrinkles from the décolle-



tage, as well as in Cynosure body contouring with the SculpSure Laser System. Moreover, Natalie is a skillful practitioner in the art of Botox and dermal fillers-- all procedures she performs at Sunny Isles Physicians. She loves facilitating the feelings of confidence and beauty in her patients.

In addition to her ability in understanding patient concerns and their overall health issues, Natalie is continuously expanding her resources to provide superior, personalized care to her patients. She has extensive experience working within multicultural environments and speaks English, Spanish, and French. An avid traveler, raised in the melting pot that is Miami, Natalie is an admirer of diversity and enjoys working with patients from various backgrounds and cultures.

Together with her multidisciplinary team at Sunny Isles Physicians, Natalie empowers her patients to take an active role in their health. She provides a special service often overlooked in the medical field-- individualized care with heart.

Sunny Isles Physicians and Aventura Heart Center
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