

*August is...*  
**ALL ABOUT YOU!**

AUGUST 2024 NEWSLETTER



*Upcoming Events*

**FRIENDSHIP DAY**  
**AUGUST 3RD**

*Bring a friend to enjoy a service and you both receive a free gift!*

**JUVÉDERM DAY**  
**AUGUST 21ST**

*Enhance your natural beauty with Juvéderm. Exclusive offers below!*

**TEACHER APPRECIATION**  
**ALL MONTH**

*End your summer break with a little me time. Show your teaching badge and receive 10% off any service.*



**CHEERS TO YOU!**

*This month we are celebrating YOU!*

*Indulge in our luxurious treatments designed to leave you feeling pampered & rejuvenated. Embrace self-care and experience the best in beauty & wellness. You deserve it!*





## JUVÉDERM DAY - AUGUST 21ST

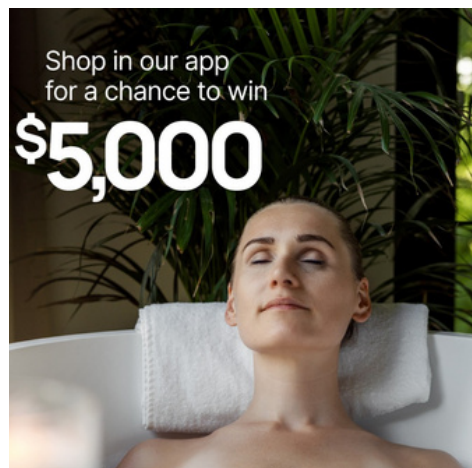
*Wishing for the perfect pout? Dreaming of a defined jawline? Or maybe just looking for a subtle face refresh? Juvéderm Day is the perfect time to let our expert injectors work their magic!*

- **Aislinn Offer:**
  - \$100 OFF when you receive 2+ syringes of Juvéderm Product
- **Allē Rewards Offers:**
  - Buy \$75 Gift Card, Get One Free
  - Want A Chance to Win \$10,000? Receive a Juvéderm filler treatment with Aislinn between August 21st - Sept 12th to be entered to win

### *Do You Have Aislinn's Rewards App?*

Purchase any service on our app by September 31st and be automatically entered to win \$5000!

Scan here to download



## PROTEIN EGG BITES

*Are you a Semaglutide client struggling to eat enough protein? Elevate your breakfast with these delicious high-protein egg bites!*

### Ingredients

- 2 cups Egg Whites
- ½ cup Cottage Cheese
- 1 cup Baby Spinach finely chopped
- ½ cup Roasted Red Pepper drained, chopped
- ½ cup Monterey Jack Cheese or Cheddar
- ¼ teaspoon Garlic Powder
- 1 teaspoon Dried Italian Herbs
- ½ teaspoon Salt
- ¼ teaspoon Pepper
- ½ cup Feta crumbled

### Instructions

- Preheat the oven to 350°F (180°C). Spray with olive oil on a 12-hole silicone muffin pan. Set aside.
- In a blender, add egg whites, cottage cheese, garlic powder, salt, pepper, and Italian herbs.
- Blend on medium-high until smooth – about 10-15 seconds. Set aside.
- Finely chop baby spinach leaves. Drain, pat dry roasted red bell pepper, and finely chop.
- In a bowl, stir finely chopped spinach, red pepper, and grated cheddar.
- Fill each muffin hole with 1 1/2 tablespoon of the spinach mixture then top up, up to 3/4 level, with the egg white mixture.
- Crumble feta on top of each muffin.
- Bake for 15-20 minutes or until the egg whites are set.
- Cool down completely at room temperature before releasing.

### Storage

- Store in the fridge in an airtight container for up to 4 days or freeze up to 3 months in zip-lock bags, and thaw in the fridge the day before.

See nutrition & complete instructions at <https://www.sweetashoney.co/egg-white-bites/>