

MAR 20  
23

WHAT'S  
NEW AT  
NMAC

Office Hours

Monday - Friday 8am to 5pm | Saturday - Sunday 10am to 3pm



NORTHSHORE  
MEDICAL & AESTHETICS CENTER

S E R V I C E S

Medical » Aesthetics » Medical Weight Loss » Physiotherapy » Naturopathic Medicine  
Covid-19 & Laboratory Services » Hair Restoration & Salon » Rheumatology » Sexual Health

# MARCH IS AUTOIMMUNE AWARENESS MONTH

Reminder that you can see  
**Dr. Fermin Gonzalez**, our Full Time  
Consultant Rheumatologist and Internist  
for **Your Autoimmune diseases!**



**Dr. Fermin Gonzalez**  
Internal Medicine & Rheumatology

I Am Here to  
**Help You!**

## Here are some common Autoimmune Diseases:

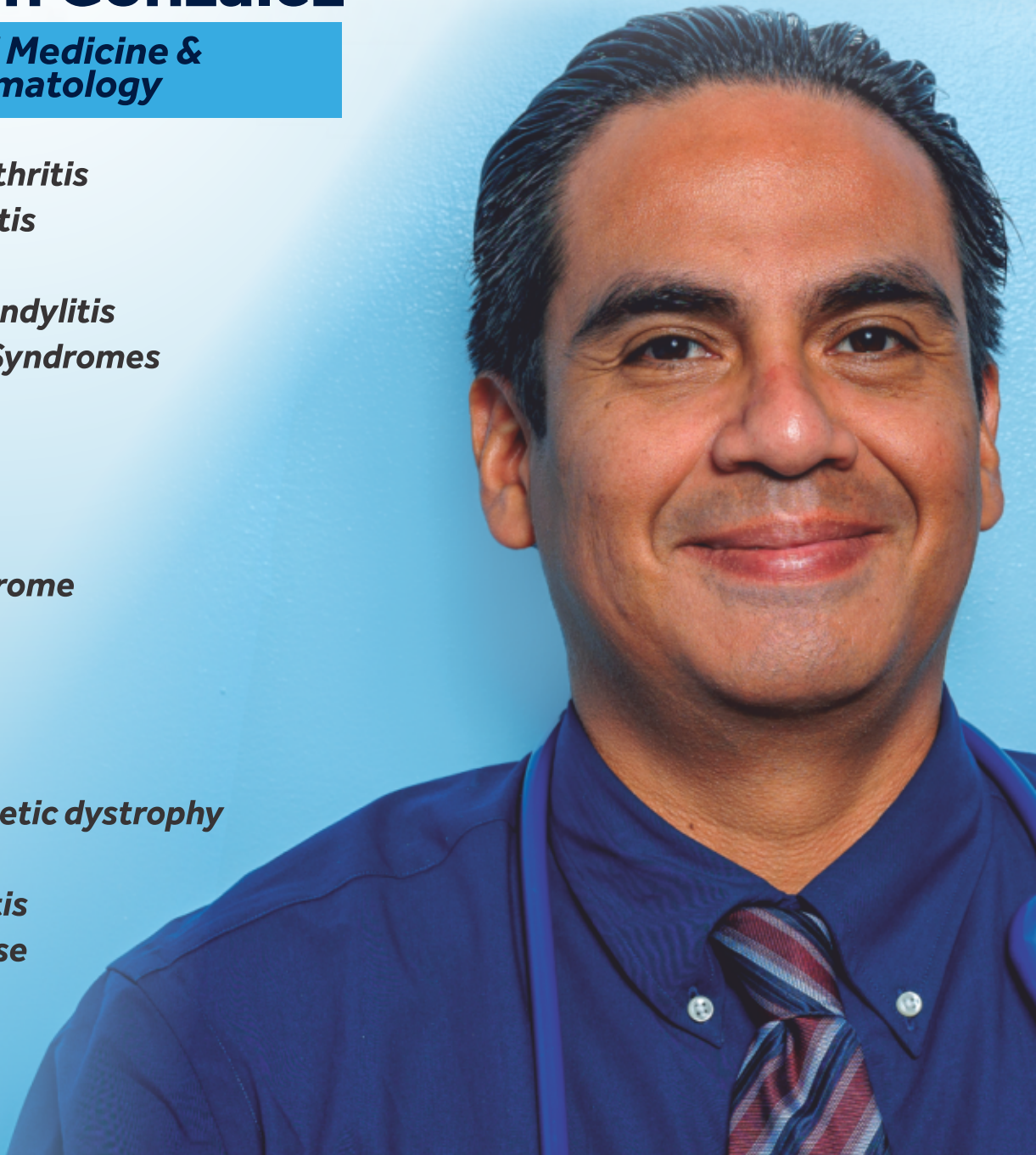
- ✓ Rheumatoid arthritis.
- ✓ Myasthenia gravis.
- ✓ Pernicious anemia.
- ✓ Reactive arthritis.
- ✓ Sjögren syndrome.
- ✓ Systemic lupus erythematosus.
- ✓ Systemic Sclerosis
- ✓ Psoriatic Arthritis
- ✓ Systemic Vasculitis Sarcoidosis
- ✓ Inflammatory muscle diseases (Dermatomyositis)

# I AM HERE TO HELP YOU!

## Dr. Fermin Gonzalez

*Internal Medicine &  
Rheumatology*

- ✓ *Rheumatoid Arthritis*
- ✓ *Psoriatic Arthritis*
- ✓ *Scleroderma*
- ✓ *Ankylosing Spondylitis*
- ✓ *Periodic Fever Syndromes*
- ✓ *Vasculitis*
- ✓ *Myositis*
- ✓ *Gout*
- ✓ *Osteoarthritis*
- ✓ *Sjogren's Syndrome*
- ✓ *Sarcoidosis*
- ✓ *Lyme disease*
- ✓ *Osteomyelitis*
- ✓ *Back pain*
- ✓ *Reflex sympathetic dystrophy*
- ✓ *Serum sickness*
- ✓ *Reactive arthritis*
- ✓ *Kawasaki disease*



# **DON'T YOU MISS DR GONZALEZ ON THE DAILY HOUR: SAVE THE DATE: MARCH 24TH 8AM**



**THE  
DAILY  
HOUR**



**Guest: Dr. Fermin Gonzalez**

**STAY TUNED FOR OUR RHEUMATOLOGY BROADCAST**

**[www.thedailyhour.com](http://www.thedailyhour.com)**

**ON AIR**

**SUBSCRIBE TO THE DAILY HOUR FACEBOOK &  
YOUTUBE PAGES FOR THE NOTIFICATION**

# VOTE FOR



## Shopping & Services

# 2023 BEST OF BERMUDA AWARDS

SCAN TO VOTE



**Spa**

Name  [VOTE](#)

---

**Hair Salon**

Name  [VOTE](#)

---

**Health Care Centre**

Name  [VOTE](#)

---

**Holistic Health Care**

Name  [VOTE](#)

Vote now in the Shopping & Services division of the **2023 Best of Bermuda Awards!**

Voting for this division ends at: **11:59 pm on March 12th**

You do not have to vote in every single category BUT you can only vote once in each.

- Vote: For NMAC in all our categories:**
- Spa : SpaMedica at NMAC
  - Hair Salon : Salon B (Sheri) at NMAC
  - Health Care Center : NMAC
  - Holistic Health Care : NMAC

## THANK YOU FOR SUPPORTING NMAC!





**SpaMedica**  
AT NORTSHORE MEDICAL CENTER



# WHO WANTS **FULLER,** **PLUMPER** **LIPS?**

**LIP FILLER  
SPECIAL \$600\***

NORMAL PRICE ~~\$695~~  
**SAVE \$95**

*Offer ends **March 31st 2023**  
\*price per syringe*

**For more information call or visit:**

 441-293-5476  [www.nmac.bm](http://www.nmac.bm)

 Northshore Medical & Aesthetics Center

 @nmac\_bda  spamedica\_bda

# LIPS BY DR BROWN: UK TOP MODEL VISITS SPAMEDICA FOR LIP TREATMENT!



# CELEBRITIES LOVE SPAMEDICA!

For more information call or visit:

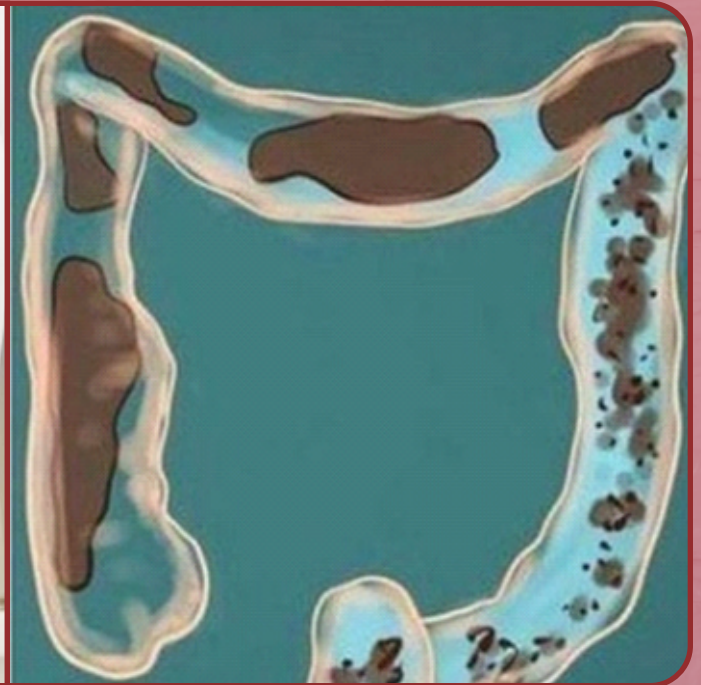
☎ 441-293-5476 🌐 [www.nmac.bm](http://www.nmac.bm)

📘 Northshore Medical & Aesthetics Center

📷 @nmac\_bda 📷 spamedica\_bda

# YOU MAY BE CONSTIPATED

If you don't go 1 hour after EACH meal then you maybe constipated. See us for a consultation.



**\$170**  
(Includes consultation  
for 1st visits)

**\$120**  
(Follow up visits)

Colon   
Hydrotherapy  
in Bermuda

Discount  
**25% OFF\***

\*Payment must be made at time of booking to receive the discount

# Cherrece Salmon-Shirley

**Certified Medical  
Aesthetician**



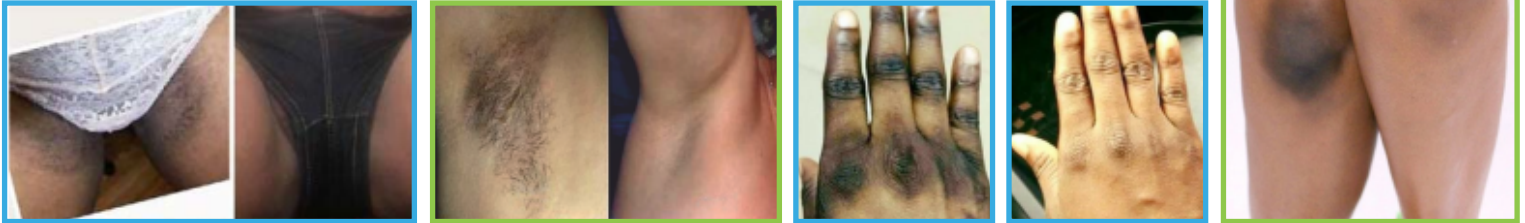
- ✓ Microdermabrasion
- ✓ Dermafrac
- ✓ Chemical Peels
- ✓ Carborn (Co2) Therapy
- ✓ Dermalogica Signature Facials
- ✓ Teeth Whitening
- ✓ IPL & LED Therapy
- ✓ Led Photo Therapy
- ✓ Laser Hair Removal
- ✓ Skin Tightening
- ✓ Laser Treatments
- ✓ Acne & Skin Treatments
- ✓ Body Contouring & so much more

**Let's Get Started**

**Book Your Consultation Today!**

7 Northshore Road, Devonshire DV01, Bermuda  
☎ **441-293-5476** // 🌐 **www.nmac.bm**





# IT'S CHEMICAL PEEL SEASON

WINTER IS THE BEST TIME FOR A SKIN PEEL!

CHEMICAL PEELS ARE SAFE & EFFECTIVE RESTORATIVE SOLUTIONS FOR EVERYONE

For Best Results We Recommend 3 to 6 Treatments  
- Every 2 to 4 weeks between October & May

Best results require a minimum  
**3 Month Timeframe**

CHOOSE FROM LIGHT, MEDIUM & DEEP PEEL OPTIONS.

LASER CHEMPEEL TREATMENT (BIKINI)	CHEMICAL PEELS (FACE & BODY)
<b>INCLUDES:</b> LASER HAIR REMOVAL & CHEMICAL PEEL TO LIGHTEN DARK AREAS AT BIKINI LINE	IDEAL FOR THE FACE, NECK, HANDS, ELBOWS, KNEES & OTHER BODY AREAS.
<b>\$260 PER TREATMENT</b>	<b>STARTS AT \$195 PER TREATMENT</b> *Depends on treatment area and type of peel
<b>REASONS:</b> <ul style="list-style-type: none"> <li>✓ GET RID OF INGROWN HAIRS</li> <li>✓ REMOVE DARKNESS IN THE BIKINI AREA</li> <li>✓ GET BIKINI READY</li> <li>✓ PREPARE FOR CARNIVAL</li> <li>✓ FOR A PHYSIQUE/BODY BUILDING COMPETITION</li> </ul>	<b>REASONS:</b> <ul style="list-style-type: none"> <li>✓ ANTI-AGING</li> <li>✓ REJUVINATE THE SKIN</li> <li>✓ REMOVE STUBBORN DARK PIGMENTATION &amp; MELASMA</li> <li>✓ ACNE TREATMENT</li> <li>✓ SKIN LIGHTENING</li> <li>✓ HELP WITH OILY SKIN</li> </ul>

**SAVE MONEY NOW**

& GRAB THE PACKAGES FOR BEST RESULTS

**PACKAGE OF 3 TREATMENTS 15% OFF**

**PACKAGE OF 6 TREATMENTS 20% OFF**

**BOOK NOW & GET READY TO PEEL AWAY YOUR IMPERFECTIONS!**

☎ 441-293-5476 ✉ [spa@nmac.bm](mailto:spa@nmac.bm) 🌐 [www.nmac.bm](http://www.nmac.bm)

📍 Northshore Medical & Aesthetics Center 📷 @nmac\_bda 📷 spamedica\_bda

**THE LAST SLEEP AID  
YOU WILL EVER NEED!**

**SUGGESTED RETAIL  
PRICE \$34.50**

# Melatonin CBD Sleep Time Gummies

**60 GUMMIES (60 DAY SUPPLY)**

**PHYSICIAN  
FORMULATED**

**NEW**

## SUPPLEMENT FACTS

**Serving Size: 1 Gummy**  
**Servings Per Container: 60**

	Amount Per Serving	%DV
Calories	12	
Fat	0	**
Total Carbohydrates	3.2g	1%
Total Sugars	3g	**
Melatonin	2mg	**
Vitamin B12	0.13mcg	<1%
Vitamin D3	0.13mcg	<1%
Cannabidiol (CBD)	2mg	**

† Percent Daily Value is based on a 2,000 calorie diet  
\*\* Daily Value (DV) not established

**Other Ingredients:** Glucose Syrup, Sugar, Water, Pectin, Natural Flavors, Citric Acid, Sodium Citrate, Coconut Oil, Carnauba Wax



**Introducing the sleep time essentials in 1 Affordable Formula!**

- ✓ *Helps establish normal sleep patterns*
- ✓ *Fall asleep faster*
- ✓ *Stay asleep longer*
- ✓ *Helps to support weight loss*
- ✓ *Fast dissolving*
- ✓ *100% drug-free & Non-habit forming*
- ✓ *Safe & Effective*
- ✓ *NON-GMO*
- ✓ *Gluten-Free*
- ✓ *Vegan*
- ✓ *Physician Formulated*
- ✓ *Tastes Great!*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

📞 441-293-5476 ✉ info@drbrownslaboratory.com

🌐 **WWW.DRBROWNSLABORATORY.COM**



DR BROWN'S  
LABORATORY

**HAIR GROWTH PRODUCTS**

*Over-The-Counter*

*Prescription Only*



**BEST FOR  
MILD THINNING**

**Call for a Consultation**

**☎ 441-293-5476**



**BEST FOR  
MODERATE TO SEVERE  
HAIR LOSS**

Other Additional Treatment  
are also available.

*Available via our Online Hair Club or from:*



✉ [info@drbrownslaboratory.com](mailto:info@drbrownslaboratory.com)

🌐 [www.drbrownslaboratory.com](http://www.drbrownslaboratory.com)

  
DR. BROWN'S  
LABORATORY



*Certified Trichologist  
& Cosmetologist*

LET'S  
TALK

HAIR RESTORATION  
WITH **SHERI BURGESS**

*Join our Hair Club & Get our  
team to assess you online!*

*Plus get access to product discounts  
and prescription products!*



 [www.drbrownslaboratory.com](http://www.drbrownslaboratory.com)



# GIVE THE GIFT THAT KEEPS ON GROWING

FOR MEN

FOR WOMEN

## ULTIMATE HAIR GROWTH STARTER KITS

### THE PERFECT GIFT SET TO GIFT YOUR LOVED ONES!



SAVE  
**15%**





**NORTHSHORE**  
MEDICAL & AESTHETICS CENTER

## Dr. Jocelyn Nzabalinda DPT, PT

### **Physiotherapist**

PHYSIOTHERAPY | STRENGTH & CONDITIONING | INJURY PREVENTION

*I provide physiotherapy treatment to NMAC patients that suffer from musculoskeletal injuries, inflammation, and acute or chronic conditions. I will create and execute customized treatment plans to address pain, discomfort, or limited range of motion caused by an injury, surgery, or medical condition.*

- ✓ **Personalized Home Exercise Programs**
- ✓ **Personalized Massage Therapy**
- ✓ **Dynamic Stretching Protocols**
- ✓ **Range of Motion Exercises**
- ✓ **Soft Tissue Release**
- ✓ **Spinal Manipulation**
- ✓ **Pain Management**

### **BOOK APPOINTMENTS:**

**MONDAY:** 11:00AM-5:00PM

**WEDNESDAY:** 11:00AM-5:00PM

**FRIDAY:** 9:00AM-3:00PM

**TUESDAY:** 9:00AM-3:00PM

**THURSDAY:** 9:00AM-3:00PM

**SUNDAY:** 10:00AM-2:00PM

## **BOOK TODAY!**

☎ **441-293-5476** ✉ **info@nmac.bm** 🌐 **www.nmac.bm**



# DR AMANI FLOOD ON THE DAILY HOUR: DID YOU MISS HER?



## THE DAILY HOUR

LIVE: FRIDAY, FEBRUARY 24TH, 2023  
8AM BERMUDA | NOON UK | 7AM U.S. ET

**Guest: Dr. Amani Flood**

Weight Loss & Detox  
[www.thedailyhour.com](http://www.thedailyhour.com)



ON AIR



The Daily Hour (Episode 640) Conquering diabetes and obesity

**WATCH THE RECAP HERE**

## **YOUR NATUROPATH CAN HELP YOU UNLOCK THE CAUSE OF YOUR WEIGHT GAIN!**

*When you are considering your health. There is never one reason for your health problems.*

*You need to consider your life and your health holistically!*

*As a Naturopathic Doc I ask my patients about everything. Your motivations, your mental health, your sleep and your poop.*

*You might think that by eating less food, or by limiting or eliminating certain foods you will change your whole life.*

*But there are some serious things stopping you from losing weight and gaining that perfect body you have been dreaming of.*

*You need to rest, express and digest.*

*So, what is your sleep pattern like honestly? How many Netflix Specials have you binged watched in the last month (and told your doc you don't have time to take a walk...!?). Sleep is HUGE.*

*Without sleep we can affect our circadian rhythms and that means our sugar levels and our appetites. So, start with finding good rest. We can test your cortisol levels and brain hormones at the clinic. So come down to N-Mac and let's talk about sleep.*

*Expression is vital to getting what you want out of life. Without expression, you will be in an incredible state of stress and dissatisfaction. When you are stressed, your body goes into hibernation mode. Your body stores fat just in case something really horrendous occurs.*

*And that is what your stress is telling your body on a daily.*

*Something bad is going to happen. So let's get ready. Let's store a bunch of fat on these bones to prepare for the crisis ahead. You are affecting your hormone levels and creating an imbalance!*

*But, guess what. You will always have stress. So you need to find ways to express yourself. And find*



**Dr. Katherine Dale**  
Naturopathic Doctor

*ways to support your mental health. Looking at your hormone levels will be the first step. And then you can start to rebalance yourself with food, talk and maybe some supplements and vitamins from NMAC Medical.*

*And finally, what are you digesting? How does it all look in the end? If you are eating your food on the run and picking foods that are highly processed, how can you absorb what you need from your food?*

*How can you support your body to be able to rest and repair at night. And to think and offer self-care while processing all the strains and worries of life.*

*You digest everything that happens during the day: food, emotions, interactions with other people. So, let's take a deep, dark dive into that bowl of answers. You will learn so much about yourself when you assess what goes in and what comes out on a daily basis.*

*You can help your body with a nice little colon hydrotherapy treatment. Eating the right fiber and taking the right supplements can be even more supportive. You can remove the toxins, hydrate your colon with filtered water and revitalize yourself with an awesome diet of carefully selected whole foods.*

*With your Nmac Naturopath you will come to understand the underlying causes of your weight gain and your stubborn fat deposits. It's not a simple solution. You are wonderfully complicated and complex. Your naturopath can help you unlock the cause of your weight gain and assist you with finding the solution.*

**Dr. Katherine Dale, ND**  
Naturopathic Doctor

*Using Your Body's Intrinsic Healing Power!*

**Northshore Medical & Aesthetics Center**





CLINIC OF  
**NATURAL MEDICINE**  
PRIMARY CARE THE NATURAL WAY

# Carnival!

**Weight Loss, Detox & Recovery Package**

Get Ready to Party All Day & Night!



LOSE WEIGHT! Before the Parade	DETOX! Colon Cleanse	RECOVER! After the Parade
LOSE 10 LBS in 14 DAYS!! Rapid Weight Loss Plan!	2 Colon Hydrotherapy Detox treatments	IV DRIP Hydration Therapy
Complete Program! Easy to Follow! Healthy Recipes!	Flatten the Tummy! More energy to Dance!	Vitamin & Mineral Blend Restore Lost Moisture!
All-natural Supplements!	Can remove up to 20 Pounds of toxic waste!	Recover from excesses! Executive Formula!
Regular Price \$100.00 <b>Carnival Discount \$50.00</b>	Regular price \$340.00 <b>Carnival Discount \$300.00</b>	Regular price \$170.00 <b>Carnival Discount \$140.00</b>
<b>YOU SAVE \$50.00!</b>	<b>YOU SAVE \$40.00!</b>	<b>YOU SAVE \$30.00!</b>

**GET THE PACKAGE and SAVE \$120!**

**SPECIAL PRICE \$490**

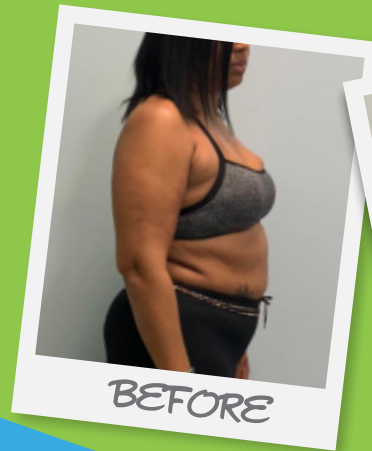
\*Book and pre-pay by March 31st and Mention code CARNI23

7 Northshore Road, Devonshire DV01, Bermuda

☎ 441-293-5476 ✉ info@nmac.bm

🖨 441-295-7705 🌐 www.nmac.bm

# WE DID IT, YOU CAN TOO!



LOST  
**112**  
LBS

THANKS NMAC FOR MY  
WEIGHT LOSS TRANSFORMATION!  
START WITH A CONSULTATION!

**SIGN-UP TODAY!**

WEIGHT LOSS  
STARTS AT:



441-293-5476  
www.nmac.bm

## A FLAWLESS COMPLEXION IN 7 DAYS

- ✓ Painless Peel
- ✓ Safe for all Skin Types and Tones
- ✓ Stimulates Collagen for smooth and radiant skin
- ✓ Results in 7 days
- ✓ 5 Custom Formulas to choose from

### 5 TARGETED FORMULAS THAT TREAT

Acne | Melasma | Aging Skin | Hyperpigmentation | Acne Scarring

The VI Peel is a skin-resurfacing chemical peel that stimulates collagen and increases cellular turnover to reveal smoother and more radiant skin.

VI Peel has a peel for each skin concern. With 5 custom blends targeted for each patients' needs, VI Peel helps treat all skin concerns such as aging skin, active acne, acne scarring, melasma, sun damage, keratosis Polaris and much more.



### INTRODUCING OUR 5 CUSTOM BLENDS

VI Peel ORIGINAL	VI Peel PRECISION	VI Peel PRECISION PLUS	VI Peel PURIFY	VI Peel PURIFY with PRECISION PLUS
<b>Tone &amp; Texture</b>	<b>Enhanced Collagen Stimulation</b>	<b>Skin Discoloration</b>	<b>Active Acne &amp; Oily Skin</b>	<b>Acne &amp; Acne Scarring</b>
<b>Ages 13+</b>	<b>Ages 40+</b>	<b>Ages 18+</b>	<b>Ages 13+</b>	<b>Ages 18+</b>
<ul style="list-style-type: none"> <li>✓ For first time peels</li> <li>✓ Sensitive skin</li> <li>✓ Early signs of aging (Ages 20+)</li> <li>✓ Rough texture</li> <li>✓ Keratosis Pilaris</li> <li>✓ Anti-aging</li> <li>✓ Rejuvenating</li> </ul>	<ul style="list-style-type: none"> <li>✓ Aging Skin</li> <li>✓ Wrinkles</li> <li>✓ Fine Lines</li> <li>✓ Loss of elasticity</li> <li>✓ Sun Damage</li> <li>✓ Reparative</li> <li>✓ Restores more even skin tone</li> </ul>	<ul style="list-style-type: none"> <li>✓ UV-Induced Pigmentation</li> <li>✓ Sun Damage</li> <li>✓ Melasma</li> <li>✓ Post-Inflammatory Hyperpigmentation</li> <li>✓ Acne Scarring</li> <li>✓ Age Spots</li> <li>✓ Lightening</li> <li>✓ Great for Asian descent clients</li> </ul>	<ul style="list-style-type: none"> <li>✓ Active Acne</li> <li>✓ Breakout-Prone Skin</li> <li>✓ Oily and Congested Skin</li> <li>✓ Teen Acne</li> <li>✓ Great for Hispanic descent client</li> </ul>	<ul style="list-style-type: none"> <li>✓ Excessive Oily Skin</li> <li>✓ Acne with Hyperpigmentation</li> <li>✓ Acne Scarring</li> <li>✓ Adult Acne</li> <li>✓ Lightening</li> <li>✓ Great for African descent clients</li> </ul>

### Why choose the VI Peel?

VI Peels represent the next generation in chemical peels. Each treatment is virtually pain free with results in as little as seven days. Unique from other peels, the VI Peel nurtures the skin with vitamins and minerals during the exfoliation process. VI Peels are suitable for various skin types, including darker skin tones. They offer specifically designed treatments that are convenient and targeted to address: anti-aging, hyperpigmentation, sun spots, damaged skin, acne prone skin and acne scarring. The VI Peel provides dramatic results with no skin preparation and minimal downtime. The VI Peel also provides you with a take home kit of essential products for your treatment's success, ensuring optimal and lasting results. Enjoy feeling more confident in your skin.

**Get a VI Peel today!**

☎ 441-293-5476 🌐 [www.nmac.bm](http://www.nmac.bm)

📍 Northshore Medical & Aesthetics Center

📷 @nmac\_bda 📷 spamedica\_bda



**SUMMER  
SPECIAL \$495\***

**NORMAL PRICE ~~\$625~~  
SAVE \$130**

**Great For Acne & Pigmentation!**




**VI Peel PURIFY with  
PRECISION PLUS**

**Acne & Acne Scarring • Ages 18+**

- ✓ Excessive Oily Skin
- ✓ Acne with Hyperpigmentation
- ✓ Acne Scarring
- ✓ Adult Acne
- ✓ Lightening

\*Special Available only while stock lasts.  
Call to Secure Today.

**441-293-5476**  **www.nmac.bm**

 Northshore Medical & Aesthetics Center  @nmac\_bda  spamedica\_bda



# IV NUTRIENT DRIP THERAPY TREATMENTS

## OUR MENU

### **"The Original" Myer's Cocktail – Total Well Being**

*You will love this famous nutrient drip that is a functional IV infusion providing replenishing fluids, vitamins, minerals and amino acids to combat a weakened immune system and get you back to life. This is the original treatment helps those with hectic lifestyles that can create stress, weakened immune system, allergies, muscle aches, fatigue and more.*

**\$189**

### **High Dose Vitamin C Drip - Immune Boosting** **High Dose Vitamin C with Amino Acids**

*A potent immune boosting formula of high dose Vitamin C, plus Bs and trace minerals to make war on viruses and help you feel better faster.*

**\$219**

### **Executive Wellness Drip - Regular** **Vitamin C with Amino Acids + Glutathione**

*Your ultimate IV formula fortified with amino acids and active ingredients to repair and stimulate collagen growth naturally to restore your youthful radiance!*

**\$199**

**BOOK YOUR APPOINTMENT CALL TODAY 293-5476 OR BOOK ONLINE AT**

**WWW.NMAC.BM/SIGNUP.PHP**



Get **READY FOR THE**  
**SUMMER**

**AN EASIER WAY TO ACCOMPLISH YOUR  
NEW YEAR'S WEIGHT LOSS GOALS!**

**TRY OUR**

**SUMMER  
CONTOURING**

**360  
PACKAGE**

**ONLY \$2,500**

**OVER \$4000 VALUE**

**BIG SAVINGS JUST FOR YOU!**

Our Top 3 Body Contouring Aesthetic  
Treatments Rolled into One DEAL:



<b>FreezeSculpting</b> Freezes the fat away!	<b>4 Areas</b> <b>1 hour</b>
<b>360 Ultrasound &amp; Radio Frequency Treatments</b> Targets abdomen to sculpt and tighten the skin!	<b>2 Sessions</b> <b>30 min each</b>
<b>Sure Sculpting</b> Reduces stubborn fat in the abdomen & Flanks!	<b>2 Sessions</b> <b>4 Treatment Areas</b> <b>25 min each</b>

**FOR MORE INFORMATION CALL**  
441-293-5476 [www.nmac.bm](http://www.nmac.bm)

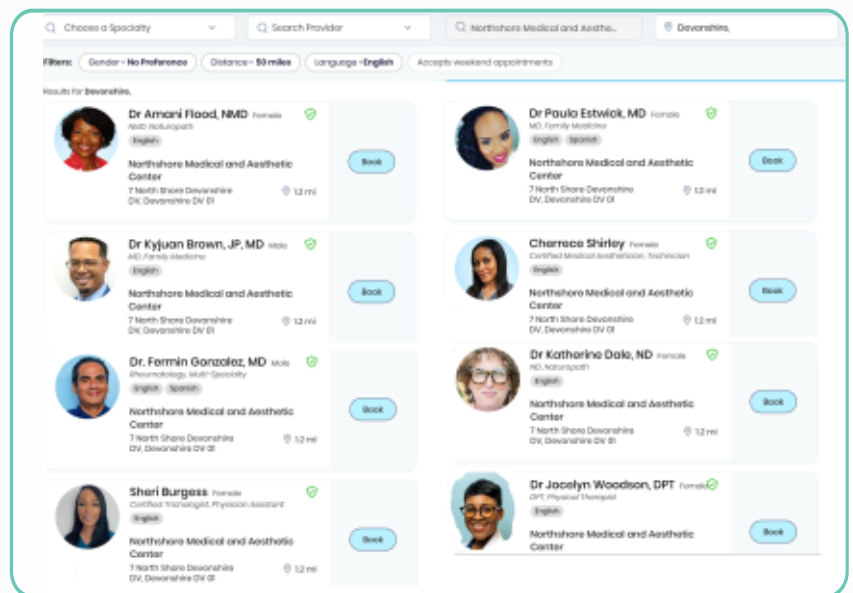
Northshore Medical & Aesthetics Center  
 @nmac\_bda spamedica\_bda

# IT'S EASIER TO BOOK YOUR APPOINTMENTS ONLINE!

## NO NEED TO CALL THE OFFICE FOR APPOINTMENTS!

- ✓ Book Appointments 24/7
- ✓ Book for all service providers
- ✓ Allows for same-day appointments when available
- ✓ Works for new or existing customers
- ✓ Works for Insurance or cash patients/clients
- ✓ To cancel or reschedule, access the Patient Portal.

**BOOK YOUR APPOINTMENT HERE SCAN TO START**



**SCAN TO SEE HOW EASY IT WORKS**

7 Northshore Road, Devonshire DV01, Bermuda

441-293-5476 info@nmac.bm

441-295-7705 www.nmac.bm



**THURSDAY, MARCH 2**  
**WORLD BOOK DAY**  
 The Worship Room 13th Annual Birthday Book Drive

*Brown & Co.* MAGIC 102.7FM  
 Ring The Bookmark of Brown & Co. today: 279-5443  
 Contact Nikita for details: 297-1076 | nikita@pott1073bermuda.com | www.magic1027bermuda.com



# "COMMUNITY SPOTLIGHT"

NMAC DONATES BOOKS TO VICTOR SCOTT  
 PRIMARY SCHOOL FOR THE ANNUAL WORLD BOOK DAY!



# BIRTHDAY CELEBRATIONS



**Dr Amani Flood**

**MARCH 10**



**Tanasha Holder**

**MARCH 17**

## STAFF APPRECIATION

*Wanted to send a BIG thank you to Ms Ceita for championing the setup and breakdown of the Novamas carnival promotions Saturday!!*

**- Kennette Burgess, Marketing Director (Consultant)**

*Congratulations Nikki! She held it down lunch when we were busy. My mom says very Professional!!*

**-Kennette Burgess**

*@FSI Nikki I SEE YOU! Your spirit shines through your warm and inviting greeting. That is the NMAC standard! You don't know that I listen but I DO! Great job!*

**- Dr Kyjuan Brown**

*Good morning. I want to let you know it is always a pleasure to be greeted first thing in the morning especially when your not feeling your best by Tiffany she has bee missing from your common folk front desk for awhile been in the PENTHOUSE and rightly so. She has such grace and professionalism when dealing with NorthShore Med patients always. Just makes you feel at ease and a shout out to Selina in Accounting cause you know I never want to part with my dollars if I don't have to. But she took the time to explain and investigate with professionalism as well. THANK YOU for two great staff members I interacted with this morning. I am misurable as hell when not feeling well. Love to you always DR. BROWN. have a super day.*

Replied to your story



Only you can see this

**These two are awesome!!! Great customer service.**



# BOTOX SATURDAY

**20%**  
OFF

**11<sup>TH</sup> MARCH**

**2023**



# SPOIL YOURSELF & YOUR LOVED ONES WITH THE GIFT OF HEALTH & BEAUTY



## HERE ARE ONLY A FEW SERVICES:

- Microdermabrasion
- Dermalogica Facials
- Dermal Fillers
- Chemical Peels
- Annual Physicals
- Hair Restoration
- Laser Hair Removal
- Hair Styling/ Hair Cuts
- Colon Hydrotherapy
- Skin Tightening
- Botox
- IV Drip Therapy
- Dermafrac Treatments

## OUR GIFT CERTIFICATES MAKE GREAT GIFTS FOR ANY OCCASION



**NORTSHORE**  
MEDICAL & AESTHETICS CENTER

7 Northshore Road | Devonshire DV01 | Bermuda

**441-293-5476** [www.nmac.bm](http://www.nmac.bm)

# BIG SAVINGS



**NORTHSHORE**  
MEDICAL & AESTHETICS CENTER

WHO WANTS FULLER, PLUMPER LIPS?

LIP FILLER SPECIAL \$600\*

NORMAL PRICE ~~\$695~~

SAVE \$95

Offer ends March 31st 2023



IT'S TIME FOR A  
**CHEMICAL PEEL**

CHEMICAL PEELS ARE SAFE & EFFECTIVE RESTORATIVE SOLUTIONS FOR EVERYONE

Valid Until  
May 31<sup>st</sup>, 2023

SAVE MONEY NOW

&  
GRAB THE PACKAGES FOR BEST RESULTS

PACKAGE OF 3 TREATMENTS 15% OFF

PACKAGE OF 6 TREATMENTS 20% OFF

Colon Hydrotherapy  
in Bermuda

Discount  
**25% OFF\***

VALID UNTIL FURTHER NOTICE.

\*Payment must be made at time of booking to receive the discount

Start the Conversation...

**THERMIVA**  
RECLAIM  
RESTORE  
REVIVE



HAPPY BIRTHDAY  
MARCH & APRIL  
BABIES!

Aesthetic Treatment Combo!

ORIGINAL PRICE ~~\$710~~

**20% off**  
SPECIAL PRICE  
**\$568**

Valid only the month of your BIRTHDAY

BRING THESE IN AT YOUR NEXT VISIT, PRINT OUT OR SHOW THEM ON YOUR PHONE.



7 North Shore Road  
Devonshire DV01  
Bermuda

P : 293-5476  
E : info@nmac.bm  
W : www.nmac.bm

Follow us



Make an appointment

Your Community

**MedSpa**

is at Your Service!

**ViPeel**  
Purify with Precision Plus

**SUMMER SPECIAL \$495\***

NORMAL PRICE ~~\$625~~  
**SAVE \$130**

VALID UNTIL FURTHER NOTICE

**DR. BROWN'S**  
LABORATORY

**Ultimate Hair Growth Starter Kits for men and women**

**SAVE 15%**



[www.drbrownslaboratory.com](http://www.drbrownslaboratory.com)

**20% OFF**

All Spamedica services  
Let's Look & Feel our best as we prepare for the summer!

VALID UNTIL FURTHER NOTICE

**Annual WELLNESS**

**ONLY \$50\***

Check-Ups at NMAC

\*\$50 co-pay for most insurance options, contact us to confirm your rate

VALID UNTIL FURTHER NOTICE

**MEDICAL WEIGHT LOSS SAVINGS**

**\$100 OFF**

VALID UNTIL FURTHER NOTICE

GET READY FOR **SUMMER CONTOURING**

**360 PACKAGE**

**BIG SAVINGS**  
SAVE OVER \$1500  
COST NOW IS ONLY **\$2500**

Valid Until Further Notice

**Carnival**

Weight Loss, Detox & Recovery Package  
Get Ready to Party All Day & Night!

SEE THE DEALS ON THE FLYER

GET THE PACKAGE and SAVE \$120!

**SPECIAL PRICE \$490**

\*Book and pre-pay by March 31st and Mention code CARNI23



**BRING THESE IN AT YOUR NEXT VISIT, PRINT OUT OR SHOW THEM ON YOUR PHONE.**



7 North Shore Road  
Devonshire DV01  
Bermuda

P : 293-5476  
E : [info@nmac.bm](mailto:info@nmac.bm)  
W : [www.nmac.bm](http://www.nmac.bm)

Follow us



Make an appointment

Your Community

**MedSpa**

is at Your Service!