

**Judith Mulgrew**  
 Judith Mulgrew is the proprietor of Skin Medi Spa Surrey Street  
 Lisburn Road Belfast



# THE VITAMIN COCKTAIL

This month, Judith Mulgrew talks all about the IV Vitamin Therapy that all the celebrities have been raving about...and it's coming to Skin Medi Spa!

**R**ihanna, Simon Cowell, Rita Ora and Cara Delevingne – what do all of these celebrities have in common? They have all been spotted having or have been raving about IV Vitamin Therapy! But the procedure isn't just for A-Listers! While the exact reason each person has IV Therapy may differ – we can be sure they want to experience the extraordinary health benefits it has to offer.

Are you feeling down, tired, lacking energy or just simply wanting a detox? Then the IV Vitamin Therapy is the thing for you! Vitamin Cocktails is the fastest way to restore health by delivering essential vitamins, minerals and antioxidants directly into the bloodstream.

When taking daily vitamin supplements by mouth only 15% of the active nutrients may eventually find their way to your bloodstream whereas using an intravenous treatment gives a higher level of absorption and few side effects. For example, high doses of vitamin C taken orally will typically make a patient sick. High dose IV vitamin C, however, is easily absorbed by the body with little or no side effects.



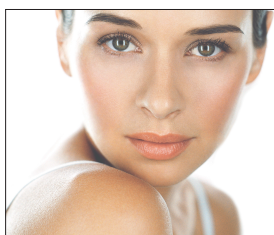
At Skin Medi Spa, we provide IV Vitamin therapy in a relaxed spa like environment; listen to tranquil music, have a cup of herbal tea, relax in the warmth of our beds and receive a rejuvenating facial or pedicure while having your treatment done. Your Vitamin Therapy treatment will be provided by our Independent Nurse Prescriber and Aesthetics Practitioner Lisa Duffy Waring who will help you choose your perfect IV therapy. Lisa is a member of the British association of cosmetic nurses and has over 15 years experience.

Lisa offers a wide variety of micronutrient cocktails to meet your needs including 'Tall Glasses' and 'Shots'. Don't have 60 mins for a 'Tall Glass' IV Bag don't worry! Lisa also offers a range of 30 minute 'Shot' including B12, Fat Booster and Glutathion.

Effects of the Vitamin Cocktails can be instantaneous so you will be back to performing at your highest and happiest potential before you know it! So what are you waiting for, experience the incredible benefits and greater sense of well-being.

*Judith Mulgrew*

**For more information call us now on:  
 028 9068 1066**



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