



**Ignite Your Weight Loss
Journey with Semaglutide**

FDA APPROVED MEDICATION

THE JEWEL OF GREENWOOD VILLAGE

About Vita Wellness Center & Spa

Welcome to Vita Wellness Center and Spa, an oasis of holistic wellness nestled in the heart of Greenwood Village, Colorado. Our mission is to promote a lifestyle that embodies health, wellness, confidence, beauty and vitality in every aspect of your life. We aspire to inspire individuals to embark on a journey towards optimal health and well-being. This journey isn't just about physical transformations; it's about fostering a sense of inner confidence that radiates in your home, community, and workplace.

At Vita Wellness Center and Spa, we unveil a diverse palette of services tailored to enhance your holistic health. Our facials are crafted to address the full spectrum of skin needs, ensuring that whether you seek rejuvenation or a solution to acne, you'll emerge with a glow that's both radiant and revitalizing. Our esthetician Services are here to amplify your inherent allure and self-assuredness. Our Semaglutide Weight-loss Programs is your ally in weight management, while our personalized Fitness Coaching sessions are designed to elevate your fitness aspirations, encouraging a vibrant and active way of life. And let's not forget our IV Therapy Injections, a formidable arsenal against the myriad conditions that can hinder your performance and diminish your quality of life.

Vita Wellness Center and Spa transcends the ordinary spa- it's a sanctuary where health, confidence, and wellness converge. Our dedication to promoting a lifestyle of holistic well-being, along with our array of tailored services, aims to empower you on your unique wellness journey. Invest in yourself, prioritize your health, and embark on a journey towards a life filled with vitality and confidence.

LIVE A HEALTHIER LIFE

Imagine a world where weight loss isn't an endless cycle of punishing exercise and giving up your favorite foods. A world where achieving your weight loss goals is as simple as a once-weekly injection.



I M A G I N E N O M O R E !

Introducing Weight Loss Management with Semaglutide. Semaglutide is a medication approved by the FDA for chronic weight management in adults and adolescents and has become one of the leading solutions for effortless weight loss management. Let's take a closer look at how the program works and more importantly how the program can work for you.

WHAT IS SEMAGLUTIDE?



Semaglutide is an FDA-approved medication for weight loss that has been used since 2021. Although initially approved for treating type 2 diabetes, this medication has shown significant promise in helping non-diabetics lose weight. When Semaglutide attaches to GLP-1 receptors in the body, it stimulates insulin release from the pancreas, reduces glucose production by the liver, and slows digestion. These actions lead to lower blood sugar levels, increased feelings of fullness, and reduced appetite, ultimately leading to weight loss.

Semaglutide influences the appetite center in the brain, curbing cravings and reducing the urge to eat. This means you can consume fewer calories without feeling hungry or deprived, leading to more sustainable weight loss. By addressing underlying health concerns such as high blood pressure, high cholesterol, and inflammation associated with obesity, Semaglutide can also help improve overall health and reduce the risk of developing chronic diseases.

One of the main ways Semaglutide affects appetite is by increasing the release of a hormone called leptin, which is produced by fat cells and helps to regulate energy balance by reducing hunger and boosting metabolism. Semaglutide also reduces the release of a hormone called ghrelin, produced by the stomach, and increases appetite.

It's essential to remember that Semaglutide should only be used under the guidance of your provider as part of a comprehensive weight loss plan that includes healthy eating habits and regular exercise.



WHY WE LOVE IT!

As you grow more and more active, you'll find new interests to pursue that your body can now tolerate, such as spin class, volleyball, bowling, painting classes, volunteer opportunities, or even local walking tours. As you lose weight and develop a healthier relationship with food, those new activities will help you understand that socializing doesn't need to revolve around restaurants. You're more likely to meet new people who also have a healthy relationship with food which, studies show, helps support your nutrition decisions.

You'll find that weight loss means you have more energy, which enables you to say "yes" to more and more invitations. Your enjoyment of these social engagements will grow because you'll be better able to participate in team sports, dancing, other forms of movement - and the later nights. Weight loss helps you build and maintain stronger relationships with family members, as you can now walk to - and play in - the park with your children, teach your grandchildren how to play hopscotch or sprawl in the lawn with your nieces and nephews while you star gaze.

Managing Expectations

Semaglutide results don't show overnight. It's essential to have realistic expectations and show up to all your treatment sessions. By sticking to your treatment plan and practicing a healthy lifestyle, you'll get an impressive transformation. We encourage you to eat clean and balanced meals and move your body every day to maximize the injection's benefits.

It's helpful for patients to track their progress with before and after pictures. These provide a visual representation of how the treatment is affecting your body over time. This can also be a fantastic way to stay motivated and on track with your weight loss goals. For most people, the symptoms are mild and disappear over time on their own but their are medications we provide if they don't. You can minimize potential side effects by:

- Decreasing alcohol consumption
- Eating small meals
- Not lying down right after eating
- Try to avoid greasy food



MEET OUR TEAM



Tina Vigil, Owner of Vita Wellness Center and Spa

Ms. Vigil's professional journey in health care began as a volunteer, which quickly led to the role as an administrator in Long Term Care services. Over the next 20 years, combatting the well-known issues within the health care system, she established her own health services to create a healthier space. for families to support their loved ones in crisis. In 2023, Vita Wellness Center and Spa was established to offer tailored treatments, education, and personalized care for optimal well-being.



Dr. Jill Sohayda, Medical Director

Obtained a Bachelor of Science degree in biochemistry in 1990 from The Ohio State University. She went on to earn her M.D. degree from the University of Cincinnati School of Medicine in 1994. Dr. Sohayda is a double board-certified physician with advanced training in sclerotherapy, botox, dermal fillers, and laser skincare. and she is committed to implementing the newest technologies to ensure that you receive the best results.



Maryam Dehry, BSN, RN, Spa Manager

Graduated from the University of Colorado with a Bachelor of Science in Nursing. She lives in Englewood and enjoys spending time with her family and dogs. She has a passion for taking care of others and making them feel like the best versions of themselves. She is committed to expanding her skill set and keeping up to date on innovative practices in the aesthetics industry.



Recco Pearsall, Fitness Coach

Our highly knowledgeable Fitness Coach has more than 10 years experience of helping people crush their weight loss goals! Educated at Metropolitan State University of Denver, he has a diverse background in rehab therapy, strength and conditioning, nutrition, and anatomy. Recco is dedicated to taking your fitness journey to new heights while providing accountability, support and safety protocols..



ABOUT OUR PROGRAM



Our tailored approach to weight loss management is ideal for patients that require additional support and accountability in their weight loss journey. We understand that each person faces unique challenges when it comes to weight loss, and our team is here to review those challenges and create a plan that works for you. At the heart of our program is the belief that celebrating your successes is just as important as addressing your obstacles. We will be with you every step of the way, cheering you on as you make progress towards your goals. Our approach combines evidence-based strategies with compassionate support, helping you develop healthier habits for a better you.

Our weight loss program features:

1. Semaglutide Injections
2. Nutrition Counseling
3. Wellness Coach: Detailed workout programming to meet your fitness goals, meal
4. Guidelines to build and tone and shred fat.
5. One call per month with the wellness coach.
6. Daily access to coach via messaging if needed.
7. Online fitness training class 3 times per week.
8. Lipo Mino injections
9. Balance D dietary supplement following treatment.

Semaglutide Treatment Plan* Semaglutide patients can expect the provider to increase their medication dose over 16-20 weeks. The average weight loss is 15% of one's body weight. If you commit to this weight loss injection, it may take up to 3-months for optimal results. As with any treatment, results may vary. *Cost of labs and physician visits not included.



VITA WELLNESS CENTER & SPA

Let's Get It Started!

To get started on Semaglutide you must first schedule a consultation. During this initial meeting, we will take the time to understand your individual goals, review your health history, dietary and activity habits, current medications and request laboratory tests, including a complete blood count, complete metabolic panel, liver function tests, hemoglobin A1C, fasting lipid panel, thyroid panel, and urinary analysis. Laboratory tests are required to identify any additional factors that may be contributing to weight gain. During the consultation, measurements will also be documented, and a personalized weight loss plan will be formulated.

Keep regular check-ups with your Defining Beauty Wellness and Med Spa care team to monitor your progress while taking this medication. Remember that it may take some time to see the full benefits of the medication. To avoid dehydration, drink plenty of fluids while taking this medication and contact Defining Beauty if you experience severe diarrhea, nausea, vomiting, or excessive sweating.

Success Stories



Vita Wellness Center and Spa
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Schedule Your Appointment Today (720) 330-5990

