

Spa Shots

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More often than not we're talking about how relaxing and calming the spa experience is. We even have a few stories coming up in the next couple months about treatments geared toward a good night's rest. That's all well and good for clients in search of Zen, but sometimes they need a burst of energy or extra oomph to make it through the day. For a more spa-friendly alternative to coffee or energy drinks we recently discovered Replere Restore & Fortify Beauty Shooters (<http://replere.com/products/view/shooter>), made by a dermatologist-backed skincare company. We checked in with founder, Debbie Palmer, M.D., to find out more.

What is unique about this energy shot compared to others on the market?

They are supplied in 1 fl oz single serving containers that do not require refrigeration and are perfect to bring on the go. They contain a natural blend of antioxidants from sources like the fruit of the coffee plant, camu camu, pomegranate, grape seed, blueberries, acai berries, goji berries, raspberries, cherries, and resveratrol.

What is the key to the energizing power of the Beauty Shooters?

The key ingredient, *coffea arabica* (fruit of the coffee plant) gives a healthy, revitalizing burst of energy each morning, or a quick afternoon lift. One serving delivers your recommended daily dose of antioxidants.

What skin benefits do they offer?

They improve the brightness, glow, and radiance of skin, and give a more even skintone. How does this complement clients' everyday beauty/anti-aging regimens?

They feed antioxidants to your body and skin from the inside. A complete beauty regimen should address beauty both from the inside and the outside. What are your tips for selling in the spa to guests?

Noteworthy is the exclusive blend of antioxidants that neutralizes age-accelerating free radicals—created from exposure to sunlight, pollution (including secondhand cigarette smoke and car exhaust), emotional and physical stress, poor diet, and even exercise. In doing so, they slow down aging of the skin.

I find them perfect for those who have busy, fast-paced, stressful lives and for those who travel frequently or just cannot find the time to eat right. They also help restore you after a night out.