

Nourish Your Glow

September Motivation Circle

SEPTEMBER 24, 2026

**6-8PM AT LUNA LASH & WAX
2620 LAKEVILLE HWY #330**



REGISTER

Let's Explore:

- The power of food and skincare
- How Antioxidants neutralize the Oxidation process
- Strengthening your Capillaries
- How to truly detoxify our bodies
- How to slow down the aging process



Carly is the CEO and Creative Director of Luna Lash & Wax and a self-proclaimed science nerd with a deep curiosity about how the skin and body function at a cellular level. As a passionate esthetician for over a decade, she is dedicated to helping others feel confident in their skin through personalized care and education. In this presentation, Carly will explore how antioxidants support cellular and skin health, protect against environmental damage, and help slow the visible signs of aging.

Melanie is a Registered Dietitian and Owner of Motivate with Mel, Behavioral Nutrition. With 3 decades of motivating behavior change around one's relationship with food, this is the perfect collaboration for understanding inflammation and how the connection between the gut and the brain can support and protect the largest organ in our body.

