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and enjoys giving lectures and presentations both for OB/Gyn meetings, as well as for the general public.

Women's Health Connection has an exciting year ahead with the opening of Ajuva Medical Spa under the guidance of Lynn Johnson, as medical aesthetics director to provide a wide array of non-surgical and reparative skin treatments and medically formulated skin care products for both men and women. Services include Lipodissolve, Laser Hair Removal, Photo facial, Medical Microdermabrasion, Therapeutic Peels, Botox Cosmetics, Permanent Cosmetics, professional skin care, and many more. The products used is their signature line Ajuva which utilizes prescription strength active ingredients, and contain only pure and natural ingredients derived from plant sources, use natural preservatives instead of synthetic chemicals, and no animal testing is done. Ajuva uses natural ingredients with antioxidant and skin rejuvenating properties. Several of the ingredients that were chosen for their product line are native to Washington State, such as rose hips, wheat germ, natural vegetable oils, and seaweed extract.

When I sat down with medical aesthetics director, Lynn Johnson, for a consultation I was very impressed with her wisdom and sense on turning back the years which are simple lifestyle changes that can affect how quickly you age and how good you can feel about your body from the inside out. This knowledge when combined with Dr. Ravasia's medical expertise in women's health care can be beneficial in determining the best regimen for their patients and custom designing anti-aging programs for a healthy and younger looking you.

AJUVA Medical Spa

Where the Worlds of Health and Beauty Converge

LUCILLE BALL IS QUOTED TO HAVE SAID, "THE secret of staying young is to live honestly, eat slowly, and lie about your age." But with the advent of technology and amazing skin care products we can now turn back the hands of time to look and feel vibrant, youthful, and beautiful without hiding our age.

The field of anti-aging medicine is still in its infancy but Dr. Debra Ravasia

has stepped up to the plate in taking medical care in a whole new direction that include preventative care, early detection of disease and the reversal of aging. Using a myriad of modalities from exercise, weight loss programs, supplements, skin care products, and therapies to deal with every individual's unique biological system.

Dr. Ravasia is an obstetrician/gynecologist and is founder of the Women's Health Connection and Ajuva Medical Spa, PS. She is board certified in Obstetrics and Gynecology in both the USA and Canada. Dr. Ravasia sees a wide variety of gynecologic conditions, and has a special interest in urogynecology. Her medical training was completed at the University of Saskatchewan in Canada, and worked in North Dakota as a busy general OB/Gyn before moving to Spokane to be closer to mountains, family, and a great school for her kids. Dr. Ravasia has published a number of research trials related to obstetrics and gynecology;



FOR MORE INFO

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& Ajuva Medical Spa**
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