

Hope Aesthetics promotes health

By **Jim Cornelius**
News Editor

Most everyone wants to look and feel better, and hold off the inexorable ticking of the aging clock for as long as we can.

Hope Aesthetics & Wellness has jumped into the fray on behalf of Sisters-area residents. The new clinic, which has opened at 354 W. Adams Ave. (next to High Lakes Heath Care and Advantage Dental) offers skin tightening and resurfacing, wrinkle reduction, vein treatments, body sculpting and more — all geared toward helping folks in Sisters look their best.

But Sisters owner Jessica Slaughter is quick to point out it's not *just* about looking good. Studies have shown that the way we feel about how we look plays an important role in motivating us toward a healthy lifestyle.

"If people feel like they have even a smidgen of control over their appearance, they feel like they have control over their nutrition and other aspects of their health," she says.

Treatments such as body sculpting are only a part of a holistic approach to looking, feeling and being your best.

"If that's your whole means of losing weight, it's not going to work," Slaughter says.

But it can really jumpstart an effort to eat right, exercise and be fit.

"We want each person to be the best person they can be," Slaughter says. "It can have a powerful propulsion effect."

"We want each person to be the best person they can be."
— Jessica Slaughter

And she notes that it's not so much about fighting aging — which is inevitably a losing battle, but about *aging well*.

Slaughter travels the state as an anaesthetist. She opened Hope Aesthetics in part to have work that could keep her closer to home at least part of the week. Her background allows her to perform injections such as Botox.

"I've been doing it privately for the last year," she notes.

Hope Aesthetics and Wellness employs three aestheticians, two injectors besides Jessica herself and

one front-desk person.

While the majority of the clientele are women, Slaughter says that men are becoming more open to intervening in their own aging process — partially driven by a competitive job market, where youthfulness is at a premium. She says men are particularly interested in hair-restoration treatments, but some will also do skin treatments and Botox.

"I think things really have changed over the past 10 years," she says.

Support from spouse or partner is key to men feeling comfortable with aesthetic treatments.

"Obviously they want to keep it secret from their guy friends," Jessica notes with a grin. "It's the universal code."

Hair loss can be an even more devastating issue for women than it is for men — and women, too, can benefit from hair-loss treatments.

A talented athlete, Slaughter also offers IV treatments, which can help athletes prepare for or recover from events and enhance performance. They are also good for combating migraines.

For Slaughter, it's all about living well — and she believes people in Sisters should have services they can



PHOTO PROVIDED

The staff at Hope Aesthetics & Wellness offer a wide variety of treatments ranging from hair restoration to varicose vein treatment.

avail themselves of without significant travel and expense.

"It gives people options and I think (though) we live in a rural area, we should have access to all kinds of healthcare options," she says.

Hope Aesthetics & Wellness will host a grand opening open house on Friday, May 27, and Friday, June 10, from 4 to 8 p.m. For more information, call 541-588-6503.

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