



## **Bare Medical Spa + Laser Center Expands Medical Weight Loss Program**

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Burlington, VT, 3/8/24 ? Bare Medical Spa + Laser Center is excited to announce the expansion of its medical weight loss program, welcoming health, wellness, and accountability coach Jaimi Wells to enhance the medical services provided by Ashley Birtz. This program, now evolving into a comprehensive "Body Transformation Program," aims to offer personalized strategies for effective weight loss and metabolic health improvement. Scheduled for launch in the upcoming season, it includes options like semaglutide and Skinny Shots, along with the newly added tirzepatide.

Under the guidance of physician assistant Ashley Birtz and coach Jaimi Wells, Bare aims to solidify its reputation as Burlington's top choice for customized medical weight loss solutions. The Body Transformation Program will introduce one-on-one accountability sessions, diet and exercise recommendations, and an exclusive online community for support.

?We?re thrilled to show patients what?s new with the Body Transformation Program,? said Jamie Spano, founder and owner of Bare. ?Semaglutide has been incredibly successful, and tirzepatide really allows patients who need the extra weight loss to thrive. Weight loss is so integral to overall wellbeing, and I?m glad

that patients are finding so much success with Ashley, and I'm sure they'll love the new program. She's truly such an expert who embodies our values perfectly: her expertise is so valuable to our diverse patients who want to turn their lives around and reclaim control over their health, which synergizes so well with Jaimi's care for the more psychological aspects of losing weight.

Birtz, a member of the American Academy of Physician Assistants, is licensed to practice in VT, NY, and CA. She focuses her care on helping patients make the most of their wellbeing on three fronts: mental, physical, and emotional. In addition to her work as a cosmetic injector and trained bioidentical hormone replacement therapy specialist, medical weight loss is her specialty at Bare. Her inside approach that emphasizes total body wellness has become a hit with Bare patients, who seek her guidance and medical knowledge to safely reach their goal weight.

"Ashley is truly leading the way for patients on their journey to become their best selves," continued Spano. "With powerful medications like tirzepatide and semaglutide, you need an expert who has a comprehensive understanding of physiology. Ashley is so experienced, and she makes it easy for patients to overcome mental blocks that can sometimes hinder them from unlocking their optimal potential. Paired with Jaimi's approach to accountability, patients are completely supported throughout. The program is going to be so comprehensive and lifechanging, and we're all very excited to fully launch!"

Bare's offerings include popular treatments like tirzepatide and semaglutide, which target hormone receptors to regulate appetite without the drawbacks of traditional appetite suppressants. In the case of semaglutide, patients can lose up to 15% of their body weight, with tirzepatide showing more dramatic results at up to 24% of patients' body weight. With Birtz at the helm, Bare patients undergo frequent testing to maintain their health as they build up to significant weight loss with increasing dosages.

CoolSculpting, a body sculpting service that uses freezing cold temperatures to break down fat cells, is also part of the expanded program. Birtz and Wells reiterated the importance of targeting stubborn areas as part of a comprehensive body transformation, enabling patients to feel more confident after their initial weight loss as they minimize "bulges" and deposits located across the body. Emsculpt NEO, a treatment that burns fat while building muscle, and Emtone, a radiofrequency treatment for cellulite,

round out the program to change patients' bodies. The aim is for patients to be fully confident in their bodies through the multi-factor, thorough approach the Body Transformation Program takes.

"With this expansion, we're able to help even more patients by truly transforming the way they view and think about their bodies," added Spano. "There are so many more factors at play with weight gain and obesity today than most patients even realize: medical weight loss addresses these as part of overall metabolic disease and health rather than a failure of willpower or something to be ashamed of, which patients

really respond to. It's a positive experience and hearing testimonials has been so fulfilling for our entire team to make a significant difference in our patients' lives.?

Bare Medical Spa + Laser Center is open and taking appointments for new and existing patients.

#### About Bare Medical Spa + Laser Center

Overlooking beautiful Lake Champlain, Bare Medical Spa + Laser Center is renowned for their technologically advanced offerings that span a wide range of skin and aesthetic treatments. Founded by Jamie Spano in 2012, the practice originally started as a laser center and grew to become one of Burlington's top destinations for innovative laser treatments and high-quality aesthetics services. Its location and reputation for exceptional results has helped Bare define itself more luxuriously, with a commitment to wellness that is expanding and an ever-inclusive environment that lets all Burlington residents and visitors feel welcome.

To learn more, please visit <https://barevt.com/>.

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### **Bare Medical Spa + Laser Center**

*Full service medical spa offering the most popular laser, skin, body and cosmetic injection treatments. Including but not limited to body contouring, laser skin resurfacing, dermal fillers, and more!*

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