

PURE 111

The Magazine

PURE 111 MAGAZINE

PURE111.COM
SPRING 2022

2022

Includes

CELEBS, MUSIC, BOOKS
SADDLEBACK CHOCOLATES
TRAVEL DESTINATIONS
SUNSCREEN PICKS
MAREN MORRIS
AND MORE

ISSUE FOUR

Nurture

Issue Four



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From the Editor

We hope we're not the only ones with a spring in our step this month. The winter doldrums have given way to bright mornings and budding trees, and we're antsy to shed the cabin fever of these last few months (and years!) and explore the great outdoors.

And while the winter's harsh effects on our moods are a distant memory, its effect on our skin might still need some attention. Happily, we've got just what the doctor ordered, with our favorite sun-screen picks and skincare tips to face the sun with confidence.

Are you ready? Let's get out there and shine!

This issue is all about those places – near and far – that feed our spirits. Maybe it's the healing power of nature and how best to turn off the noise and tune in to your body and your heart, or that weekend getaway you had to put off (and off, and off...) while you waited for brighter days. Wherever you choose to go, we hope you make the most of this new, hopeful season.

AMY KATSIKAS
MSN, ACNS-BC
EDITOR, FOUNDER + CEO, PURE 111

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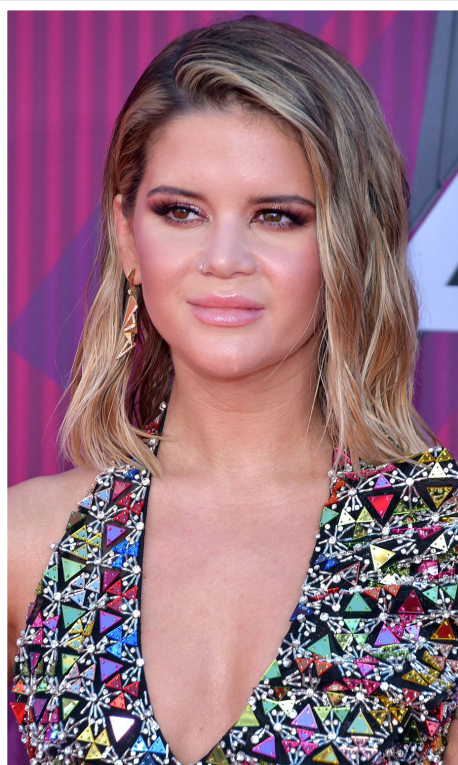


PHOTO BY GLENN FRANCIS

Maren Morris Is Back

After the wild that was the past couple years, Maren Morris is back and better than ever. Her new song Background Music is a love letter to her husband, country artist Ryan Hurd, and to herself. She talks about how lucky they are to live the lives they do, and how one day when they're old and gray they'll have souvenirs of their time together in the songs they sang, if they keep following their dreams. Look for her new album, Humble Quest, out now.



PHOTO BY ROBERT DEUTSCH/ USA TODAY SPORTS

Olympics Skated on Thin Ice

Kristi Yamaguchi spoke out regarding the recent controversy in the 2022 Winter Olympic Ice Skating world. When it comes to Kamila Valieva? Well, Kristi isn't thrilled that Kamila was able to compete after testing positive for a banned drug. She told the Today show she was shocked and disheartened with how it's all played out.



PHOTO BY KEVIN C. COX

Good Morning, Gorgeous!

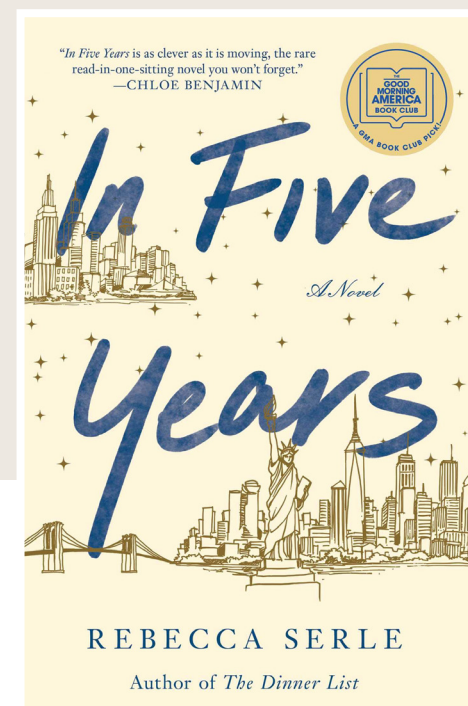
Mary J. Blige's new album, Good Morning Gorgeous, reminds us just how soulful Mary J. really is. With powerhouse vocals coupled with lyrics that run the gamut from reliving the pain of a break up to finally feeling happy and free, you're sure to resonate with more than a few songs. Not to mention, she reminds us all why self-care and true self-love is so crucial in the title track. Give it a listen, you won't be disappointed.

PHOTO BY HBO MAX



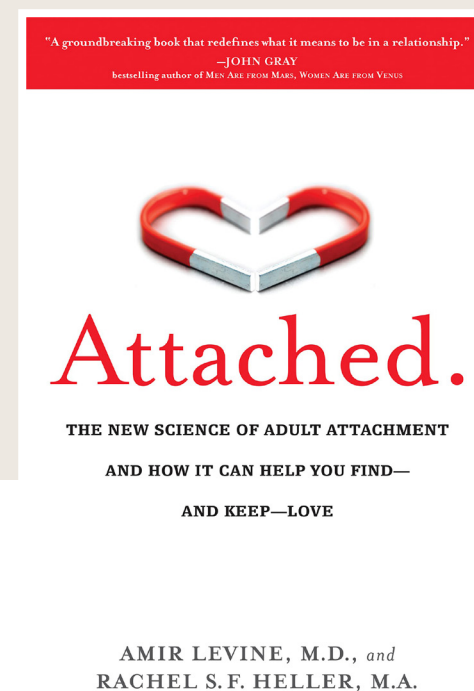
Season 2 for Sex in the City Reboot?

And Just Like That...there MIGHT be a Season 2 for the reboot of Sex and the City! After leaving us hanging in Season 1, we're all waiting to hear what will happen in Season 2. Are Miranda and Che still together? Does Carrie get her own show? What will Charlotte's children do next? While we are all waiting for answers to these questions, a bigger question remains: will there even be a Season 2? Turns out talks are happening but nothing has been decided. As they say in Hollywood...stay tuned.



In Five Years

This novel written by Rebecca Serle has everything you'd hope for. Friendship, love, loss, and the existential internal crisis that every woman has in her 30s, except this one is based on a dream that changes everything. Follow the narrator as she navigates a plight she never saw coming after a lifetime of things going exactly as she planned. Trust us when we say you will NOT want to put this book down.



Attached

Ever wonder why you withdraw during conflict with your spouse? Or why you get SO anxious when dating someone new? This book will tell you exactly why, and give you solid ways to overcome your natural tendencies for healthier relationships. Based on the science of attachment theory, Attached by Amir Levine and Rachel S.F. Heller teaches adults how to create bonds that last through self-awareness and communication.



A Winning Combination

SADDLEBACK CHOCOLATES AIMS TO HELP YOU SHOW THE WOMEN IN YOUR LIFE HOW MUCH YOU APPRECIATE THEM

The beginning of Saddleback Chocolates is rooted in appreciation for women.

Owner/Founder Maureen Moore and her husband Mike were in Lexington, Kentucky, and had just paid \$40,000 to have a stallion breed with their mare at a farm. As a “thank you,” the farm owners gave Mike a hat with their logo on it.

Maureen scoffed. She thought, we pay \$40,000 and the husband gets a hat with a logo on it? So the farm owner took a pen off his lanyard and gave it to her.

Maureen knew she could do better. Similar to blue and pink cigars were given to fathers at the birth of their child, Maureen knew that humans had a history of not giving women meaningful gifts at milestone moments.

“I kept saying, ‘This is ridiculous. Women need to appreciate and be appreciated.’ I said, ‘We need to do something different. Women should actually have something that’s much nicer than a pen.’”

She sought to change that with Saddleback Chocolates.

Located in O’Fallon, the three-year-old business vision began with specialty chocolates for the Thoroughbred and Equine industry. They have expanded to a 3,500 square foot production facility and storefront open to the public.

Here are several of their hand-crafted, molded and packaged goodies perfect for a birthday and Mother’s Day.



1. Easter Cream Eggs come in dark or milk chocolate filled with orange, peanut butter, raspberry or strawberry creams.

2. Signature chocolates are a decadent blend of quality chocolate with gold-dusted finish for a beautiful, unique look.



3. New Arrival Bar captures a sweet moment between Mare and Foal in a beautiful setting – perfect for Mother’s Day. It was the original inspiration for Saddleback Chocolates.



5. Small Batch Bourbon Balls ... Look ahead to Father’s Day and snag these scrumptious treats for the Bourbon lover in your life.



4. KIZMET products marry the finest artisanal chocolate with pure, full-spectrum, full-strength hemp CBD oil.



Fezziwig's:

An Interview with

Pure 111



FEZZIWIG'S MARKETPLACE
225 W. 1ST STREET
O'FALLON, IL 62269
(618) 726-2230
FEZZIWIGSMARKET.COM

Pure 111 sat down with Ellen Leaf-Moore, Founding Partner of FEZZIWIG'S Marketplace in O'Fallon to talk about their goal of creating exceptional and memorable experiences.

WHAT EXCITES YOU ABOUT THE BUSINESS?

This question is easy to answer, it's the people! The people we have as customers, and the wonderful team of ladies I get to work with! I love seeing people's eyes light up when they come into the store and discover all the current offerings and cooking classes. Our motto is "Creating Exceptional & Memorable Experiences", and that is what we strive for every day. We've had many customers come in and say, "this is my happy place, and you can feel the happiness when you're in this store". Every time I hear it, my heart fills with complete joy and gratitude.

WHAT PROBLEM DO YOU SOLVE FOR YOUR CUSTOMERS?

Fezziwig's is multi-faceted, so we can help people in several areas. We offer expertise in cooking, entertaining, decorating, tea education, wine & food pairing, and much more. Our goal is to help our customers create a happy, comfortable, and inviting home where they can genuinely enjoy their environment!

I go to market twice a year and meticulously search for thrilling and relevant ideas and trends for the home. I search for things that

you cannot find at a mall, or a big box store. I want these ideas and items to be distinctive and exciting for our customers. I developed an intentional way of buying that has proved to be a key to our success over the years.

For the gourmet foods and wines, we are very choosy. Out of every 15 products or wines we try, one of those might make it in the line. If it's at Fezziwig's, we want it to be the best.

In our culinary classroom, we offer 'food theater' for unique cooking classes and demonstrations. We call it food theater because it's educational and entertaining at the same time! Our classes are for the recreational cook and entertainer. We are not fussy with our approach, and we love to encourage people to create delicious experiences in their own homes.



One of our favorite offerings, is to partner with other local businesses to offer our customers something unique from our area. We have had guest chefs like David from Beast Craft BBQ, Adam from 1818 Chop House, Patrick from Peel, and several others. It's always fun to see what they create with Fezziwig's products, and the guests just love it!

WHAT DREW YOU TO START YOUR OWN BUSINESS?

I come from an entrepreneurial family, so I think it's in my blood! Thanks to my darling mother, I've always been a big tea drinker and a cheerful entertainer. When I was 21 years old, I was in New York on my way to Italy for my Opera debut. I ran across the most captivating tea store there and something inside of me just lit up. I can still remember the many details of how the store was decorated, how the tea smelled, and how I felt when I was there! I felt at home. I felt special! I thought to myself "someday it would be fantastic to own a store where I can make people feel at home and special!" I tucked that idea away while I explored other parts of my professional journey.

My working career went from singing opera, to managing my parents' upscale bridal salon in Ohio, to a district manager in Atlanta, then to Williams-Sonoma/Pottery Barn. All the challenges and successes of these stages have helped prepare me for the next steps in my life.

On October 5, 2007 (my birthday), my husband Tim and I opened our first Fezziwig's Marketplace store in historic Lebanon, IL. It was a charming store filled with high caliber food products, enchanting decor ideas and lots of unique gifts. Tim took care of the finances and marketing, and I headed up the buying, merchandising, human resources, and sales for the company. Eight years later, we moved our

business to nearby and much larger, O'Fallon, Illinois, so we could continue to grow and bring more customers exceptional experiences.

So, here we are. We have a lovely tea and gourmet store where people feel at home and special, and it's called Fezziwig's! It is just a little funny that my last name is Leaf, and I became a certified tea educator and specialist, right?

HOW ARE YOU CHANGING WITH THE TIMES?

WHAT'S NEXT FOR FEZZIWIG'S?

Fezziwig's has certainly evolved over our first 15 years, and there have been several struggles and some triumphs along the way. I think it's important to share that our mission of "creating exceptional and memorable experiences" has always stayed constant, but the vision of how that happens continues to change with the times.

As a matter of fact, the last two years of Covid kicked some of those changes into gear a little earlier than planned. Tim quickly transformed our e-commerce site within 48 hours of the shut down and we began shipping items across the country and abroad. We also created an outdoor kitchen in our courtyard for safe in-person cooking classes under a large canopy and shifted to virtual cooking classes for the winter months. We had to quickly figure out how to reach our audience in a whole new way, and social media was the answer with daily videos of 'how to', 'what's new' or even a new recipe idea. We tried to make "staying at home" more fun and joyful.

Here is something very important to share. With all the things that we did to make it through the first 15 years and especially the pandemic, our customers and community deserve the most credit! We could have the best ideas and best product ever, but without their amazing support, we would not have made it! We are filled with gratitude!

What's next for Fezziwig's? You'll have to stay tuned!



Healing & Hope

NATURE PROVIDES NURTURE

The past two years have been...crazy. Many people have been left wondering what the purpose of it all is, and even more have grappled with self-care and mental health. While it won't solve all of your problems, there is an answer right outside your door. Nature.

Taking time to get outdoors can bring abundant feelings of peace and clarity. Here are a few ways to make the most of what the outdoors has to offer:

- Go for a walk. It doesn't matter if you live in a suburb or a city, just get outside and move. This is especially helpful if you're dealing with depression or anxiety. Start small with 15 minutes and see how much better you feel.
- Find a trail. If you aren't ready to be a full blown hiker, don't worry! Find a trail near your home that allows you access to trees and flowers and the sounds of nature. Taking time to get away from the ordinary routine of day-to-day life and doing something just for you can have so many benefits.
- Take a day hike. If you feel up for it, hit the road early one Saturday morning and go get lost in the woods (figuratively only, please). See how much better you feel after disconnecting for a few hours and just remembering the simplicity of life, and what the world has to offer beyond social media and schedules.
- Forest bathing. Don't freak out! No one is telling you to go get nude and run around the forest. Forest bathing is simply being IN nature. No hiking, no trail running...just sitting there and soaking it all in. Feel the sunshine on your shoulders and listen to the rustle of the leaves on the trees.
- Trail thoughts. Come up with a question that you want to ponder as you walk. Let it work it's way through you and see what answers come up. You'll be surprised how many problems can be solved (especially ones driven by anxiety), when you just step away and spend some time with yourself.

- Turn off the podcast. We're all about a great playlist or podcast when exercising, but to connect with nature, you need some silence. Let this time of self-care be enough. Talk to the six-year old version of you and remember how she used to run through fields without a care. Connect with that part of you and allow yourself to feel at ease. Or think about the 65-year old version of you. What will she be like? How can you walk towards her today?
- While nature isn't a replacement for therapy or medication if needed for mental health issues, it is a huge component in self-care. It's also one that most of us are sure we can't make time for. So, more than anything, take the pressure off. Spending time in nature doesn't have to be about anything other than taking a moment to be with yourself. You don't have to hit ten thousand steps or burn a certain number of calories. You certainly don't have to beat yourself up for any emotions that may or may not come up as you connect with yourself through the outdoors. All you have to do is take a deep breath and sit under a tree. Simplicity at it's finest.
- If you're looking to learn more about the healing power of nature, check out the book Hiking My Feelings: Stepping Into the Healing Power of Nature by Sydney Williams. It's the true story of a woman unpacking her "trauma pack" on the trail after a life-altering diagnosis, and the healing she discovered along the way.

Getaway

Get ready to haul the suitcases out of the closet and dust off those sunnies: it's travel season again! For many of us, it's been a long two years of postponing that next big trip. While we stayed grounded, our imaginations took on new heights as we daydreamed of far-away lands, exotic foods, and new adventures beyond our kitchen tables. As restrictions ease and locales around the world open back up to tourists, now is the time to set those plans in stone and see the world.

Not sure where to start? Whether you want to stay close to home or go farther afield, we have three fantastic destinations that are sure to give you the getaway your heart needs.



Close to home: Kansas City

Our friendly neighbor to the west is often jokingly referred to as a cow town, but in recent years, Kansas City has flourished into an arts and entertainment mecca. Revitalized by a new (and free) light rail system, the gorgeous Kaufman Arts Center whose grandness rivals the Sydney Opera House, and the recently renovated Liberty Monument, KC now tops midwest destination and must-see lists.

For the city lover, a weekend stay downtown offers close proximity to both Power & Light and Crossroads Arts Districts. First Friday (when most galleries and shops throw open their doors on the first Friday of the month) is a feast for the eyes and the appetite, and when you've walked your feet off, hop on the streetcar towards the nearest jazz club or cocktail bar.

If you're still in the shopping spirit, the historic Country Club Plaza is just a couple miles down the road. It's the next best thing to Seville, Spain—minus the jetlag (and plus the barbecue)!

PLACE TO STAY:

Ambassador Hotel Kansas City (downtown);
The Raphael Hotel (on the Plaza)

RESTAURANT REC:

Parlor, 1707 Locust St, Kansas City, MO 64108;
Jack Stack Barbecue Plaza, 4747 Wyandotte St,
Kansas City, MO 64112



One-stop shop: South Florida

If fun in the sun is more your style (and let's be honest: who's isn't it?!), jump at the chance to explore the laidback South Florida ocean-front. Miami is just one direct flight away, so you and the fam can rent a car and drive up the coast to Wyndham Deerfield Beach Resort. (Fort Lauderdale and Palm Beach Airports will drop you even closer.)

Everything you want in a holiday is right on your doorstep: trendy bars, sandy beaches, and boardwalk shopping. Afterwards, put your feet up poolside! Discounted resort rates are offered through the Spring, and the best news of all: kids under 18 stay for free! When you're ready to get off-site, The Boca Raton Golf Club and Red Reef Park are within an easy drive

PLACE TO STAY:

Wyndham Deerfield Beach Resort, Deerfield Beach, FL 33441

RESTAURANT REC:

Oceans 234, 234 N Ocean Dr, Deerfield Beach, FL 33441

Far & away: Maldives

For those who've spent the last two years waiting and planning that epic bucket list trip or romantic honeymoon, the Maldives have been waiting for you, too!

Swanky doesn't begin to describe the serene Indian Ocean paradise. Stay in your own personal villa at the Radisson Blu Resort Maldives, with a private swimming pool and uninterrupted sea views. You'll be living, dreaming, and canoodling right on the water. Though a bit trickier to get to (did you know the Maldives are off the coast of Sri Lanka?), the payoff will certainly be worth it when you land at this heavenly destination by sea plane.

PLACE TO STAY:

Radisson Blu Resort Maldives, Huruelhi Island Male South Ari Atoll, 20026, Maldives (all-inclusive)



Let's Talk About *Sunscreen!*

By Kelly Emmanuelli

I am often asked by clients what the best product would be for anti-aging. My response is always sunscreen!

It may sound so simple, but the reality is that the sun's rays are responsible for up to a whopping 90% of the damage to our skin. Sunscreen is the #1 product in your beauty regimen to fight off premature aging from the sun which includes sagging, wrinkles and age spots.

SPF should be worn every day, all year round. When it's cold, cloudy, rainy or snowing, it's easy to think you don't need to apply sunscreen. While the burning rays are not necessarily present on those days, the aging rays are, and can still contribute to aging and sun damage. Sunscreen should be worn every single day and reapplied every 2 hours when out in the elements and especially after swimming or sweating.

I am also a huge advocate for wearing a sunscreen that is separate from your moisturizer or foundation. I liken it to using an umbrella with holes in it. It's like a false sense of protection and not as effective as you might think. Most people don't actually apply enough of those products to even get the SPF listed on the label. Did you know that you would need apply roughly 15 times the amount to get the SPF listed on the label? Crazy, I know!

Our best seller and staff favorite is our own Skin 111 PureScreen (Broad Spectrum SPF 40). Pure Screen is exclusive to Pure 111 and is made for us by our compound pharmacy. This silky, matte finish leaves a protective barrier on your skin to guard it from the sun's rays. In addition to blocking, reflecting and bouncing off solar wavelengths from your skin, PureScreen contains natural anti-oxidants. It is 100% fragrance and preservative free.

Another one of our favorite ways to protect the skin is from the inside out. While it does not replace the need for daily sunscreen application, Heliocare is a unique supplement that's formulated with powerful plant based antioxidants that help your skin protect itself and maintain its youthfulness. It's a great added layer of protection, especially if you have Melasma or have concerns about sun damage. Heliocare is a once daily supplement that fights off the effects of free radicals (damaged cells caused from sun exposure, environmental pollution, etc.) I love how Heliocare affects and protects the skin over your entire body, not just your face.



Lets recap!

SPF is your BFF.

Sunscreen should always be the last step of your skincare regimen, before you apply makeup. Boost your sun protection with Heliocare.

You can find both Heliocare supplements and Skin 111 PureScreen SPF 40 available for purchase in our office. You can also purchase any of our Skin 111 products directly from our website: shoppure111.com





ABOUT US

On the Move

PURE 111 MOVES INTO EXPANSIVE NEW SPACE TO BETTER MEET CLIENTS' NEEDS

“At the outset of PURE 111, the office consisted of one treatment room and one employee: ME!” said Amy Katsikas, MSN, ACNS-BC, founder of PURE 111 Medical Aesthetics in the Metro East. “Soon after, my friend and colleague, Laura Schutze RN, joined me, and our number of clients rapidly increased.”

In 2016, PURE 111 moved to the fifth floor of The Blade building in O’Fallon with three treatment rooms, where they have operated from the last five and a half years.

Pure 111 is now open in their new location exclusively for PURE 111 at 391 Frank Scott Parkway East in Fairview Heights.

The move allows Pure 11 to better serve its clients and staff by:

- Improving privacy
- Increasing parking
- Allowing for growth and expansion

“It’s hard to believe we functioned as well as we did in our space for so long.”

Katsikas said. “We definitely made the most of it utilizing every square foot. Looking back, the business had clearly outgrown the space long ago, but we all loved our view and our neighbors in the Blade Building (Visionary Wealth Advisors, Delmar Financial, 1818 Chophouse, Victory Men’s Health).”

PURE FEATURES





The location provides triple the space for Pure 11 allowing it to add:

- more treatment rooms
- a larger reception and retail area
- a private waiting room
- coffee bar
- conference room
- storage and file room
- photo room
- larger breakroom

And, Katsikas added, “We are definitely planning on offering new services that will allow us to perform laser resurfacing all year round without concern of sun exposure and make these procedures much more comfortable for our clients; IV drip therapy is on our list as well.”

PURE 111 provides such services as Botox, filler, laser resurfacing, microneedling, hydrafacials, and dermaplane. They have recently added the newest technology in body contouring EmSculpt Neo for fat reduction and muscle building.



EmSella, which treats urinary incontinence and sexual dysfunction, has increased the quality of life for those who suffer from related issues. "We may be most excited about our latest addition of EmTone, which is an FDA-cleared radiofrequency device that reduces the appearance of cellulite and tightens the skin," Katsikas added.

Patients will also find B-12 cocktail injections improve concentration and mental clarity, increase metabolism and improve energy and immune function.

Come by and visit the new Pure 111 location at 391 Frank Scott Pkwy E, Fairview Heights, IL 62208.



OUR SERVICES

Smooth Operator

HOW EMTONE RESOLVES STUBBORN CELLULITE

If there's one thing most women will find they have in common, it's cellulite. Cellulite is non-discriminating as 90% of women say they have it and 61% want to do something about it.

Multiple factors cause cellulite, including increased cumulative sun damage and body fat, as well as skin laxity and loss of integrity and thickness of the skin.

But a new tool can target and improve and smooth the appearance of cellulite, and we're happy to offer it here at Pure 111.

EMTONE is the first and only device that simultaneously delivers both thermal and mechanical energy to treat all major contributing factors to cellulite. Simultaneous emission leads to significantly higher impact on connective tissue than the application of both energies separately.

If you're bothered by the bumpy texture of cellulite, EMTONE might be an affordable, non-invasive, no-down-time solution for you. Read on for some common questions and answers.

WHAT IS CELLULITE?

Deposits of subcutaneous fat give the skin a puckered and dimpled appearance - especially on the thighs, hips, and buttocks.

WHAT CAUSES CELLULITE?

Cellulite can be caused by increased cumulative sun damage and body fat and skin laxity and loss of integrity and thickness of the skin.

HOW DO I GET RID OF CELLULITE?

EMTONE is ideal for anyone looking for non-invasive cellulite reduction and overall improvement of skin appearance and physiological function. Consult with your nearest provider to find out if EMTONE is right for you.



BEFORE



AFTER



BEFORE



AFTER

HOW DOES EMTONE WORK?

Cellulite is a multi-factorial problem. Women are told fibrous bands run from skin to muscle through the fat. When the bands pull down on the skin, the fat pushes upward.

EMTONE simultaneously emits both radiofrequency and targeted pressure energy. Combined, there is a synergistic effect that neither technology can achieve on its own.

HOW LONG DOES AN EMTONE TREATMENT LAST?

During the first visit, your provider helps design your treatment plan. Most patients undergo four treatments, scheduled once or twice a week. A treatment typically takes about 20 minutes, depending on the treated area.

WHAT DOES AN EMTONE TREATMENT FEEL LIKE?

The most common perception of the therapy is that it is similar to a hot stone massage with intense mechanical vibrations. The treatment is performed in a comfortable lying-down position.



BEFORE



AFTER



BEFORE



AFTER

HOW FAST WILL I SEE RESULTS FROM EMTONE TREATMENTS?

Patients have reported improvements after a single treatment session. The results typically continue to improve over the next few months. With no downtime, you may resume regular activity immediately after the treatment.

TIME TO REVEAL YOUR SMOOTHNESS?

EMTONE® is intended to provide heating to elevate tissue temperature for selected medical conditions such as temporary relief of pain, muscle spasms, and increase in local circulation. EMTONE massage device is intended to provide a temporary reduction in the appearance of cellulite.

As with any medical procedure, ask your doctor if the procedure is right for you.

Call Pure 111 today at (618) 208-1111 to schedule your consultation.

Before and after photos provided by bodybybtl.com.





Our Expertise, Your Transformation

As an advanced practice nurse and the founder of Pure 111 Medical Aesthetics, Amy Katsikas has over 10 years experience in cosmetic injectables such as Botox cosmetic and dermal fillers, such as Juvederm and Restylane.

As an expert in the field, she has personally trained both of her nurse injectors, Laura Schutze and Susan Thomas, how to safely and properly inject to create a natural and beautiful result. She has seen them flourish and excel in this industry so much so that she finds herself asking their advice and opinion on many occasions. Amy is proud to say "They have each gone on to specialize in certain niches within this industry as well, such as Y lift, Sculptra and the best lip fillers you will find anywhere."

What sets Pure 111 apart is their constant commitment to advanced training and staying on the cutting edge of technology. "Education is key, Katsikas says. "You will never be fully educated or stop learning in this business, since it's growing every year and new products, procedures and techniques are popping up." Their esthetician, Kelly, is no exception. Because of her education and experience in light therapy, Pure 111 is now ranked in the Top 100 HALO providers in the country.

Our goal at Pure 111 is to give our clients CONFIDENCE in their daily lives because "confidence is the most beautiful thing you can possess."
–Sabrina Carpenter

Call 618-208-1111 or visit www.pure111.com to schedule your consultation today.



WE KNOW YOU HAVE MANY OPTIONS WHEN IT COMES TO YOUR HEALTH AND BEAUTY. BEING INFORMED AND ENGAGED IN THE PROCESS IS MORE IMPORTANT THAN EVER. PURE 111 MEDICAL AESTHETICS IS LOCAL HERE IN O'FALLON, IL TO HELP YOU NAVIGATE THOSE OPTIONS.

Our Services

Dermal Fillers and Injectables

Botox® and Dysport®

Juvederm

Y Lift®

Restylane

Sculptra®

Kybella®

Laser Treatments

Laser Skin Resurfacing

Laser Skin Tightening

Vaginal Rejuvenation

HydraFacial®

Chemical Peels

Microneedling

Dermaplaning

Broadband Light Therapy (BBL™)

Lash Lift

Latisse®

Lash and Brow Tint

Visia® Skin Analysis

Skin Care Products

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Blue Cheese *Lettuce Wedge*

This blue cheese lettuce wedge recipe includes a homemade blue cheese dressing you will love.

Serve your wedge salad on its own or as a simple and delicious accompaniment to a grilled steak, chicken, or salmon.

There are so many ways to enjoy!



PURE FEATURES



To make the wedge salad you will need:

- Iceberg lettuce
- Crumbled bacon
- Grape tomatoes
- Green onions (scallions)
- Blue cheese dressing
- Blue cheese crumbles



Blue cheese dressing:

3 tbsp buttermilk

4oz blue cheese crumbles

(reserve some for topping)

1 cup sour cream

1/2 cup mayo

1 1/2tsp black pepper

1/4 tsp garlic powder

1 tbsp Worcestershire sauce

3 tbsp red wine vinegar

1 tbsp finely chopped shallots

1 chopped green onion for garnish

Time to assemble your lettuce wedge

1. Peel and core your lettuce.
Cut to quartered wedges.
You want to remove any loose pieces of lettuce.
2. Halve your tomatoes, crumble your bacon, and chop your green onion.
3. Place your wedge on a pretty salad plate and begin to “decorate” it.
Start with your blue cheese dressing then add all of your toppings: crumbled bacon, sliced grape tomatoes, blue cheese crumbles, and scallions.
4. Finish off with a healthy sprinkle of black pepper.

Take your lettuce wedge to the next level with homemade blue cheese dressing. It’s as easy as mixing all of the ingredients and placing in the fridge for about 20 minutes. This will give time for all of the flavors to come together. If you like blue cheese dressing you are going to LOVE this recipe!





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This issue is compliments of Pure 111 Medical Aesthetics.

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