

# Aesthetic Care Redefined: Wendy Vaughan's Focus on Ethics and Transparency



Bella Luce Photo

**We are so excited to spotlight Wendy Vaughan. Wendy is a Nurse Practitioner and Owner of Stay Beautiful MedSpa based in Woburn, MA.**

*"I founded Stay Beautiful after recognizing the demand for an aesthetics practice focused on transparent and ethical services."*

## **What inspired you to become a Nurse Practitioner?**

"I chose to become a Nurse Practitioner to have my own practice and provide care to my patients in the way I would want to receive care."

## **What inspired the name of the business?**

"I wanted women to see themselves as already beautiful and know that we are just helping them maintain that beauty."



## **What are fillers?**

"Dermal fillers are injectable gels that plump up wrinkles, smooth lines and restore volume in your face. They are made of mostly sugar molecules and hyaluronic acid and are used to add volume to sagging skin, make your facial features look more balanced or plump up your lips and smile lines."

## **What is the difference between fillers vs. botox?**

"Dermal Filler 'fills' areas that appear hollow or have moderate wrinkles. They essentially are injected to replace the volume that we used to have in our face when we were younger. As we grow older, volume loss is unavoidable and can result in an appearance that may not be as desired."

## **When is it good to explore getting filler?**



"When I hear my patients say that they feel like their 'face is falling'. They will usually take their hands and pull their cheeks back toward their ears and say how much better that looks."

Ideally you want to start exploring filler treatments at the beginning of this stage. There is no specific age to start getting filler but generally speaking, you may want to consider it when you are in your mid-to-late 30's since you will achieve a more natural look by gradually adding a little bit over time instead of all at once."

## **How long does filler last?**

"Well, it depends on several factors. If you only plan on doing filler once and you don't return to the office for a 2nd or 3rd session, then it will only last about 3-6 months."

Filler should be layered to prolong its longevity and can last much longer, potentially even forever, \*if\* you keep up with maintenance sessions.

A typical treatment plan for our patients consists of treating multiple areas of the face at once in order to achieve a seamless flow and more natural appearance.

Patients are usually receiving filler at their initial appointment, then coming back for their second appointment 4 weeks later, and sometimes a third treatment at 6 months. Once the patients goals are achieved, we would transition the patient over to a yearly maintenance plan."

## **It is amazing you are a 5 year award winner in Woburn for best Medspa congrats! What is a goal you have for yourself and your business?**



"Thank you! We continuously strive to provide the best care and services to our patients every single day. I have no plans to open a second location or to sell the business to any of the large corporations that have been expressing interest in acquiring it."

I enjoy running a small aesthetic practice within the community, where people can visit and feel confident that they are receiving top-notch care. Every service is carried out with integrity, and quality is never compromised. In fact, we aim to exceed expectations and build lasting relationships with those we serve."

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