



The Boujee Blonde
AESTHETICS

AESTHETICS

START WITH YOUR GOAL, NOT A PROCEDURE NAME

The Boujee Glow Guide

Not sure where to start? You're not alone — that's the most common thing I hear. This guide is organized by what you want, not by treatment names.

FIND YOURSELF IN THESE PAGES

With **Marissa Hartman, FNP-C** · Slidell, LA · theboujeeblondeaesthetics.com



"I want to look better — *but at what?*"

Perfect. That's exactly enough to start with.

Most people who walk into my clinic don't ask for a procedure by name. They say things like *"I look tired even when I'm not,"* or *"my skin used to glow and now it doesn't,"* or *"I don't want anything drastic — I just want to look like me on a good day."*

So skip the treatment menu. Find the sentence on the next two pages that sounds like you — and I'll show you what usually helps.

One rule before you flip the page.

Nothing in this guide is a prescription for your face. It's a map of what's possible. What's right for you gets decided together, at a consultation — and *"none of it yet"* is always a valid answer.

02

"That's *me.*"

Goal-first, treatment second.



THREE GOALS, THREE DIFFERENT TOOLS — FIND YOURS

"I look tired or angry when I'm not."

Usually expression lines — forehead lines, the 11s between the brows, crow's feet. **What helps:** a soft, mapped dose of tox (Botox, Dysport, or Daxxify). You keep your expressions; you lose the "are you mad?" questions. Maintenance every 3–6 months.

03

Still *looking?*

Three more — including the one nobody admits out loud.

"Sun spots, redness, uneven tone — my skin looks dull."

Pigment and tone live deeper than skincare can reach. **What helps:** NOUVADerm laser — medical-grade, safe for most skin tones, done as a short series. Spots fade, tone evens, and skin starts reflecting light again.

"My weight is the thing I'd change first."

Then start there — honestly and medically. **What helps:** a supervised GLP-1 program (semaglutide or tirzepatide) with real follow-ups, plus B12 support. Not a fad, not an app subscription — a plan with a provider who knows your history.

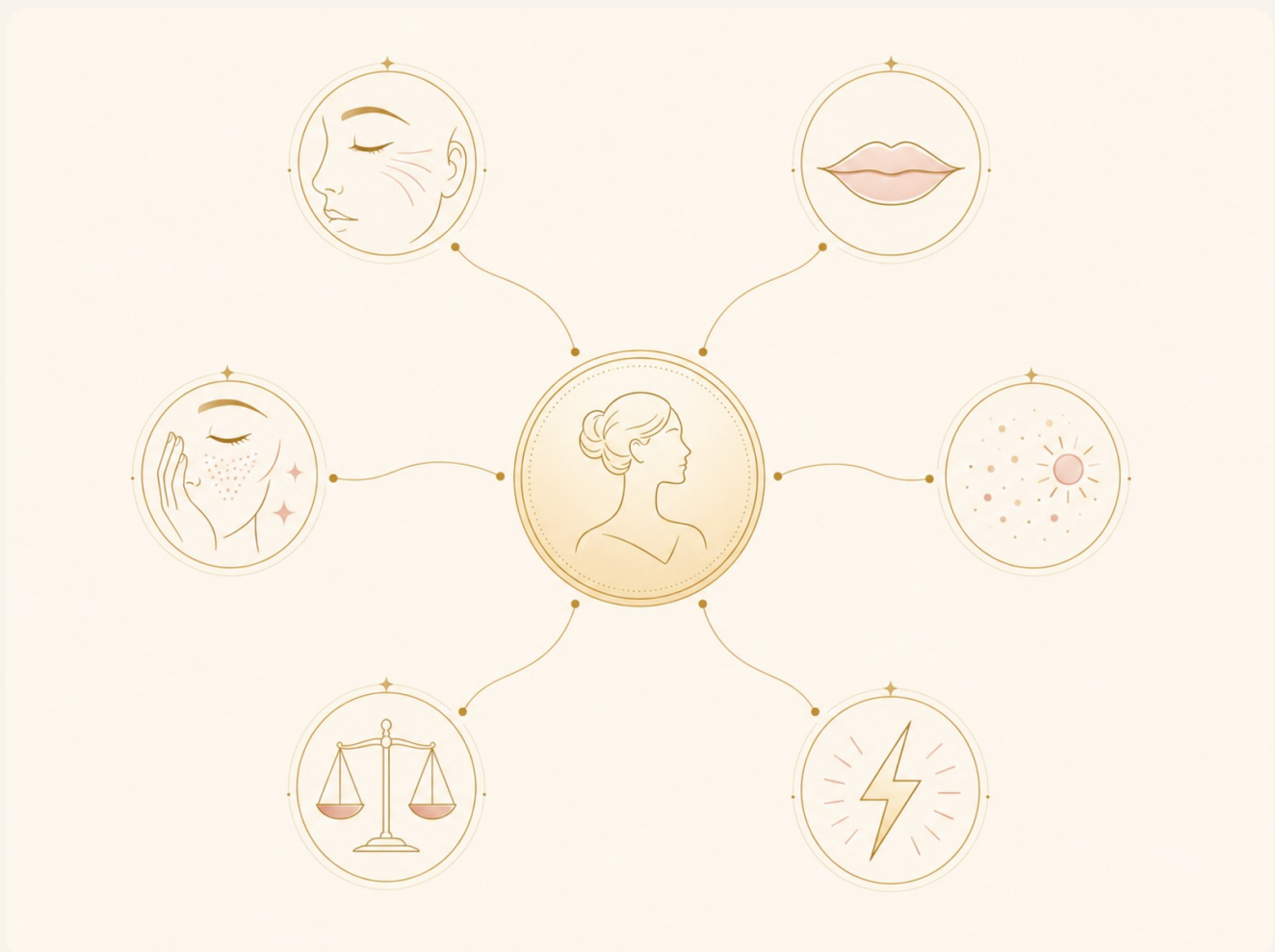
"Honestly? All of the above and I don't know where to start."

That's the most common answer there is — and it's the best possible reason to book a consultation. We'll pick the ONE thing that bothers you most, start there, and build a plan in an order that makes sense for your face and your budget. No pressure, no packages you didn't ask for.

04

The whole menu, *one table.*

Clip this page. This is the map.



THE WHOLE MENU ON ONE MAP

YOUR GOAL	USUAL FIT	RHYTHM
<i>Soften expression lines</i>	Tox (three brands, matched to you)	Every 3–6 months
<i>Volume, lips, balance</i>	Reversible HA filler	Every 6–12+ months



YOU FOUND YOUR SENTENCE — NOW SAY IT OUT LOUD

Let's plan your *glow-up*.

Book a complimentary consultation and bring this guide — or just bring the sentence that sounded like you. Marissa will take it from there: honest options, a realistic order, and exact costs before anything happens.

BOOK AT [THEBOUJEEBLONDEAESTHETICS.COM](https://theboujeeblondeaesthetics.com)

The Boujee Blonde Aesthetics

1389 Lakewood Dr, Suite B, Unit 119 · Slidell, LA 70458

Call or text (985) 444-6313 · Instagram @the_boujee_blonde

This guide is for general education only and is not medical advice, a diagnosis, or a prescription. Treatment suitability, results, and timelines vary by individual and are determined during a consultation with a licensed medical provider. GLP-1 therapy is prescription-based and medically supervised.