

# Polaris Vein & Aesthetics Invites Community to Prioritize Self-Care During September's Self-Care Awareness Month

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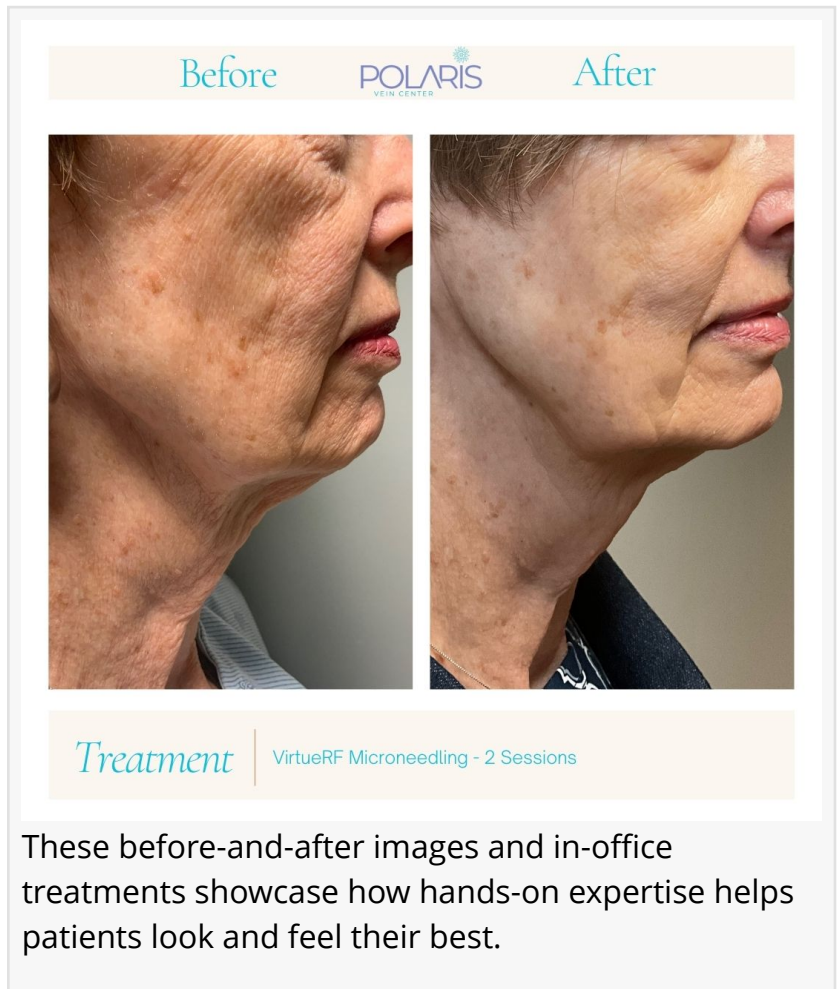
EINPresswire.com/ -- September is recognized as [Self-Care](#) Awareness Month, a reminder to slow down, prioritize wellness, and embrace the practices that help individuals feel their best - inside and out. [Polaris Vein & Aesthetics](#) is proud to encourage the Columbus community to celebrate self-care as an essential act of self-love, highlighting how treatments like skin rejuvenation and body sculpting can empower confidence and overall well-being.

"At Polaris Vein & Aesthetics, we see self-care as more than pampering; it's an investment in how you feel every day," said Dr. Amanda Cooper, MD, founder, medical director, and practicing physician at Polaris Vein & Aesthetics. "When patients take the time to rejuvenate their skin or reshape their bodies in ways that feel right for them, it's not about vanity, it's about confidence, vitality, and self-respect," she added.

Polaris offers a range of advanced [aesthetic services](#) designed to help patients look and feel their best, including:

## Exion Skin Rejuvenation

This advanced treatment boosts the body's natural production of collagen and hyaluronic acid, helping to refresh and restore the skin. Patients enjoy smoother texture, improved elasticity, and a healthier, more youthful glow.



## RF Microneedling

By combining radiofrequency energy with precise microneedling, this treatment firms and tightens the skin's surface while improving overall texture. It's an effective option for reducing fine lines and promoting long-term skin renewal.

## Emsculpt NEO Body Sculpting

Build muscle and reduce unwanted bulk for a sculpted, toned appearance without surgery or downtime.

All three services deliver more than aesthetic results; they help patients feel renewed and re-energized in their daily lives, making them powerful acts of self-care.



Polaris Vein & Aesthetics combines state-of-the-art technology with personalized care—offering solutions like RF microneedling, Emsculpt Neo, and Exion facials to restore confidence and vitality.

## Why Self-Care Matters

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At Polaris Vein & Aesthetics, we see self-care as more than pampering; it's an investment in how you feel every day”

*Dr. Amanda Cooper, MD*

Practicing self-care contributes to reduced stress, improved confidence, and greater overall well-being. Whether it's taking quiet time, focusing on physical health, or investing in treatments that make patients feel good about themselves, self-care is a critical part of living well.

Celebrate Self-Care Month with Polaris Vein & Aesthetics Throughout September, Polaris invites individuals to discover personalized options for self-care that align with

their unique goals. From skin rejuvenation to body sculpting, the practice offers safe, effective solutions that help patients embrace confidence on their own terms.

To request a consultation or book an appointment, visit <https://polarisveincenter.com> or call 614-488-5090.

## About Polaris Vein & Aesthetics

Polaris Vein & Aesthetics is a physician-led medical aesthetics and vein care clinic located in Columbus, Ohio. Founded by Dr. Amanda Cooper, MD, a board-certified physician with expertise in vascular and aesthetic medicine, Polaris is dedicated to helping patients embrace self-care through science-backed, results-driven treatments.

The practice takes a comprehensive approach to both cosmetic and clinical concerns, offering services such as skin rejuvenation, body sculpting, vein therapy, injectables, and medical-grade skincare. Every treatment plan is personalized to support each patient's unique goals, lifestyle, and definition of confidence.

At Polaris, self-care is viewed as an essential investment in overall well-being—not just appearance. By combining advanced technology with compassionate, individualized care, Polaris empowers patients to look and feel their best at every stage of life, making it a trusted destination for aesthetics and wellness in central Ohio.

To learn more or schedule a consultation, visit [www.polarisveincenter.com](http://www.polarisveincenter.com) or call 614-488-5090.

Amanda Cooper  
Polaris Vein & Aesthetics  
+1 614-488-5090  
[info@polarisveincenter.com](mailto:info@polarisveincenter.com)  
Visit us on social media:  
[Instagram](#)  
[Facebook](#)



Whether it's smoother skin, improved tone, or enhanced body contours, Polaris Vein & Aesthetics provides proven treatments designed to achieve natural-looking, confidence-boosting results.

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