

Thursday, February 24, 2022

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Meg's Med Spa enhances Downtown Willoughby

By Jean Bonchak

If you're looking for ways in which to broaden the scope of your career Megan Coleman just might serve as an inspiration.

Beginning as a registered nurse almost two decades ago and later advancing to the status of nurse practitioner, the enterprising woman has now coupled her medical skills with the business world through the opening of Meg's Med Spa in Willoughby.

The establishment at 38238 Glenn Ave. off Erie Street provides facial aesthetic services as well as hydration therapy.

Making A Move

A few years ago while working as a nurse manager, Coleman decided it was time to seek other opportunities.

"Over the 17 years I spent in the hospital the one thing I was certain of was my passion for plastics and surgical procedures. I enjoyed being in the thick of things, getting my hands dirty and the art that goes into repairing the human body. That began my search for a job in plastics or aesthetic



JEAN BONCHAK - THE NEWS-HERALD

Lake County residents Ryan and Megan Coleman are the owners of Meg's Med Spa in downtown Willoughby. Local artist Jason Baumgardner created the colorful mural shown in the photo along with other original artwork at the establishment.

medicine," she said.

Adding to her lengthy list of medical qualifications, she trained and became certified to practice in the field through the American Academy of Facial Esthetics.

After the pursuit for a related position turned up less than fitting opportunities, she chose to open her own business with the help of her husband Ryan, whom she proudly describes as "extremely business savvy."

In 2019 Meg's Med Spa was launched inside a small office space on Erie Street in Willoughby before moving to its 3,000-square-foot building in October 2021.

Community Minded

In addition to her husband, Coleman credits friends and neighboring business associates for valuable assistance and support.

"We are blessed to have so many close friends that have built very successful businesses in downtown Willoughby who were more than willing to help us every step of the way," she said.

As a graduate of Mentor High School, Lakeland Community College and a current Lake County resident, Coleman is a strong supporter of the community and thus one of the main reasons she chose the locale for Meg's Med Spa.

"I wanted to bring this (service) to Lake County as a way normal work-

ing people can maintain some of their youth and just feel better," she said.

Shortly after its initial opening the business was forced to close due to state mandates that resulted from the coronavirus pandemic.

"Thankfully we were able to reopen...and continue business as usual without a tremendous amount of financial loss. We did not take out any loans. We continued to pay our bills every month...and prayed every day we would be told the shutdown was over," she said.

Once reopened, a quickly growing clientele compelled Coleman to look for more room, and she was fortunate to find it nearby.

Services and Safety

The modern, relaxing space is comprised of several rooms including a Liquid Lounge that offers clients the opportunity to receive hydration and immunity therapies.

Among other services are microneedling, dermaplaning, facial fillers, skin peels and more.

The most requested procedure is Dysport, a sister drug to Botox that works to relax the muscles that are responsible for causing wrinkles with expression. Coleman noted that the process is essentially quick, painless and "takes years off of your face, leaving your skin looking more youthful as well."



JEAN BONCHAK - THE NEWS-HERALD

Megan Coleman worked at Lake Health West Medical Center in Willoughby and MetroHealth in Cleveland prior to opening her own business.



JEAN BONCHAK - THE NEWS-HERALD

Meg's Med Spa is located at 38238 Glenn Avenue off of Erie Street in Willoughby.



JEAN BONCHAK - THE NEWS-HERALD

Megan Coleman prepares a Painesville Township resident for a facial aesthetic procedure.

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Meg's Med

FROM PAGE 3

Conservative in her approach to treatment, Coleman said there have been instances when she's advised people to "tone it down," adding that "the best injectable is undetectable."

She also advises those who are interested but somewhat hesitant to receive treatment.

"I tell everyone that it is normal to be hesitant and have questions. I won't let anyone move forward until they are committed and feel comfortable after hearing all of the information. This is why we offer all free consultations with zero pressure to book," she said.

Stressing the utmost importance of safety, Coleman maintains that members of her staff are all trained injectors and estheticians and that people

who are seeking these types of services at any facility should carefully do their research before proceeding.

Business Advice

For Coleman, working hard to open her own business has been a challenging, yet rewarding experience. She happily offers suggestions to those who may want to strike out on their own as well.

"My advice to those that are thinking of starting their own business would be to take a leap. My husband told me if the only fear I had in failing was losing the money we invested, than that was worth taking a chance on myself all day long. We only get one life to live and work takes up more time than our families in most situations. Spend it doing something you love," she said.

- Sophia Boutique -



We are a locally owned boutique featuring unique women's wear, shoes, accessories, home decor and wellness products located in Concord Township, Ohio next door to our partner store, Oscar Giovanni Salon & Spa. Our mission is to provide friendly, fashion-forward advice to help our customers find the perfect pieces to enhance their own personal style.

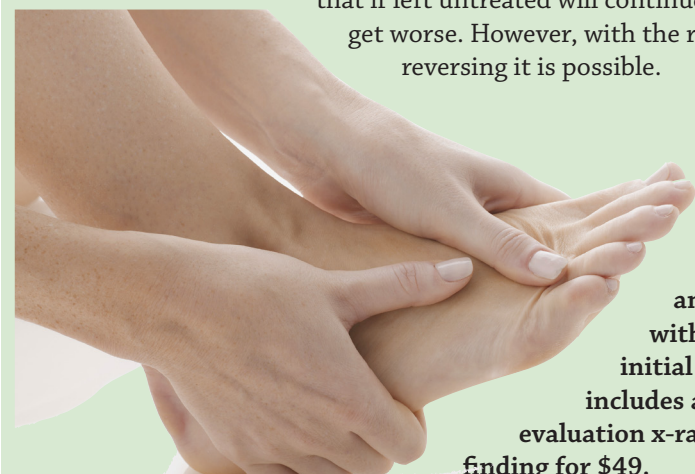
Sophia Boutique offers services that will surpass your expectations. The stylists in our store are available to assist you in making your best fashion choices, daily. Schedule a one-on-one consultation with

one our personal stylists or simply take advantage of a personalized walk-in fitting during all hours of operation. We also have an in-house seamstress to assist you in any needed alterations services to make your couture fit perfectly.

Our creative stylists are certified image consultants who specialize in enhancing our clients personal style by teaching them how to flatter their body and find their best colors. They also will teach you how to work with patterns to elongate curves and challenging areas. We believe all women should feel beautiful inside and out.

Hunter Wellness Center

Hunter Wellness Center was founded by Doctor's LaMar and Valerie Hunter in 2016. This practice's mission is to serve the community in a friendly environment by providing the best natural solutions to common health care problems. One of the major areas of focus for Hunter Wellness Center is helping people reverse their neuropathy without the use of drugs and surgery. Peripheral neuropathy most commonly occurs in the hands and feet and has several causes. The team at Hunter Wellness Center have worked tirelessly to develop a system for not only analyzing but also categorizing and reversing neuropathy. Neuropathy can be a complex condition that if left untreated will continue to progressively get worse. However, with the right treatment, reversing it is possible.



Currently Hunter Wellness Center is offering an evaluation for anyone suffering with neuropathy. This initial appointment includes a consultation evaluation x-rays and a report of finding for \$49.

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Sage Karma Kitchen & Tavern Six

I started in the restaurant business at 14 and I fell in love. I learned all aspects of the front and back of the house. I managed places until my husband and I opened our first restaurant 7 years ago. Our focus at Tavern Six was a rustic modern decor with a scratch kitchen. We have made so many improvements over the years, and are very proud of our patio. We are involved in the community of Kirtland and look forward to getting more involved in Willoughby at our new location, Sage Karma Kitchen.

My husband and I have dietary restrictions and found it was extremely difficult to eat out. We are both gluten free and I am vegan as well. This helped with the inspiration for Sage Karma Kitchen in historic Downtown Willoughby. This is a scratch

kitchen that focuses on fresh organic ingredients. This location is great for both meat eaters and vegans. We also focus on gluten free dishes. Both locations offer homemade cupcakes, which I make. Sage has vegan /gluten free ones and Tavern Six has traditional. My husband had the idea when we first opened and the rest is history. I am often referred to as "The Cupcake Lady".

Both restaurants have fabulous craft cocktails and we have wonderful staff that make you feel at home.

Sage has started brunch on Sundays which is from 9 AM to 2 PM and features both traditional and vegan options. We would love for you to enjoy lunch or dinner with us at either location. You can also check us out on our websites or Instagram.



Teanna Vitantonio



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Come Hear With Us



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