

# Health & Beauty



## LAKESHORE WHOLE HEALTH 5909 W. US-10, Ludington, MI 49431 (231) 843-4800

Lakeshore Whole Health is a nutritional clinic offering Nutrition Response Testing and Morphogenic Field Technique; Standard Process, MediHerb and Systemic Formulas supplements; Energetix and HVS homeopathics, and Doterra Essential Oils & accessories.

[www.lakeshorewholehealth.com](http://www.lakeshorewholehealth.com)

## PIERROT HAIR DESIGN 313 S. James St., Ludington, MI 49431 (231) 845-6068

Serving downtown Ludington since 1985 in a friendly atmosphere with comfortable decor. Bruce Rillema is the owner of Pierrot Hair Design, and he specializes in hair cuts, color, highlighting, keratin hair-straightening, and perms, featuring Redken, Pureology, and Matrix products. Open Tuesday-Friday 9am-5pm, Saturday 9am-3pm, evening hours by appointment. Walk-ins welcome.

[www.ludingtonhairsalon.com](http://www.ludingtonhairsalon.com)



## Got CBD?

WE STOCK HEMP OIL  
EXTRACT PRODUCTS W/ CBD  
NO PSYCHOACTIVE PROPERTIES  
CREAMS ~ BALMS ~ DROPPERS

### PIERROT HAIR DESIGN

313 S. James St., Ludington • (231) 845-6068



NATUROPATHIC PRACTITIONER  
**colleen avedisian RN**  
natural by design  
STUDIO FOR HOLISTIC HEALTH  
231.510.5246  
EnjoyingNaturalHealth.com

MASSAGE THERAPY

## Becka's Bodyworks Massage Therapy

901 E. Ludington Ave. • 231-907-8193

Rebecka Baugus  
Licensed Massage Therapist



## A Full Service Hair Salon!

Walk-ins Welcome • Appointments Recommended  
313 S. James St., Ludington  
(231) 845-6068



### PIERROT HAIR DESIGN

LudingtonHairSalon.com

## Safari Sun TANNING



### Full Service Salon

Hair Styling - Color  
Nails - Makeup - Skin Care  
Laser Hair Removal

3843 W. US-10, Ludington  
231-845-6597  
[SafariSunTanning.com](http://SafariSunTanning.com)

OPEN:  
Mon.-Fri.  
9am-7pm  
Saturdays  
9am-4pm

## SAFARI SUN

3843 W. US-10, Ludington, MI 49431

(231) 845-6597

Let their friendly staff pamper you with a new haircut, style, color or highlight. Now featuring Venus Versa laser hair removal, body contouring, skin tightening/resurfacing, and acne reduction. Offering nail treatments, including Shellac manicure or pedicure. Also spray tans and tanning beds. Packages available, first tan free.  
[www.safarisuntanning.com](http://www.safarisuntanning.com)

## SPECTRUM HEALTH LUDINGTON HOSPITAL

One Atkinson Dr, Ludington, MI 49431

(231) 843-2591

Spectrum Health Ludington Hospital offers primary care and specialists, outpatient services, a 24-hour emergency department and complete inpatient care. The hospital is affiliated with Spectrum Health, a top 15 health system. For non-emergency health care, a Convenient Care Walk-In Clinic is available, with evening and Saturday hours.  
[www.ludingtonwalkinclinic.org](http://www.ludingtonwalkinclinic.org)

**SPECTRUM HEALTH**  
Ludington Hospital



## Convenient Care Walk-In Clinic Now Open in Ludington

Medical Office Building at  
Spectrum Health Ludington Hospital  
7 Atkinson Drive, Suite 113  
Ludington, MI 49431  
231.843.3700

[ludingtonwalkinclinic.org](http://ludingtonwalkinclinic.org)

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# THE BEST WALK IN TOWN!

Unplug and unwind on what we think is the prettiest walk in Ludington! Stroll the Waterfront Walkway, which stretches all the way from Stearns Park Beach to Waterfront Park. You pass by the Coast Guard Station, Port of Ludington Maritime Museum, and the Ludington Municipal Marina. Add an extra mile to your fitness tracker by walking out on the pier to the North Breakwater Light. Tour the lighthouse or just watch the variety of boats that pass by.

# TRY DISC GOLF!

If you're not familiar with disc golf, Ludington is the perfect place to give it a go! Here are the particulars: players toss a disc down a course and try to hit the target in as few throws as possible. The disc golf courses are normally 18 holes, but there are also 9 and 27-hole courses. Discs and course maps can be purchased from local businesses. Ludington has 3 courses in Mason County Park (off Chauvez Road)—Beauty, Beast, and Goliath. Leviathan is located off Jebavy Drive, and there are other courses at West Shore Community College and Scottville Riverside Park.