

Learn the ins and outs of cleanses

Sierra Cosmetic Laser in Truckee is hosting a Cleanse Informational Night on April 12 from 5:30-7pm.

Haven Ritchie, a doctor of internal medicine, will discuss the correct way to carry out a cleanse. She will also cover misinformation about cleanses and provide advice regarding the pitfalls of unsafe cleansing methods.

For more information, call (530) 587.0198.