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AUGUST/SEPTEMBER 2006

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MED SPAS:  
BEAUTIFUL RESULTS

# Who Put the 'Med' in Med Spas?

BY GINA GOTSILL

POMEGRANATE TEA. COMFY SLIPPERS AND ROBES. ELEGANT LIGHTING AND COMFORTABLE FURNITURE. It's the moment you've been waiting for — a visit to the spa. But look around. Something is different here. There is a physician to assist you with medical procedures and a menu of services that go way beyond a massage and facial. Welcome to the medical spa — where beauty, health and medicine converge to create a sublime, luxurious experience as well as visible improvements in your appearance.



Medical spas, which operate under the supervision of a licensed health care professional, are a growing trend, especially in California, says Hannelore Leavy, founder and executive director of the International Medical Spa Association. Leavy estimates there are 1,500 med spas in the United States, largely on the East and West coasts, Chicago, Arizona and Florida.

From décor to treatments, each medical spa is a little bit different. But the goals — to create a comfortable environment and offer personalized services that enhance your beauty and sense of well-being — are the same. And although medical spas may be only miles apart, each spa owner notices — and caters to — different skin care trends.

## MD Spa

"You can receive a facial at a medical spa, but here we've also added effective medical treatments that get results," says Dr. Robert F. Gray, owner and medical director of MD Spa in Pleasanton. "We have what other day spas offer — comfort and ambiance — but you can also receive treatments for severe acne, scarring and other skin concerns."

After 14 years in practice, Gray has seen many trends come and go. He waits until treatments are proven safe and effective before he incorporates them into his practice. Gray offers surgical services, such as face-lifts and rhinoplasty, but says recent trends lean toward non-invasive or minimally invasive procedures. A licensed aesthetician is also available at MD Spa to perform an analysis of each client's skin

tone and trouble spots. "Many of our clients are very active people, and what they see on the outside doesn't match how they feel on the inside," he says. "We offer treatments to help people rejuvenate their appearance."

## Aphrodite's Grecian Medical Spa

At Aphrodite's Grecian Medical Spa, clients forget they are in Dublin and not on a Greek isle. Owner Jessica Kemprud, a nurse, says clients receive treatments ranging from laser hair reduction and spider vein removal to sunless tanning, massages and hydrotherapy. Her husband, Dr. Edmund Kemprud, and Dr. William Davis direct all medical procedures.

Aphrodite's also offers bridal packages and birthday escapes. During their visit, clients are invited to stroll around the spa's Grecian garden where they can relax and enjoy a delightful luncheon with champagne or wine included.

## Minoo's Aesthetic Institute

At Minoo's, the surroundings are tranquil and soothing — like an exotic home away from home. Owner and lead aesthetician Minoo Mazhabi spends plenty of time listening to her clients. Their response helps her tailor the treatment they will receive.

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She also gives them “homework,” depending on their skin type, and suggests specific foods to help them achieve their unique skin care goals.

The group works with Dr. Gergana Gallacher, a board-certified dermatologist who is also a researcher at UC Davis, says Shah Sadeghi, manager. The spa caters to both men and women and offers many popular treatments such as microdermabrasion and eyebrow tints for men and eyelash extensions for women. Other services include various peels, infusions and LED Cold Light Therapy, a process that triggers the body to convert light energy into cell energy, which is said to stimulate collagen production.

### COS MED AES Institute for Cosmetic and Aesthetic Medicine

Dr. Patrick Dawkins performs all consultations and procedures. He describes the COS MED AES Institute as “progressively” clinical and offers clients a comfortable, contemporary, state-of-the-art facility. Dawkins provides a wide range of services such as cellulite reduction, vascular lesion removal and photodynamic acne treatment.

Some of the more popular treatments include Botox injections and laser hair and vein removal. Titan Skin Tightening, which stimulates collagen, is also available.

### Encore Med Spa

With its Far East motif and contemporary flair, Encore Med Spa is often described by clients as a soothing and relaxing getaway. Trained and licensed medical professionals perform all medical treatments under the direction of Dr. Allen Nan, says Philip Rowe, spa president.

Services range from laser treatments for hair removal to microdermabrasion, airbrush tanning and facials. Restylane and collagen can be used to enhance the fullness of the lips, soften and diminish the appearance of lines and scars and supplement facial features. Encore also offers many types of massage, including stone therapy.

### Skinglo Med Spa

Step into Skinglo Med Spa and leave the stress behind. Here, Dr. Ravi Punjabi directs a team of licensed professionals who work hard to ensure your privacy and relaxation. The goal is to improve clients’ skin tone using a combination of professional-grade skincare products and the latest in aesthetic techniques and treatments, according to Sinead Giusti, spa coordinator.

Personalized skincare plans and package treatments — with payment plans for any budget — are also available. Treatments include mesotherapy for cellulite reduction, chemical peels, Botox and collagen.

### Alamo Medical Aesthetics

A psychiatrist and a pain medicine specialist, as well as a medical aesthetician, Dr. Glenhall E. Taylor employs a “bio-psycho-social” approach to treating patients at Alamo Medical Aesthetics. “We treat the patient as a whole person, not just as someone with a particular condition,” he explains. “When people look better, they feel better about themselves.”

Taylor and esthetician Adriana Mejia — who was a dermatologist in Mexico prior to becoming a certified esthetician in the U.S. — offer treatments ranging from microderm abrasion, facials and waxing to medical procedures such as “Regenesis” collagen production stimulation, laser peels and hair removal, Titan Skin Tightening and a “Photo Facial” that uses intensive broad-band light to remove sun spots, age spots and red spider veins. The spa also provides Botox and Restylane treatments. Utilizing his training in pain management, Taylor offers acupuncture to alleviate patients’ anxiety and any discomfort from the heat of laser treatments. He also encourages the use of high-grade “cosmeceuticals” — skin products that are a cross between cosmetics and pharmaceuticals — and treating the skin from the inside out with proper nutrition, hydration and exercise. “We always give our patients a massage at the end of their treatments, too,” he adds. “That’s part of our approach to treating the whole person.” ☉

**Alamo Medical Aesthetics** ALAMO 925.838.4569

**Aphrodite’s Grecian Medical Spa** DUBLIN 925.828.9287 WWW.GRECIANMEDISPA.COM

**COS MED AES Institute for Cosmetic and Aesthetic Medicine** PLEASANTON 925.484.1800

**Encore Med Spa** WALNUT CREEK 925.932.1843 WWW.ENCOREMEDSPA.COM

**International Medical Spa Association** WWW.MEDICALSPAASSOCIATION.ORG

**MD Spa** PLEASANTON 925.846.2772 WWW.MDLASERSPA.COM

**Mino’s Aesthetic Institute** WALNUT CREEK 925.256.8563 WWW.MINOOSAESTHETICINSTITUTE.COM

**Skinglo Med Spa** SAN RAMON 925.552.5100 WWW.SKINGLOMEDSPA.COM