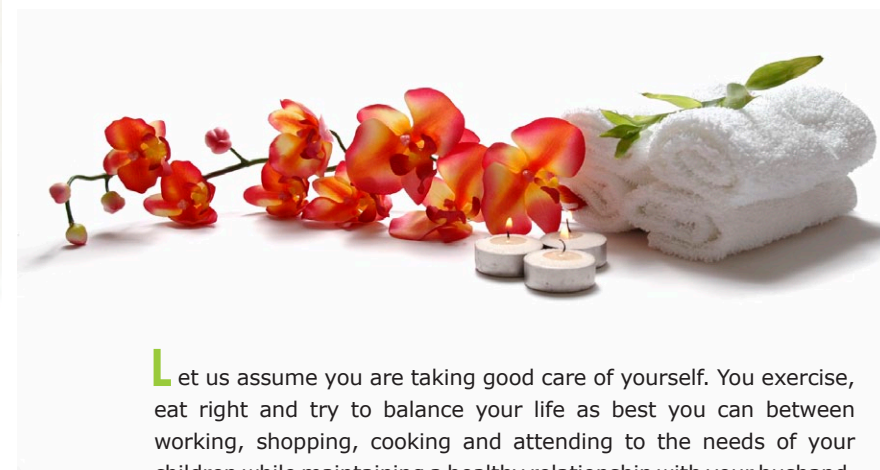




# MOTHERS & MEDSPAS

## A WOMAN'S GUIDE TO LOOKING HER BEST WITHOUT SURGERY

By: Dr. Jon F. Harrell



**L**et us assume you are taking good care of yourself. You exercise, eat right and try to balance your life as best you can between working, shopping, cooking and attending to the needs of your children while maintaining a healthy relationship with your husband. You are definitely a busy lady, sometimes stressed out, but overall satisfied with your life. So what would possess you to seek services in a medical spa setting?

### A NEW AGE

Patients today (including very busy mothers) are seeking to treat the appearance of aging at an earlier age than ever before. They want to avoid or delay surgery if possible and they want a treatment that doesn't give them an excessive amount of down time. They are looking to reduce the appearance of wrinkle lines, correct the thinning of skin, improve skin color and texture and reduce the skin laxity they are starting to see. Others simply want to permanently reduce the hair in the bikini line, legs or face or want to improve the cellulite they see developing. These patients are probably going to find the services they want in a medical spa setting.

### MAJOR DIFFERENCES

Whereas traditional spas are places where one goes to relax with various forms of hydrotherapy, massage, meditation classes and exotic body and facial treatments a medical spa has a different mission. Yes, it usually has an upscale and relaxing ambience much like a traditional spa, but it is a physician driven spa, offering treatments that usually have been scientifically proven to refresh and rejuvenate the face and body often with dramatic, long lasting results. It is a powerful blend of science and artistry on the part of the physician who is providing the service.

### WHAT'S A MOTHER TO DO?

This is a very exciting time for those of us interested in 'anti-aging' medicine, and particularly on the aesthetic side. It's also a wonderful time for our patients since there have never before been so many options to treat so many of the concerns we have about our bodies as we age. There is intensive ongoing research which continues to expand the options we have to rejuvenate and 'roll back' the clock. So - what can a mother do? It's not possible to adequately cover everything in such a short article but I'll list a few of my favorite treatments, particularly the most popular and sought after by patients.

### RELAXATION IN A BOTTLE AND THE LIQUID FACELIFT

Botox- Virtually an instant wrinkle reducer - gets rid of the frowns and worry lines. You look calm even when you're not. Dermal Fillers - Restylane, Collagen, Juvederm, Radiesse, and Sculptra etc. - These help to restore facial volume lost through aging. One of the most impressive applications is known as the Liquid Facelift. By augmenting the cheeks and filling in the hollows below the eyes, you can literally get a result that rivals that of a traditional facelift. Of course, lip augmentation is a very popular request - and if your doctor is experienced, it will look beautiful. There are of course many other applications your physician can tell you about.

### BRIGHT LIGHTS

The multiple uses and continued development of lasers and light energy technologies within the last years has been amazing. Fractional resurfacing, Photofacials and Triniti Facial Rejuvenation have proven themselves as viable alternatives to chemical peels in treating abnormal facial pigmentation, dilated facial blood vessels, and in tightening the skin and promoting the development of additional collagen. There may be some difference in opinion about which types are the best, but the technology is good and it's here to stay.

### BRAVE NEW WORLD

As a plastic surgeon I still find myself amazed by the trust patients put in their doctors. This is actually a powerful aid in healing many times. However, don't misplace your trust. You are asking for trouble if you get these kinds of treatments in a hotel room or private residence. The chances are high your provider is unlicensed, untrained and probably operating illegally. For treatments in hair salons and other non-medical settings, make sure there is a medical director who is supervising treatments and be doubly sure to check your provider's credentials. Remember that these are 'Medical Treatments' and have the power to hurt as well as heal. You don't want an untrained or poorly trained individual touching your face.

The Medical Spa phenomenon will continue to develop and offer more sophisticated treatments in the years to come. For those of us wanting to slow down the changes associated with aging, technologies and products exist today to help us look great with minimum risk and minimal downtime.

*Dr. Jon F. Harrell DO FACS is certified with the American Board of Plastic Surgery. Dr. Harrell has recently opened his new practice, Century Center for Aesthetic Medicine & Surgery here in Weston. They offer a variety of services and procedures all in an upscale, relaxing environment to help you look your best. For a free consultation, please call 954.384.9692 or visit [www.DrJonHarrell.com](http://www.DrJonHarrell.com).*

