

InStyle

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Beauty

GET THE
MOST
OUT
OF A

MediSpa

IF THERE ISN'T ONE IN YOUR AREA YET, THERE LIKELY WILL BE SOON: NONSURGICAL COSMETIC PROCEDURES HAVE GROWN 44 PERCENT IN THE PAST FOUR YEARS. HERE'S WHAT YOU NEED TO KNOW BEFORE (AND AFTER) YOU GO

by **GENEVIEVE MONSMA**

5 Standout MEDISPAS

YOUNGVILLE, LA.

SkinCeuticals Advanced Clinical Spa
From derm-darling brand to medspa mecca, SkinCeuticals's Southern outpost partners with Myers Dermatology for Dysport, facials, and peels.
drjennifermyers.com.

WESTLAKE VILLAGE, CALIF.
California Health & Longevity Institute
Call it medspa 3.0: You can get dermatological procedures, plus services in dentistry, internal medicine, and sleep assistance.
chli.com.

LOS ANGELES
SkinxFive

This new center, created by **Dr. Ava Shamban**, features five services: microderm-abrasion facials, peels, Botox, laser rejuvenation to tackle discoloration, and radio frequency to address skin sagging.
skinxfive.com.

VISTA, CALIF.
Cal-a-Vie Health Spa
Originally a high-end cucumber-slices-over-the-eyes kind of destination spa, this center now offers procedures like neurotoxin injections and fillers twice a week in addition to its vast menu of spa delights.
cal-a-vie.com.

N.Y.C. AREA
Beauty Rx Peel Bars
The concept: peels at a reduced price (think \$50 as opposed to \$225). Get a quickie treatment for superficial resurfacing, designed by Dr. Neal Schultz, at the Peel Bar in Greenwich, Conn., or N.Y.C.
beautyrx.com.

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Consider medical spas, or medispas, the love child of a day spa and a cosmetic dermatologist's office: You can get dermatologic procedures like injectables (fillers and neurotoxins), next-level facials, and laser resurfacing in a setting that feels more high-end salon than hospital. Thanks to their accessibility, rapid results, and relative affordability, medispas have risen in popularity and are now in more than 2,000 U.S. locations. But let the buyer beware: Not all are created equal. Use this time line to find a reputable facility and score an optimal treatment.



2 MONTHS BEFORE

Now's the time to do your homework: Determine what you want, then home in on a few facilities. Remember that the quality of your experience falls mainly on you.

Study the staff Select two or three medispas you're willing to travel to. Then put a magnifying glass on the personnel at each spot. The amount of doctor involvement and staff training at a medspa differs by state, and in many cases, "local government officials often have only a limited understanding of the newest medical technology and how to police its use," says Alex Thiersch, director of the American Med Spa Association. So ask the managers who is administering the treatments at their facilities. Some professionals believe only doctors should perform procedures at medispas; others are comfortable delegating more formulaic procedures, such as administering a peel, to a nurse or a physician's assistant. Beverly Hills derma-

"If you had to get a root canal, you wouldn't choose a specialist based on how much he or she charges."

—YOUNGVILLE, LA., DERMATOLOGIST
JENNIFER MYERS

tologist Ava Shamban, owner of the new Skin-Five medspa in L.A., says that in her practice her nurses administer peels, radio-frequency skin tightening, and Botox. "But I draw the line at extra-precise treatments, like fillers or ablative lasers." Something to watch for: if a doctor isn't involved in the medspa on a daily basis or if the doctor in charge comes from a non-skincare specialty background. While there's no law prohibiting, say, your podiatrist from giving you Botox, you may consider that less than ideal.

Read reviews Once you've narrowed down your selection, "search Yelp and Realself.com for reviews of the facility," says Thiersch. "Next, hit up the Better Business Bureau [bbb.org] to make sure no complaints have been filed against the medspa." And don't forget to ask for recommendations from friends and colleagues.

Don't be swayed by a coupon It's OK to compare costs between two or three promising spots, but don't be lured by price slashing and