

RANCH & COAST

San Diego's Luxury Lifestyle Magazine

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New Year, New You

Home Is Where The Spa Is

These days, clear, healthy, wrinkle-free skin is easily attained through a number of noninvasive medical procedures. But for most, it still requires a trip to the local medical spa, which means time spent in traffic and a crowded room with strangers. The alternative lies with mobile spas, such as Destinations Medical Spa, which offers a complete range of services delivered straight to clients' doors.

"There is no need to drive long distances or to be seen undergoing treatment," says Donna Richardson, MD, Destinations Medical Spa's director. "The latest generation of lasers, microdermabrasors, and IPL systems are lightweight and portable. We can bring all the expertise and equipment to make you look and feel fantastic right to your front door."

Richardson has over 30 years practice experience and is an associate of the American Academy of Cosmetic Medicine and a member of the Botox Physicians Society. "Destinations ensures that everything is done in privacy," she states. "Should a treatment require any downtime, an appointment can be made for Friday, leaving the client the weekend to recuperate at home."

An additional benefit to staying at home is not having to deal with waiting room germs, a definite concern when approaching the cold and flu season.



For all its accessibility, Destinations offers an impressive range of services, including Botox, Cosmoderm and Restylane, vibradermabrasion, PhotoGenesis IPL, complexion blending, LaserGenesis wrinkle reduction, Titan infrared skin tightening, laser hair removal, acne treatment, chemical peels, vein therapy, and a combination of sophisticated skin rejuvenation procedures.

Destinations uses the most advanced Cutera laser system on the market for optimum results. "People are ecstatic with the lack of discomfort," says Richardson. "We remove sun spots, redness, fine veins, and diminish sagging jowls. The patient can instantly see a change."

Richardson points out that a mobile medical spa is perfect for men who might otherwise be discouraged by the stigma of going out for a facial consult. "People are more comfortable making decisions in their own environments," she says.

The length of each visit depends on the treatment, with the average visit lasting about an hour. Prices are nearly the same as going to a fixed-location medical spa. Whatever the request, Destinations Medical Spa prides itself on bringing luxury to the client's home (gift baskets come with consultations) and providing safe, effective therapy like that found in the most exclusive day spas.

"And when we're done," says Richardson, "patients can get on with their day or simply relax — they're already home." (760/525-7184, www.destinationsmedspa.com) — Alicia Garcia

