

Feeling better by looking better through innovation, skill & experience

Spa Lumina takes its name from the Latin word “**lumen**” simply meaning “light”. It’s an appropriate title for this clinic because it offers the best in light-based skin care treatments, which can reduce signs of aging, scars, acne, unwanted hair and make skin appear more youthful and radiant.

Spa Lumina has a doctor and a registered nurse on staff to administer treatments and help people choose the safest and best course of action for their needs. All clients are seen and assessed by Dr. Sohail Gandhi, an experienced

physician who has practiced family medicine in Stayner for 13 years. Dr. Gandhi has trained with leaders in the field of cosmetic medicine, including Dr. Eliot Battle, the Harvard dermatologist who co-pioneered the use of lasers for cosmetic purposes.

Dr. Gandhi’s training and experience in both family and cosmetic medicine allow him to consider any health conditions a client may have when determining a course of cosmetic treatment. Spa Lumina’s clients can be assured that the procedures are safe and will work effectively to give them the results they want.

The experienced medical professionals at Spa Lumina perform their procedures with the best laser on the market. The Cutera® Xeo laser has won the American Dermatology Association’s laser of the year for the past three years.

Unlike other lasers, the Cutera® Xeo can be used on clients with light, dark or tanned skin, can treat fine or coarse hair with equal effectiveness. For laser hair and vein treatments, a thin layer of gel is applied. However,



Dr. Sohail Gandhi, of Spa Lumina, is an experienced family physician, also trained in cosmetic medicine.

unlike other lasers, no gel is required for Intense Pulsed Light therapy (commonly used for fine wrinkles and sunspots). This means you would only need two or three treatments, where other machines require six treatments of IPL.

Another exciting innovation Spa Lumina offers is TITAN™, a revolutionary, non-surgical process that uses infrared light to tighten the skin and reverse the signs of aging. Spa Lumina is the only provider in **Simcoe County** of this procedure, which stimulates long-term collagen production by heating the skin below the surface, while keeping the surface cool. This rebuilding of collagen leaves clients with younger, firmer looking skin on the face, neck and body.

TITAN™ is safer and less expensive than plastic surgery, and it gives clients a more natural result that appears over time. There’s no

downtime, so clients can have it done during their lunch break, and their co-workers would be none the wiser!

Another service Spa Lumina provides exclusively within Barrie is Levulan® Phytodynamic Therapy. In this procedure specific wavelengths of light are delivered to the skin with an application of Levulan®. The treatment reduces the appearance of wrinkles, large pores, pigment discoloration, redness and acne.

Spa Lumina’s goal is to help its clients feel better by looking better. The innovation and quality of its equipment and the unsurpassed skill and experience of its staff are a testament to the care it provides its clients. With the use of light-based skin care, Spa Lumina aims to bring to light the beauty in all of its clients. **To this end, they also offer a compassionate program for people who are unable to afford costly cosmetic treatments.**

For more information about Spa Lumina, or to book a free consultation, call (705) 721-7775, or visit their website at www.spalumina.com



The Cutera® Xeo laser, pictured above, can be used on clients with light, dark, or tanned skin.



Staff at Spa Lumina include, from left, Susan DiFabrizio, R.N., Clinical Nurse; Nicky Portlock, Marketing & Client Relations; and Jennifer Day, Receptionist.