

REDISCOVER YOUR SMOOTHER CURVES AT



S P A L U M I N A
ENHANCED LASER & SKIN CARE

Over the past year Spa Lumina has established itself in Barrie as a comprehensive Medical Spa, providing its clients with a wide variety of services from Botox, Collagen Fillers, Laser Hair and Vein Removal, Chemical Peels, Dermabrasion, Facial Acupuncture Rejuvenation and Non-Surgical Skin Tightening. These treatments were traditionally considered exclusive only for the wealthy and the famous, but have now become mainstream, due to the increasingly efficient technology as well as changing social attitudes.

Spa Lumina is now proud to add Body Contouring to its list of available services. "Body Contouring combines two leading therapies, Mesotherapy and VelaSmooth, to target the destruction of fat cells," explains Dr. Sohail Gandhi, Medical Director at Spa Lumina. "By applying these treatments in the right combination, and the right amounts, we can target specific fatty areas of the body (i.e love handles and saddlebags) to reduce their size." The number of fat cells in the human body grows until puberty, and then remains constant while the actual fat cells can increase and decrease in size. These treatments will destroy fat cells, and once destroyed, those fat cells will not come back.

Dr. Gandhi emphasizes that this is not a weight loss strategy. "Unfortunately, there simply is no quick fix to losing weight. You have to eat right and exercise regularly. While there are some nutritional supplements available that can help you in that process, in the end, losing weight is a matter of changing lifestyle habits." Indeed, it has been shown that Body Contouring works best for people who are



Inner Thigh Pre Mesotherapy Treatments



Inner Thigh Post 1 Mesotherapy Treatment

following a good nutritional and exercise plan, but have a stubborn resistant area of excess fat that they wish to see diminished. It is common for those undergoing Body Contouring treatments to actually drop down a size or two in clothing as a result of the treatments. Most women will agree buying clothes in smaller sizes is often one of their New Year's resolutions.

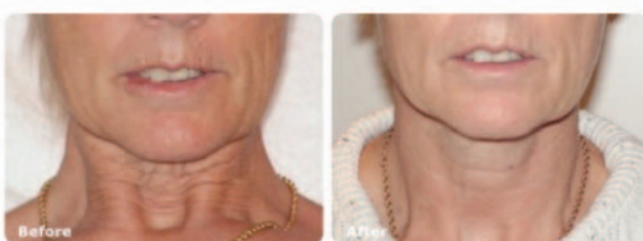
Body Contouring can be helpful for people who are trying to lose weight, but get frustrated because the results are slow to come. "In that scenario, there is benefit to Body Contouring,

as the results of your hard work can be noticed earlier, and help to encourage you to follow your weight loss plan," remarks Dr. Gandhi.

Eighty percent of women suffer from cellulite, a condition where fat grows in clusters, to form an orange peel like appearance. "We've always had a scientifically proven method of cellulite reduction in VelaSmooth, but now, with adding Mesotherapy, we can make those results show up more dramatically," states Dr. Gandhi.

The results of the treatments are gradual, but that has a benefit in that people tend to have less excess skin than following a dramatic fat loss. Also, clients are encouraged to follow healthy eating habits, and drink at least 8 full glasses of water a day. "It's just common sense," says Loribeth Spa Lumina's nurse who performs many of the treatments. She specializes particularly in treating sensitive areas of the body, such as the buttocks and thighs. "Why would you have Body Contouring

Titan Skin Tightening.



Before Titan treatment

8 weeks after 3rd Titan Treatment

done, and then jeopardize your results with unhealthy eating?"

Are there any drawbacks? "There are a small number of people who will get some bruising from the Mesotherapy. However, the actual incidence of severe reactions is extremely rare." And what happens if you follow the program, lose the fatty areas of concern, but then start over eating? "You'll get fat," says Dr. Gandhi, without hesitation.

At Spa Lumina everyone receives a complimentary consultation with Dr. Gandhi to determine whether the treatments are suitable for them. Dr. Gandhi reviews their lifestyle, medical history and skin care and health goals before suggesting a course of treatment. "We do decline to do treatments on some of our clients despite their enthusiasm and willingness to purchase services. Cosmetic medical treatments cannot be considered as "one shoe fits all". At Spa Lumina, each and every client is unique in their medical history and skin care goals and we ensure that reality is kept first and foremost in mind

when consulting with them." Dr. Gandhi states candidly. When Nicky is asked what is the most common question she hears on the phone—she states instantly—"Does it really work?" She is not surprised and is quite frank in saying that she herself used to think that until working at Spa Lumina. "You do read and see so much hype about quick fixes and instant makeovers so it's only natural that people become skeptical and wary. We spend a lot of time providing information and resources to our clients and potential clients. We like to arm them with a wealth of qualified and reliable information to help them feel confident in making the right choice for themselves. We are really proud of the service that we offer our clients and love seeing their progression towards reaching their goals."

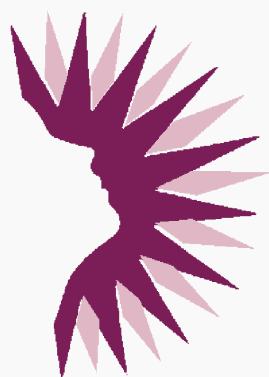
Dr. Gandhi agrees with Nicky and mentions other medical innovations over the years that once were met with skepticism but have now become accepted as a standard of lifestyle. "When contact lens were first introduced, there was a great deal of fear and skepticism. There were fears of blindness, raging eye infections and scratched corneas. Today we have reached the point that not only are they used for vision correction but also for cosmetic enhancement. Cosmetic laser treatments were also once considered as an elusive area shrouded in mystery and apprehension but with the help of the internet and advanced technology, people are learning more and more about the advantages of having laser treatments. In the past, people had to learn to accept living with uncomfortable skin conditions such as acne, spider veins, excessive facial/body hair and hyperpigmentation—but today there are other options. Just like the coke-rimmed glasses of the past, these types of skin conditions do not have to be a permanent presence in our lives." Explains Dr. Gandhi

For more information on all of the exciting services offered at Spa Lumina, log onto <http://www.spalumina.com>. You can also call them at 721-7775 or visit them at 74 Cedar Pointe Dr. Unit 1004.

VelaSmooth Cellulite Reduction



Cellulite Reduction After 8 Treatments



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www.spalumina.com

*Light...
Lift...
Luminate...*

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Come in for a FREE consultation with Dr. Gandhi. Evening Appointments Available

Body Contouring

Save \$250 on a package of 3 Treatments

Embrace the New Year with a New You

Come see us at the Body Show January 14 & 15, and enter our Body Makeover Contest.

Limited time only. Expires February 17, 2006

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