



SPA LUMINA

ENHANCED LASER & SKIN CARE

Spa Lumina is proud to introduce Facial Acupuncture Rejuvenation, Body Contouring and the Zeno to their list of available products and services.

Acupuncture is based on the ancient principles of Traditional Chinese Medicine (TCM) and has been used for over 4,000 years. The Chinese have known for centuries that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance. Cosmetic Acupuncture is an effective way to remove fine lines and wrinkles from the face. It can reduce the signs of aging by revitalizing the skin and providing a more youthful look. By inserting very fine, hair-thin, disposable, sterile needles into specific acupuncture points on the face, there is a rush of blood circulation to the specific areas. The skin becomes nourished, oxygenated and moisturized, from the inside out, resulting in a healthy, glowing complexion. When there is more circulation, the body produces more collagen and this, in turn, gives the skin more tightness and elasticity, helping to reduce and/or eliminate sagging skin, wrinkles, double chin, dark circles etc.

Body Contouring involves mesotherapy treatments to target the destruction of fat cells," explains Dr. Sohail Gandhi. "By applying these treatments with the right formulation, 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. Mesotherapy requires a series of injections into the fatty areas of concern. Clients are asked to come a half-hour before their treatment. At this point, a topical freezing agent is applied to the skin where the injections go. At Spa Lumina, we use the smallest needle available to inject the mesotherapy solution. This, along with the freezing, greatly minimizes the pain in the areas of concern. The solution works gradually over the next two weeks. A series of 10 treatments is often required for the best results.

Zeno is an acne clearing device. It is a hand-held, portable, battery-operated medical device that is clinically proven to make pimples disappear fast. In fact, for treating acne pimples, it's the most scientifically advanced and effective device available without a prescription. Zeno is for people with mild to moderate inflammatory acne. Zeno applies a precisely controlled heat directly to the pimple through a metal pad, causing the bacteria to self destruct.. One Zeno treatment lasts about 2 ½ minutes. Two to three treatments spread over 24 hours clear up most pimples quickly.

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.



For a FREE consultation with Dr. Gandhi, please call Spa Lumina at 705-721-7775, or visit them at 74 Cedar Pointe Drive, Suite 1004, Barrie. www.spalumina.com