



## HOURS OF OPERATION

Monday to Friday 10:00 A.M. to 5:00 P.M.

Evening & Saturday Appointments Available  
By Request

Medical Consultations with Dr. Gandhi by  
Appointment Only. Please call for  
Availability.

705.721.7775  
spalumina.com

## IMPORTANT INFORMATION & CANCELLATION POLICY

To maximize your perfect experience,  
please arrive at least 15 minutes before  
your scheduled appointment time. This  
will allow a comfortable check in and  
ensure a complete treatment.

Gift certificates are non refundable.  
Services must be completed no later than  
the noted expiry date.

Prices subject to change. GST not included.

**CANCELLATIONS:** to avoid treatment  
cancellation fees, please inform SPA  
LUMINA at least 48 hours prior to your  
scheduled treatment appointment time of  
any changes you may require.



Light...

Lift...

Luminate...

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BARRIE, ONTARIO

[www.spalumina.com](http://www.spalumina.com)

1.877.661.7546



SPA LUMINA  
ENHANCED LASER & SKIN CARE

At **SPA LUMINA** we believe in the empowerment of each client through enhancing their physical and emotional well being by inviting them to participate in a new wave of medicine through specialized practices that offer lasting and effective results. By focusing on a complete program of medical, esthetic, topical and cosmetic treatments, **SPA LUMINA** can help each client achieve their desired goals.





## LASER HAIR REMOVAL

All prices are starting points. Final price will be set in consultation.

With CoolGlide's unique design we have the flexibility to treat all skin types. Now even sun-tanned clients or those with dark pigmentation may be treated. Clients with fair skin and dark hair respond the best.

The number of treatments you may require for optimal long-term benefits depend on the area you wish to have treated, the hair density and colour, and your hair's growth cycle. Your hair grows in cycles and many factors influence its growth. Age, ethnicity, weight, hormones, diet, medication and metabolism all play a part in your hair's location, thickness and resilience.

Six treatments spaced six weeks apart are generally necessary to assure the best results.

### PRICES ( per tx, price for 3, price for 6)

Full Back	\$ 650	\$ 1275	\$ 2200
Full Legs	530	1200	2100
Chest/Abdomen	430	1050	1800
Upper Back	370	750	1400
Lower Back	370	750	1400
Bikini Brazilian	350	700	1380
Upper Legs	320	700	1350
Lower Legs	320	700	1350
Full Arms	300	700	1280
Full Face	270	700	980
Bikini	250	650	975
Underarms	250	650	975
Forearms	230	600	950
Upper Lip & Chin	220	575	750
Tummy Line	200	550	700
Upper Arms	200	550	700
Upper Lip	150	400	550
Chin	150	400	550
Side Burns	150	400	550

## VEIN REMOVAL

The CoolGlide laser delivers precise dosages of energy to each vein, with a minimal risk to the skin. During these treatments light energy is delivered through a special hand piece to the targeted vein. The energy is then absorbed by the blood vessel. The heat/energy absorption causes a thermalcoagulation (clogging) of the blood vessel. The clogged vessel is then slowly absorbed by the body.

Laser treatments starting at \$175 for 15 minute treatments. Price quoted on area during consultation.



## LASER SKIN REJUVENATION TREATMENTS

Prices are starting points. Will vary according to treatment area and consultation.

**Titan** - Titan is the first light-based solution for skin firming. The procedure is non-surgical and uses safe infrared light instead of radio frequency to cause collagen in the dermis layer of the skin to contract and firm. While the infrared energy is heating the dermis, the Titan's continuous contact, cooling hand-piece is keeping the skin's outer layer cool and comfortable. Since the Titan uses infrared light to heat the tissues below the surface of the skin, all clients concerned with loose or sagging skin, regardless of skin type or colour, may benefit from Titan skin tightening.

**\$1000.00** per treatment  
**\$ 2500.00** per package of 3 for full face

**Laser Genesis** - The Laser Genesis procedure utilizes laser technology to safely, discretely and effectively treat scars and stretch marks and diffuse and excessive redness. It is a comfortable, non-ablative, non-invasive form of skin therapy. Doctors and clients have noticed dramatic improvement in uneven skin texture, large pores, and fine lines and wrinkles.

**\$ 400.00** per treatment  
**\$ 2000.00** per package of 6 treatments for full face

**IPL** - IPL treatments are performed with a non-invasive medical system that uses intense pulsed light therapy to reduce melanin, the dark pigment in your skin. The light energy is gently delivered to your skin in pulses, through a delicate, computer-controlled hand-piece. After your IPL treatment the treated lesion will gradually fade and slowly disappear.

**\$ 500.00** per treatment  
**\$ 1200.00** per package of 3 treatments  
**\$ 2000.00** per package of 6 treatments

## COMBINATION LASER TREATMENT PACKAGES

At Spa Lumina, we are always looking for innovative and effective treatments to yield greater results. By combining different modalities of laser treatments, these treatments target the different layers of the skin (epidermal, dermal and sub dermis layers) encouraging progressive contraction and production of collagen leading to healthier, vibrant and more youthful looking skin. With proper maintenance, these results are enjoyed for a greater length of time.

**3D Photo Rejuvenation** **\$ 4000.00**  
(3 Titan Treatments/ 5 Genesis Treatments/ 5 IPL treatments)

**2D Titan/Genesis Combination** **\$ 3000.00**  
(3 Titan Treatments/ 3 Genesis Treatments)

**2D Titan/IPL** **\$ 3000.00**  
(3 Titan Treatments/ 3 IPL Treatments)

**2D Genesis/IPL** **\$ 2500.00**  
(5 Genesis Treatments/ 5 IPL Treatments)



## VIBRADERMABRASION (MICRODERMABRASION)

The Vibraderm employs a patented vibrating surface that removes layers of damaged tissue, leaving your skin looking healthier and more radiant. It is clinically proven to effectively exfoliate and produce new collagen.

**\$ 110.00** per treatment plus **\$ 40.00** for personal set of paddles  
**\$ 600.00** per package of 6 treatments (includes paddles)

## SPA LUMINA MEDICAL GRADE FACIAL TREATMENT

Spa Lumina Medical Facials are unique in that they address multiple skin care concerns while allowing for complete customizing of each individual client's specific requirements. These treatments provide far more pronounced and dramatic changes on the skin than traditional facial services and are suitable for all skin types. Medical facial treatments are hydrating, soothing, purifying and slightly lightening with the added benefit of intense cell regeneration and collagen synthesis. They can be performed on a regular basis and are designed to provide dramatic results over a course of treatments. Each treatment is carefully designed based on specific client needs. Spa Lumina treatments encompass a custom preparation combining various elements including a wide range of enzymes, poly-hydroxy acids and algae based formulations

SPA LUMINA Medical Grade Facial Treatments can address concerns on any of the following skin types and are CUSTOMIZED to meet the needs of the client: Sensitive, Rosacea, Acne Prone, Aging, Asian, Stress Related, Nutrient Deficient.

**\$ 120.00** per treatment  
**\$ 300.00** per package of 3  
**\$ 550.00** per package of 6



### HOT STONE MASSAGE

Hot Stone Massage Therapy was founded in Turkey where their wonderful massage methods and thermal spas have been aiding ailments for thousands of years. This therapy is becoming widely known for its deeply relaxing benefits. It employs a technique that uses smooth, cold and heated basalt stones which are placed on specific acupressure points on the body to melt away knots, tension and stress. It can be applied as a relaxation technique using hot essential oils. The hot stone experience relieves pain, promotes harmony, balance and peace.

**\$ 110.00** per 60 minute treatment

**\$ 275.00** package of 3

**\$ 500.00** package of 6

### FACIAL ACUPUNCTURE REJUVENATION

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. Cosmetic Acupuncture will also help to rejuvenate facial tissue by increasing circulation to the area, and stimulating collagen production, resulting in a healthy, glowing complexion.

**\$ 90** per treatment

**\$ 240** package of 3

**\$ 475** package of 6

**\$ 750** package of 10

### CHEMICAL PEELS

Chemical peels, by their very nature, speed up the exfoliation process. This will improve fine lines and wrinkles, smoothen mild scars, and give a refreshing glow to the skin. It will gradually result in softer, and healthier skin. Some peels will also result in a reduction in brown and red spots (a process known as depigmentation). The cost of the peel varies depending on the intensity and the condition that you wish treated.

At Spa Lumina we offer:

Glycolic Peels 10% - 70% strength

**\$ 100.00** per treatment

Vitalize Peel with Retinoic Acid

**\$ 120.00** per treatment

Cosmelan - for melasma/chloasma

**\$ 800.00** for full peel  
treatment package

## MEDICAL INJECTABLES



Spa Lumina offers the most reliable and advanced anti-aging injectable solutions available to the Canadian public. Each injectable solution is prescribed through consultation and the procedure is unique, both in methodology and dosage, to each individual.

### **Botox Cosmetic**

**\$ 12.00/unit**

\*number of units needed determined through consultation

Botox Cosmetic is a simple, non surgical physician administered injection that can temporarily smooth moderate to severe lines. A quick procedure, comprised of a few tiny injections of the purified protein, reduces the activity of the muscles that cause lines and wrinkles. Noticeable change appears within two weeks and can last up to four months.

Dr. Gandhi is an Allergan (manufacturer of Botox) approved injector and has received additional training and certification in advanced Botox techniques. Dr. Gandhi also has a gentle touch when injecting Botox and many clients comment on the minimal discomfort they experience.

### **Botox Therapeutic**

Botox can also be used for migraine treatments as well as excessive sweating (hyperhidrosis).

Cost of treatment is determined through consultation. Some insurance providers will cover Botox therapeutic treatments.

### **Dermal Fillers**

Price determined through consultation.

At Spa Lumina we offer a variety of dermal fillers that are composed of purified hyaluronic acid, a natural component of skin responsible for retaining lipid fat and water. By filling the skin with doses of hyaluronic acid it is possible to correct wrinkles and enhance areas of the face immediately. Lips, mouth, forehead and smile lines can all be treated with this procedure. Dr. Gandhi will advise you on your optimal options depending on your desired effects.

**Sclerotherapy** - per injection, quoted per area

## DOCTOR INFORMATION



Dr. Gandhi, a graduate of the University of Toronto Medical School, is a recipient of the Mary L. Cassidy Honour Award for a combination of academic excellence and significant extra curricular activities, as well as the Medical Society Honour Award. Dr. Gandhi's leadership skills were recognized by his preceptors, thus he was accorded the position of Chief Family Practice Resident.

For the last fourteen years, Dr. Gandhi has been practicing comprehensive family medicine in the town of Stayner, just south of Collingwood. He has spent three years on the medical staff executive of the Collingwood General and Marine Hospital. He also was honoured to serve a three year term as Chief of Family Practice. In 2004, he spear headed the Georgian Bay Family Health Network, the largest such network in all of Ontario. He is currently working closely with the Ministry of Health to establish a Family Health Team Network that will provide complete and encompassing care to the community.

With a keen interest in teaching, Dr. Gandhi has been part of the Rural Ontario Medical Program (ROMP) since 1995. He has taught numerous medical students at all stages of their careers. His dedication to the teaching program has been recognized with the appointments as Lecturer in Medicine (University of Toronto) and as an Assistant Clinical Professor (McMaster University). He has also received the Preceptor of the Year award handed out by ROMP.

During his many years of rural practice, Dr. Gandhi has treated a wide variety of dermatological conditions. His interest in this field led him to explore cosmetic laser treatments. He has worked alongside many great pioneers in the field of cosmetic medicine including Dr. Eliot Battle, a Harvard graduate and the co-founder of esthetic lasers. With his advanced training Dr. Gandhi has achieved recognition as a leading provider of cosmetic laser treatments in Simcoe County.

Dr. Gandhi is also a recognized clinical trainer and speaker for Cutera Inc. and is often asked to speak at various events in the field of cosmetic medicine. His expertise and professionalism has been instrumental in Spa Lumina achieving the honour of a Luminary partner with Cutera Inc. Dr. Gandhi is an Allergan approved provider of Botox treatments and is often commended on his "gentle touch" Botox injection techniques. He has also received training in Advanced Botox techniques by Allergan.

Dr. Gandhi, based on his extensive cosmetic laser experience and own clinical findings, discovered a need for cosmeceuticals that he could offer his own clients to augment and maintain their laser treatment results. By partnering with Zahra Skincare, Dr. Gandhi was able to personally select the ingredients he felt were needed in quality cosmeceutical skin care products. Zahra Skincare products play an integral role in the home care maintenance program recommended for post laser treatments at Spa Lumina.

## BODY CONTOURING & CELLULITE REDUCTION



Many people, even when they exercise regularly, will have stubborn areas of fat that simply will not go away. Common areas include the sides of the abdomen (love handles), the front of the abdomen, and in women in particular, hips and thighs. Body Contouring refers to using technology to remove fat from these areas and reduce the size of these unsightly regions of fat.

It is important to know that this is NOT a weight loss technique. For weight loss, you will have to eat less and exercise regularly. However, these techniques can provide a boost to people who are embarking on a journey of weight loss, and provide some positive reinforcement.

### VELASMOOTH

VelaSmooth™ is a medical device proven to safely and effectively reduce the appearance of cellulite and safely and effectively re-contour the skin's surface and body shape. Its launch marks a new era in the medical treatment of cellulite.

**\$ 150.00** per treatment  
**\$ 1200.00** per package of 10  
**\$ 1600.00** per package of 16

### MESOTHERAPY

Mesotherapy has been used in Europe for decades and has shown tremendous success, if used properly and with the right compounds. There are many different compounds that can be used. Dr. Gandhi has researched many of these, and has come up with a combination that is safe and effective. For effective results, most clients require 8-10 treatments per area.

**\$ 250.00** per treatment per area  
**\$ 600.00** per package of 3 per treatment area

## TO CONSIDER



### **ARRIVAL**

To maximize your perfect experience please arrive at least 15 minutes before your scheduled appointment time. This will allow a comfortable check in and ensure a complete treatment.

### **HAIR, MAKE-UP & JEWELLERY**

Make-up is either removed or may come off. You can always skip your make-up routine and then touch up after. You will want to remove all jewellery for services, or better yet leave it at home.

### **DRESSING & DISROBING**

Dress casually. During your treatment, your body will be professionally draped at all times except for those areas being worked on. Wear clothes you feel you can relax in.

### **TREAT YOURSELF**

If possible leave yourself plenty of time after your visit. Have a colleague take care of anything that may come up at work and delegate child care responsibilities.

### **SPEAK UP**

If you have questions, experience discomfort (eg. too much or too little pressure) or awkwardness at any point please speak with a staff member right away to ensure your extraordinary experience.

### **GIFT CERTIFICATES**

Remainders left on gift certificates can be used for home care products, on your next visit or as a gratuity. Additional information can be found on the back of your gift certificate.

All Gift Certificates/Gift Cards are Non-Refundable

### **HOME CARE PRODUCTS**

Our staff are highly trained in home care products associated with your services and will make recommendations so that you may receive the maximum results from your visit.

### **COMING BACK**

To guarantee availability for your next appointment, please schedule prior to leaving.