

HOW  
CHO<sup>to</sup>SE  
2015  
INSIDE

JANUARY 2015 | Frisco/Plano Edition

# LIVING<sup>TM</sup>


THE LOCAL GUIDE TO A VIBRANT LIFE.

**CHILDREN'S LEARNING ADVENTURE**  
Revolutionizing Preschool, Afterschool  
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Fresh, Fit  
*Living!*

**EXCELLENCE  
IN EDUCATION**

SPECIAL SECTION INSIDE

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What You Didn't  
Know About the  
Top 5 Women's  
Health Concerns

 **WAYS TO  
PREPARE FOR  
COSMETIC  
SURGERY**

**DESERT RENEWAL**  
REVIVE YOUR BODY AND  
MIND IN ARIZONA



# A Med Spa

A medical spa (a.k.a. med spa) is like a day spa but it operates under the careful supervision of a licensed healthcare professional and offers medically aesthetic procedures like Botox, facial fillers and laser treatments in addition to regular spa treatments such as massage therapy and facials. This is a great option if you'd rather get your lips plumped in the comfort of a relaxed, plush spa-like environment rather than a physician's office.

When choosing a med spa, there are three key points to keep in mind. According to Jamie Parrott, president of MedResults Network, a medical spa buying organization that represents thousands of medical spas, these should be reputation, qualifications and education.

Jamie suggests checking sites like Yelp and local listings to see what others are saying about a particular med spa and its staff and services. "A reputable spa should have a website and positive testimonials online," Jamie said. "If a med spa has numerous negative reviews, it might be worth looking elsewhere for services."

As far as qualifications go, this is a big one, so be sure to do your due diligence.

Just as you wouldn't go to a dentist to treat pain in your foot, you don't want an unqualified person injecting fillers or using laser treatments on your face or body. "If you're getting a medical procedure, verify who will be doing the procedure and that [he/she has] the proper training and credentials," Jamie said. "Never go to a med spa that doesn't have the appropriate staff to perform advanced procedures."

In November 2013, the Texas Medical Board adopted new rules for med spas requiring them to offer a free good faith exam/consultation by a physician or physician assistant prior to receiving medically cosmetic treatment by a nurse or trained aesthetician. This includes treatments such as Botox, injectables and FDA-approved laser devices (other than laser hair removal). The consultation is good for one year.

Regarding education, that's on you. Call ahead and find out everything you can to make the most educated decision about the med spa in question. Important questions to ask include

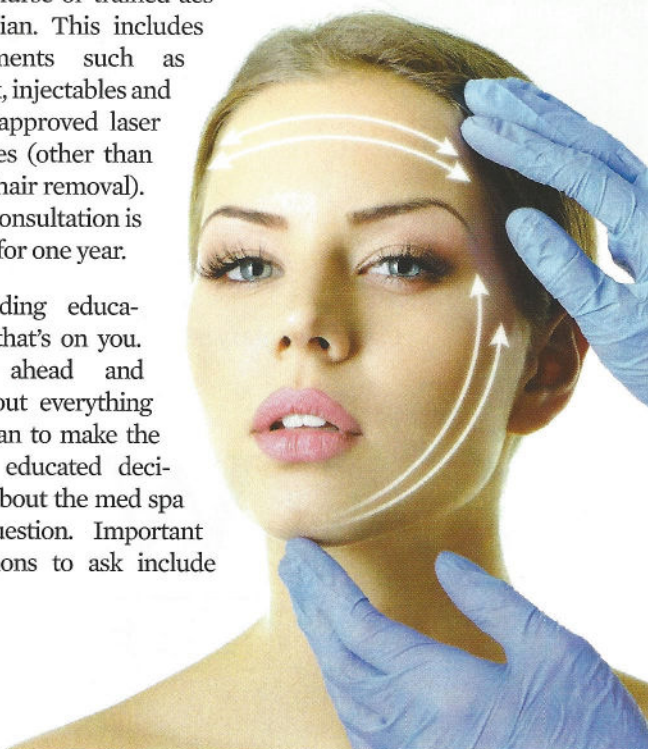
the following: How often is the doctor on-site? Who will perform the procedure and what is his/her experience in performing this procedure? What kind of equipment do you use and when did you buy it? What is the cost of the procedure? Will there be additional treatments or follow-up needed? "Ensure you have all the information you need prior to coming in or schedule an initial visit to the practice before you book," Jamie said. "You will be more satisfied if you have the right expectations going into the procedure/treatment." ///

## BUZZ

### Great Expectations

Maybe your best friend went in for just three photo facials that rid her forehead of some pesky brown spots or your aunt's sojourn to the med spa resulted in perfectly plumped lips and a smooth brow. Perhaps you're thinking you'll get the exact same results.

Wrong. Everyone is different and that means everyone responds differently to med-spa procedures and treatments. A good med spa will take time to evaluate you and provide the pros and cons to all your questions about the procedures you seek, including how many sessions might be necessary to achieve the results you want.







## Skin M.D. and Beyond Experience you can Trust

an interview with Fiona Wright M.D.

With all the advancements today in laser technology, doctors now have highly sophisticated tools with which to treat patients. This is especially true in the practice of aesthetics and dermatology. Dedicating her clinic solely to non-surgical and minimally invasive cosmetic enhancements, Dr. Wright offers many different types of lasers and procedures. Skin MD and Beyond excels in developing unique and successful treatments to integrate multiple modalities and get the results patients want.

*"Women are always reading about new procedures and they're calling us, looking for the next big thing. That's what makes cosmetic dermatology exciting and challenging. There is always something new! But, I also think people are overwhelmed with all the hype about new and different cosmetic procedures. My goal is to separate fact from fiction...what works from what doesn't."*

"Throughout my 19 year career in aesthetics, I've always been interested in learning the finer points of each new procedure and how to use them in combination, to get the best results." Dr. Wright remarks.

She continues to explain that selecting the right program for each patient is not a simple process or a "one machine fits all" answer. When consulting with your doctor, you should be able to review several options to help achieve your individual goals.

### EXPERIENCE MATTERS

In 2009, Dr. Wright was the first physician in North Texas to receive the coveted Black Diamond Status with Allergan, the makers of BOTOX and Juvederm. With over 1 million units of Botox she has injected, she still remains in the top 1% in the nation among physicians. With thousands of patients treated, her training, experience, and reputation are critical criteria for selecting a physician. Dr. Wright advises that when selecting a doctor be sure that they have done hundreds and hundreds of procedures that interest you. It is not enough for a doctor to say, "I've done that." You want to know how many times and for how many years.

Dr. Fiona Wright is one of Dallas-Fort Worth's most respected and sought after physicians in the field of aesthetic medicine. Her landmark Cosmetic Laser and Rejuvenation Center, Skin MD and Beyond, is one of the largest in North Texas, and home to many of Texas' A-List celebrities. Her clinic stands out in the DFW area as voters in Frisco and Plano voted it:

**Best Place for Botox**

**Best Spa**

**Best Med Spa**

**Best Laser Hair Removal**

**Best Aesthetician**

**Best Facial**



### Dr. Wright's Skincare Motto

*"As women age the loss of hormones causes a decline in collagen, elastin, and oil production. This leads to skin thinning, dryness and drooping of the face. Skincare products should be designed with antioxidants, nondrying cleansers and rich moisturizers, especially for menopausal skin."*

**Fiona Wright MD Skincare** was designed for women like you and me. This exclusive skincare line blends the science of medicine and leading edge dermatologic research with the beauty of nature and certified organic ingredients. The result is your solution to Repair, Nourish and Protect your Skin.



To see Dr. Wright Call:  
**SKIN MD and BEYOND**

6517 Preston Rd.  
Plano, TX 75024

**972-608-0808**

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



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