# The Benefits of Receiving Aesthetic and Wellness Services at a Medical Spa - CBLLA

**Order-ID: 14609553**

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A spa offers a range of services designed to improve the client's health and well-being. They typically offer such services as massages and facials. A medical spa can offer many of the same services, but it also offers treatments that require a doctor's supervision like Botox injections or laser skin resurfacing. While a regular spa emphasizes relaxation and pampering, a medical spa focuses on the results of the treatments offered.

**What is a medical spa?**
A medical spa is like a cross between a medical clinic and a regular spa. While they can offer some of the services found at regular spas like facials, they also offer services like laser treatments, laser hair removal, liposuction, the more aggressive chemical peels, and various types of injections like Botox. They can also offer wellness services like nutritional counseling or acupuncture.

A medical spa is owned and managed by a doctor. He will often be a dermatologist, plastic surgeon, internist or general practitioner. Although not all states require it, the people working at the spa should also be trained and licensed to perform the various services.

**What is medical esthetics or aesthetics?**
Medical aesthetics is a subspecialty of medicine involving non-surgical treatments for various anti-aging or cosmetic treatments of the face or body. They can involve the use of prescription skin creams or injectables like Botox. Other treatments can include fat removal, stretch mark removal, laser treatments or IPL rejuvenation. Medical aesthetics is typically practiced by a board certified plastic surgeon.

**What is a chemical peel?**
A chemical peel is a skin treatment that rejuvenates the skin by removing dead skin cells. The doctor applies a type of acid to the patient's skin. The acids used include alpha hydroxy acids (AHA), trichloroacetic acid (TCA), or phenol. They are used respectively for light, medium and deep chemical peels, which are distinguished by their effects and the length of the recovery time.

As might be guessed, a light peel is the mildest type, while a deep chemical peel is the strongest. A deep chemical peel can even remove some precancerous growths along with the lines and discolored skin the other peels can treat. While a regular spa can offer light or medium peels, only a medical spa or clinic will offer a deep peel.

A big advantage to getting a chemical peel at a medical spa is that the dermatologist onsite can offer advice as to which peels are best for the patient and their given skin problems. A doctor will also know which treatments work best for a given skin tone and which are least likely to cause such complications as infection or scarring.

**What kinds of injectables does a medical spa offer?**
A medical spa offers two main types of injectables: relaxers and fillers. Relaxers, like Botox, temporarily paralyze the facial muscles that cause wrinkles. Dermal fillers, such as Juvederm or Radiesse, fill in lines or creases, and they can also add volume to skin. Dermal fillers can therefore plump up thin lips or fill in hollow cheeks.

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