

CHEW ON THIS: MORE THAN 200 TRI-COUNTY DINING REVIEWS

# BOCA RATON FLA

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SOUTH FLORIDA AT ITS BEST

**5** SOUTH  
FLORIDIANS  
WHO CAN'T WAIT  
TO GO TO WORK

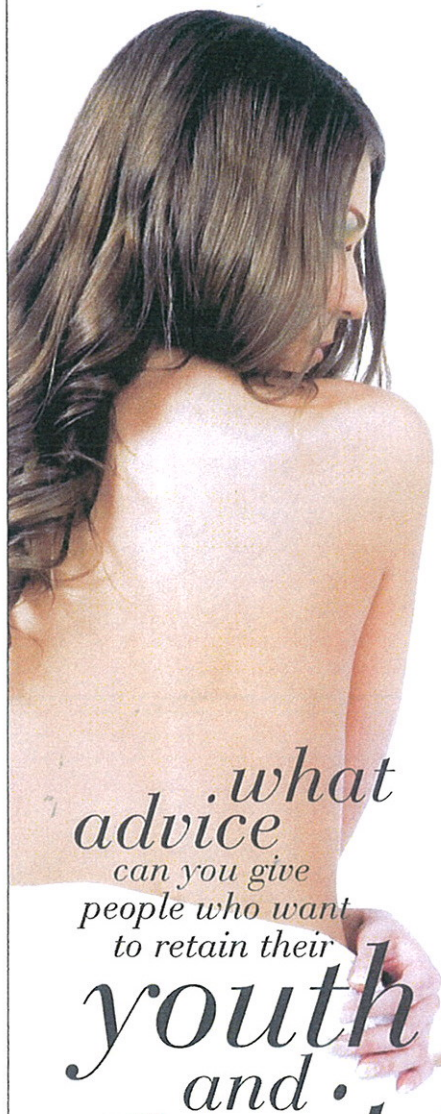
GOT BEER?  
TAPPING INTO  
BOCA'S BREW  
CULTURE

**FAU & LYNN**  
TAKE BOLD  
DIRECTIONS  
IN EDUCATION

LIVING  
**Color**  
**10**WAYS  
TO BRIGHTEN  
YOUR HOME

# MEDI-SPAS

THE LATEST TREND IN BODY BEAUTIFUL AND SELF-IMPROVEMENT IS JUST SHORT OF COSMETIC SURGERY—AND OFTEN CAN BE DONE ON YOUR LUNCH HOUR AT THE LOCAL MALL.



*...what  
advice  
can you give  
people who want  
to retain their  
youth  
and  
vitality?*



Although nothing beats an hour-long Swedish massage when it comes to sheer feel-good pampering, the newest trend in personal indulgence is the medi-spa, a quick way to pump you up, among other things.

John McKeon, director of operations for Radiance Med Spa in Palm Beach Gardens, thinks the trend is a natural outgrowth of the demand generated by people who aren't ready for cosmetic surgery but want to look better. "I think [the medi-spa] started when OB/GYNs, plastic surgeons and dermatologists started to see the need for it. So they started setting up these little medi-spas attached to their practices."

Medi-spas typically offer chemical peels, microdermabrasion, Botox, cosmetic "fillers" like Restylane—and an all-time favorite, laser hair removal. They are often in high-traffic areas, like malls and shopping centers, allowing customers both access and after-business-hours convenience. In fact, many customers pop in on their lunch hours or after work to get a 30-minute "injectable" or "photo facial."

At Sleek Medspa in the Town Center mall, customers range from college students to career women and active men who care about how they look—but may not want to go under the knife. People are coming in to get lips plumped up, acne smoothed out, hair removed and fat bulges "dissolved." Best of all, the medi-spa provides almost instant gratification. Erin Landry, Sleek Medspa center manager, says the trend has intensified in part because everyone "wants to look like models."

"Everyone wants younger—especially in Boca," she says. "Tighter, younger, firmer, smoother."



"At least eight hours of sleep a night. And drink lots of water—stay hydrated. A positive attitude always helps; you are only as old as you feel."

—Erin Lucas, director,  
Wilhelmina Models,  
Miami Beach



"Be young in thoughts and deeds. Be easy on yourself and others. Individualize your diet, and see your physician for checkups. Not enough can be said for regular physical activity—40 minutes a day. Always have an avocation; respect your loved ones. And wear your seat belt."

—Dr. Richard Levine,  
internal medicine and  
geriatrics, Boca Raton  
Community Hospital



"The key is to be able to have a sense of alignment without interference in the body, mind and emotions. Yoga will remove chronic tension through bioenergetics; on the emotional level, it will help release the energies and emotions trapped inside, and it will stabilize the mind through meditation."

—Brian Sheen, executive  
director, Quantum Healing  
Center, Delray Beach