

ask the editors

“Feeling comfortable is key when enjoying a spa, so whether or not you take it all off in the steam, sauna, and Jacuzzi is often up to you, but check with the spa’s reception first.”

How can I determine if the new medical spa in my town is reputable?

This is a case in which heeding the adage “buyer beware” is of paramount importance. “To ensure the safety of clients, we encourage them to ask as many questions as possible,” says Hannelore Leavy, executive director of The International Medical Spa Association. “Before committing to any procedure, get a full scope of the management and staff,” she suggests, and this requires some legwork. Steps to follow, according to Leavy, include touring the facility to check its cleanliness; making sure the medical director is a doctor (a preliminary consultation with him or her is a must); ascertaining whether the medical licensing and certification of personnel matches the treatment they will be administering; asking how often they perform your desired service; and discussing possible complications and the steps that will be taken should a problem occur. Don’t forget to research the doctor online (try healthgrades.com) to ensure their qualifications and experience match up to their marketing. Once you feel all of these factors have been addressed to your satisfaction, try booking a low-risk procedure. Leavy recommends starting with a microdermabrasion treatment. “It will provide proof of the efficiency and training of the estheticians,” she says. Consider it an audition for your new medical spa.