

The Best of Both Worlds

Meeting your skin's needs at a medical spa



A range of products, including gloMinerals makeup, is available.



The heated beds are one of the spa-like features at Oculus Skin Care Centre.



A VISIA skin care analysis reveals and grades problems from hyperpigmentation to wrinkles.

These days, “hybrid” is quite the buzz word. As our society becomes increasingly more aware of preserving the environment and improving our air conditions, hybrid vehicles are a way everyone can pitch in and do their part. However, with no offense to Mother Nature, it's another kind of hybrid that has caught my eye: the medical spa. The perfect cross between a relaxing spa oasis and an effective but perhaps clinical doctor's office environment, the medical spa is backed by a physician and offers a menu of medical-grade procedures coupled with some more traditional spa treatments in an environment that commands authority, yet is still relaxing.

Oculus Skin Care Centre in Dunwoody offers an extensive menu of treatments including chemical peels, laser treatments, LED light treatments, injectibles and fillers, and massages and facials. Curious about the condition of my skin, especially under the surface, I checked in for a visit. Upon my arrival, I received a full complexion assessment via the VISIA digital skin analysis unit. During this complimentary analysis, a simple image is taken of the face using multi-spectral imaging to record and measure both surface and subsurface skin conditions. A quick flash of light, and then I had a detailed evaluation of six facial elements: pores, wrinkles, spots (brown or red, including acne scars, hyperpigmentation and small blood vessels), texture, porphyrins (bacteria buildup) and UV spots. Each screen shows problem areas and gives a percentile score based upon others in the same age, gender and skin type. With this information, the esthetician can then recommend the procedure or treatment plan that would best suit each individual's needs. At the end of the treatment, another visit to the VISIA reveals some immediate improvements, while a VISIA analysis at

each subsequent visit during your prescribed treatment plan charts your face's progress.

Based upon my skin's needs, I prepared for the spa's Vitalize Peel, which is a light retinol peel used to treat pigmented skin and reveals better skin tone and texture. Although getting the peel is not exactly a relaxing experience, the treatment is performed in a spa-like room complete with a heated bed and soft linens. Like many peels, after 36 hours, the top layer of my skin began to slough away to reveal perky, healthy skin, and the results only increase with subsequent peels (at least two peels are recommended, and typically it takes more for a full range of treatment).

One truly appealing aspect to Oculus is the à la carte-style menu. Since no two people's faces and bodies are identical, offering “mix and match” treatments ensures that each person will receive the precise care for his or her specific needs. The spa also has a nutritionist on hand who offers consultations and guidance for a complete healthy lifestyle routine including food, supplement skin care products and, of course, Oculus treatment recommendations.

Oculus also carries a full range of products from various lines including Jan Marini, gloMinerals makeup and a customized Oculus line of skin care products.

So leave behind the impersonal doctor's office and the fluff-but-no-gain spa, and get with the times: Today, it's all about the hybrid. —Emily L. Foley

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