

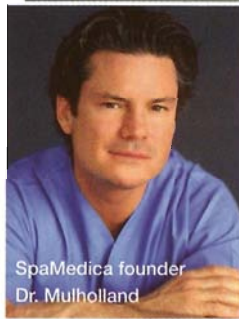
When you want more than a facial but aren't ready for the scalpel, check out T.O.'s top spots for beauty work *By Karen Kwan*

surface **appeal**

Once kept private as an embarrassing secret, going for Botox, wrinkle fillers and laser skin treatments is now becoming the talked-about norm. From medical spas to clinics, the number of facilities in Toronto offering noninvasive and minimally invasive (anything involving a needle) procedures has exploded, thanks to the growing demand for youthful beauty maintenance sans surgery and the technological advancements in the field. A word to the wise: if you're a medspa virgin, don't expect it to be like a relaxing trip to a day spa. These treatments focus on the cosmetic outcome, not on pampering, and involve some degree of discomfort, from the bright-red flashes of light during an intense-pulsed light treatment to the strong smell of a chemical peel. You may not enjoy your visit, but the results are worth it. Here are *FLARE's* picks of Toronto's medical spas and clinics.

SpaMedica Infinite Vitality Clinics

A pioneer of the medspa concept, cosmetic plastic surgeon Dr. Stephen Mulholland has been at the forefront of developing innovative treatments. His surgical practice is his focus these days, but he trains and oversees a team of dermatologists, nurses and medical estheticians who handle the noninvasive procedures offered at the SpaMedica Infinite Vitality Clinics, launched in 2003 downstairs from SpaMedica's surgical facilities on Avenue Road. At the newest outpost, at First Canadian Place, financial-district employees have easy access to the very same procedures as midtown clients, along with leg vein and skin-tightening ReFirme treatments. At both locations, Dr. Mulholland's patented Pan G face-lift remains a popular choice; it's a noninvasive alternative that uses high-voltage electrical current, high-frequency ultrasound and radio-frequency energy for face-lift-like results. **66 Avenue Rd., Ste. 4, (416) 922-2868; 100 King St. W., Ste. 2500, (416) 644-0050, www.spamedica.com.**



SpaMedica founder
Dr. Mulholland

gical eye lift with his wife, New York-based dermatologist Dr. Lisa Airan (it's Dr. Airan who's the go-to gal for NYC socialites, too). More than two years ago, though, Dr. Born brought skin-care therapist Noah Kiani onboard. You can expect a strict post-treatment at-home regimen from Kiani that gets results. "Within two treatments, I've often been able to provide the results [patients] were looking for—not only correcting superficial damage but also improving the quality of their skin." For those times you can't risk post-microdermabrasion redness, Dr. Born's Vibraderm treatment uses stainless-steel paddles, instead of the more common spray of crystals, to gently slough off skin. The result? Zero irritation, just one glowing complexion. **199 Avenue Rd., (416) 921-7546, <http://skincare.drborn.ca>.**

East meets West at Skin Medical Spa; (below) power couple Dr. Born and Dr. Airan



Dr. Trevor Born

Cosmetic plastic surgeon Dr. Born is perhaps best known for creating the nonsur-

True MediSpa

After bumping into each other at the New You Show in Toronto (the biggest cosmetic-enhancement consumer trade show in North America) a few years ago and realiz- ▶▶

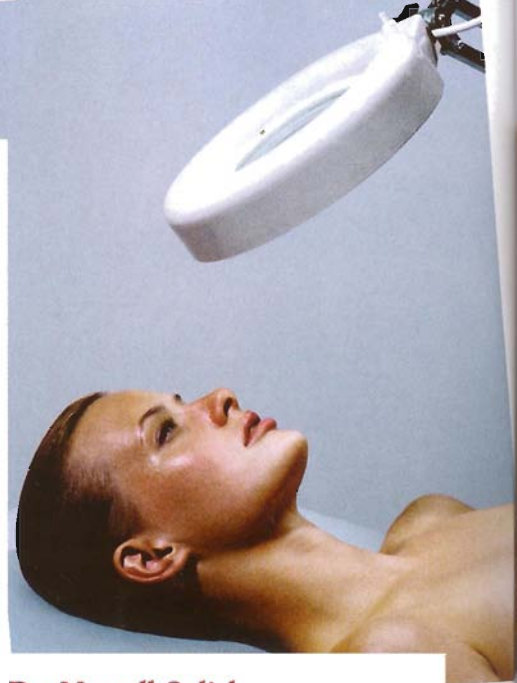
ing they shared the same vision—a small medspa in a cozy neighbourhood—childhood friends Dr. Romy Saibil and Dr. Francine Gerstein opened True MediSpa in June 2005. Two estheticians handle laser hair removal, photorejuvenation, chemical peels and microdermabrasion, while Dr. Saibil and Dr. Gerstein personally handle all of the Botox, vein treatments and filler injections. Look no further than the two youthful thirty-something doctors for evidence of their work—each admits to doing her own Botox and performing filler injections on the other. **1942 Avenue Rd., (416) 780-1100, www.truemedispa.com.**

Gidon Aesthetics and MediSpa

Several generations of families have been treated by Dr. Martie Gidon, who has 20-plus years of experience in dermatology. At her midtown office, Dr. Gidon treats dermatology patients with state-of-the-art technology, such as Fraxel laser treatments, which smooths fine lines and wrinkles and fades sunspots, acne scars and pigmentation with very little down-

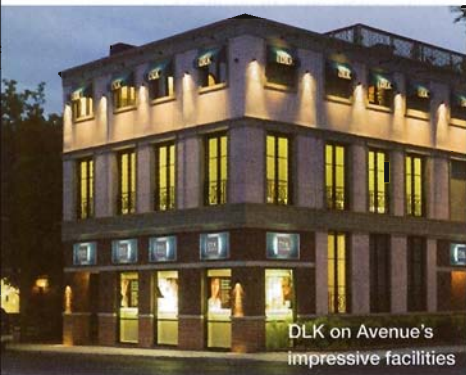
clinic in August 2005. She insists on seeing every patient so she can create a personalized treatment program that takes your budget and comfort level into consideration. Although the clinic offers everything from laser hair removal to injectables, Dr. Kellett is the one Hollywood calls for subtly full lips. But it's not Dr. Kellett's lip-plumping prowess that she's most proud of these days; it's her new high-tech toy, UltraShape. Once approved by Health Canada (it's pending approval this spring), Dr. Kellett will be the first in North America to use its focused ultrasound waves to literally melt fat in those oh-so-stubborn areas, such as your hips, stomach, thighs and derrière. **108 Avenue Rd., (416) 440-2597, www.dlkonavenue.com.**

Skin Medical Spa The Harbourfront Health & Wellness Centre's Skin Medical Spa brings together ayurvedic and Western medicines and draws on the expertise of a team of 15 medical practitioners, including dermatologist Dr. S.N. Gupta, four general practitioners and a

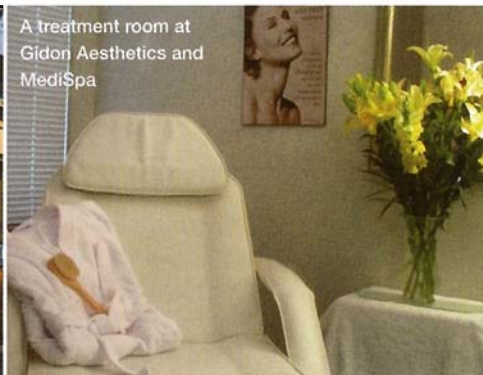


Dr. Nowell Solish When cosmetic dermatologist Dr. Nowell Solish is not working on the sun-care program at Women's College Hospital, you can find him in Yorkville at the centre he launched in September. The centre offers medspa mainstays such as chemical peels and microdermabrasion, but Dr. Solish is most known for his work with Botox and injectable fillers. In fact, he's regularly called upon to conduct clinical trials on new injectables before they hit the market. And, even better for all of his patients, if faced with medical issues that even his office's cutting-edge tools can't treat, Dr. Solish has access to Women's College Hospital's super-advanced pricey machines, such as the \$200,000 Gemini, which can tackle even the most stubborn of blood vessels. **66 Avenue Rd., (416) 964-8888, www.solish.com.**

Madison Clinic Dr. Vera Madison is renovating her midtown clinic this summer but, lucky for her patients, there won't be any interruption to their Botox, filler or laser treatments. This general practitioner is one of the few in the city offering Syneron's skin-tightening ReFirme treatment, which uses bipolar radio frequency and infrared energy to heat the skin up to four millimeters below the dermis to stimulate collagen production. It can even be used to reduce the extra-puffy skin around your eyes and, after a few treatments, wrinkles and slack, saggy skin. **21 Imperial St., (416) 944-8296, www.madisonclinic.com.** ■



DLK on Avenue's impressive facilities



A treatment room at Gidon Aesthetics and MediSpa

time. For spa treatments, Dr. Gidon's estheticians offer a wide range, including a Green Coffee Cellulite Wrap (a purifying treatment that leaves a silky skin tone). Every patient also receives a Visia Complexion Analysis System report, which uses a digital photo of your face to measure wrinkles, evenness, pores, pigmentation and UV damage, and compares it to others of the same sex, age and skin type. **1849 Yonge St., Ste. 307, (416) 483-4541, www.gidonaesthetics.com.**

DLK on Avenue Dr. Lisa Kellett opened her four-storey DLK on Avenue

naturopath. Founded by Nitasha Sarin last year, the medical spa examines you first from the inside: patients complete a 90-question nutritional skin assessment, which generates a report on how to improve your skin with changes to your diet and lifestyle. After a consultation, a medical skin therapist creates a custom treatment program, which may include Western practices (services range from intense-pulsed light treatments to chemical peels) in tandem with Eastern ayurvedic all-natural treatments determined by your dosha. **8 York St., Ste. 4, (416) 366-7546, www.skinmedspa.ca.**