



Destinations

The Doctor is in at the Spa

Long gone are the days when going to see the doctor meant waiting for an hour or more in a sterile white room facing a glass window, behind which various people with white coats could be seen moving about. Of course, we had no alternatives in order to consult with the doctor of our choice. Certainly, this was not considered a destination for an evening or weekend trip!

Times have changed. The advent of the medical spa has brought luxury and relaxation to the spa setting. A medical spa differs from your ordinary spa or salon in that a doctor oversees all procedures at the spa and even performs many. This ensures that the highest level of care be delivered and also allows prescription-grade treatments to be available at the spa, which typically are much more effective but require the expertise of a medical doctor.

High-end medical spas have been limited to such luxury markets as Manhattan's Upper East Side or SoHo neighborhoods, but now are becoming increasingly popular in more suburban settings. Acclaimed plastic and reconstructive surgeon, Charles K. Herman, M.D., Director of Plastic Surgery at Pocono Health Systems in PA and Assistant Clinical Professor of Plastic Surgery at Albert Einstein College of Medicine in NYC, has brought the doctor-run spa concept from Fifth Avenue in Manhattan to the Poconos. Earlier this year, Dr. Herman teamed up with skin care expert Dr. Joseph Galitzin to create the Skin Care Center at Fifth Avenue, on Manhattan's famous museum mile of Fifth Avenue. He has brought this level of service to the Poconos, collaborating with Pocono Medical Center to create the Medical Spa at Pocono Plastic Surgery, in East Stroudsburg, PA, and with Pure Day Spa in Stroudsburg, PA.

Services offered at the medical spa include medical-grade facials, chemical peels, Botox®, Restylane®, Perlane®, a complete line of medical-grade skin creams, laser hair removal, laser skin resurfacing, and laser treatment for irregularities in the skin, including small blood vessels and blemishes. Dr. Herman says, "Despite the slowing economy and some decreases seen in major elective cosmetic surgeries, such as facelifts, these types of procedures have demonstrated consistent increases in popularity, with Botox treatments increasing 13% and fillers such as Restylane increasing 35% in the past year." The experience at Pure Day Spa is even more comprehensive. While waiting for your Botox treatment from the plastic surgeon, you can have a relaxing manicure, pedicure, and massage. With destinations like these, perhaps we don't need apples any more to keep the doctor away?

Medical Spa at Pocono Plastic Surgery

100 Plaza Court, Suite C
East Stroudsburg, PA 18301
(570) 420-6220

Pure Day Spa

770 Main Street
Stroudsburg, PA 18360
(570) 420-1818

Skin Care Center at Fifth Avenue

988 Fifth Avenue
New York, NY 10021
(212) 249-7000