

Answers To Your Questions

Each week in the office, I notice recurring themes of questions. As a medical spa is a relatively new way to receive medical care, I'd like to take the time to answer the most frequently asked questions.



Q: *Will it hurt?*

A Most patients experience minimal discomfort. I tell my patients that everyone has a different pain threshold. A procedure that seems painless to one person may bother someone else more. If pain is something you're worried about, ask about the discomfort before receiving treatment. You can see how a chemical feels on your skin, or a test area will show how a procedure might feel to you.

Q: *Whom should I tip, and how much?*

A Generally, you should tip an aesthetician or massage therapist between 10 and 15% of the cost of your procedure. If you're in a physician's office, a tip is not expected, but \$10 to \$15 is appreciated by a physician's assistant or other paramedical professional. The doctor is not tipped.

Q: *How much will it cost?*

A The cost depends on the procedure done and, in the case of Botox™ and facial fillers, how much is needed. Here are some guidelines:

-Botox™ ranges from \$250 to \$750, depending on the number of areas addressed and the amount of wrinkling in each area. You may want to smooth only the lines between your brows, or you may want your entire forehead and crow's feet treated. Results from Botox™ last about three months.

-Facial fillers, such as Restylane™, run from \$600 to \$1500, again depending on how much filler is required. You can expect the filler to last at least seven months.

-Laser skin rejuvenation runs between \$1000 and \$5000, depending on the areas involved and the amount of texture, tone, and tightness that need correction.

-Non-medical treatments, such as a chemical peel or microderm abrasion, cost from \$60 to \$100.

-Acne treatments generally cost between \$1200 and \$1500, including medical treatment and topically applied products.

-Hair removal ranges from \$15 for a simple waxing to \$2500 for permanent laser removal of a man's back hair or a woman's legs. Most permanent hair reduction costs less than \$1000.

Look in a mirror and think about what bothers you most about your appearance. Is it the texture of your skin? The uneven color you see? Or are there lines or sagging that draw your attention? How you look is important to your self-esteem and the image you project – you can look good for the age you are.

There are many areas of your appearance that can be improved. Most people have a comfort zone in terms of cost for self-grooming such as clothes, skin care, and hair. Consider deciding on a budget for medical skin care. If you are able to afford everything you want, go for it! If not, pace yourself. The medical products on the market will be there for you as you can afford them. Many people already have a budget for doing their hair and nails. Having a budget for your skin is another way you can do something for yourself. You deserve it!

Article submitted by Carol Clinton, MD