

Dr. Amy Miller from St. Louis Skin Solutions Offers Tips for Choosing the Right Medical Spa

With endless choices and medical spas popping up everywhere, how can you make the right decision? Dr. Amy Miller of St. Louis Skin Solutions has been practicing non traditional dermatology along side the use of lasers for over 5 years, and she has some expert advice and tips to help make the decision easier.

St. Louis, MO (PRWEB) September 14, 2006 -- There seem to be hundreds of choices now for lipodissolve, Botox, laser treatments, and other skin care needs. The choices seem to be endless. How can you ensure the right decision is made?

Doctor Amy Miller, a professional in the field of laser aesthetics and non traditional dermatology for over 5 years, has some tips for finding the perfect fit in medical spas and offices:

- Verify the office or medical spa has experience
- Check the credentials of the practitioners
- Confirm there is a doctor on site (too insure the best of care)
- Research the lasers, products, and therapies (become an expert)
- Don't rely only on prices to make your decision
- Ask questions (there are never to many questions when it comes to your skin's health)
- Be comfortable with the staff and environment

With so many places offering lipodissolve, Botox, fillers, laser treatments and other skin care needs, it is easy to become overwhelmed. Verify the office or medical spa has been around and the practitioners are experienced. For example: Dr. Miller is the first Doctor in St. Louis to be Board Certified in Mesotherapy. She is also a member of many National Societies such as The American Society for Laser Medicine and Surgery.

Dr. Miller suggests doing a lot of research; call around and ask as many questions as possible. If the company is franchised, do they have a choice of the products, lasers, etc. used in the office? For instance, if a company is owned by a laser company, they may only have the option to carry that particular laser. Does the company have the right laser for your skin type? For instance, for darker complexions and tan skin the chances for being burnt are greater if the proper laser is not available.

Obviously not all skin centers are the same. Another good thing to check is if there is a doctor on site, to insure the best of care. It is also very important that you are comfortable with the doctor, staff and environment at the office or medical spa you go to. "Feeling welcomed is important," says Dr. Miller, who also recommends visiting offices, to get a feel for the staff and environment.

Doctor Miller said, "The skin is the largest organ on the body and you should know who is helping you take care of it." She and her staff pride themselves in being a small and personal place where you feel like you are at home, as any doctor should.

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