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Not Your Average Healthcare

DISCOVER LOCAL MED SPA LUMINA



A *waterfall fountain* in the waiting area; walls painted soothing *shades of cream, mustard yellow, and sage green*. *Soft music* and lighting, luxurious leather waiting-room seats, and bounteous arrangements of *fresh flowers*.

If you're thinking this sounds more like a spa than a gynecologist's office, you're half right. This is Lumina, the practice of Nancy Carlson Fisher, MD, in South Burlington, and it combines traditional women's healthcare with cosmetic and aesthetic services in what is known as a "med spa." ▶

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At Lumina, gynecological services are offered alongside such aesthetic treatments as laser hair and vein removal, liposuction, sun spot removal, microdermabrasion, and chemical peels and facials. A nutritionist and a Chinese herbalist/acupuncturist are also on site—all of which adds up to what is virtually one-stop healthcare for women.

What's a Med Spa?

The med spa concept is not new—in fact, med spas are common in larger metropolitan areas such as Boston and New York—but in Chittenden County they are relatively rare, and use of the term varies everywhere. Some physicians' offices that provide only Botox and fillers as supplements to medical treatment bill themselves as med spas. At the other end of the spectrum, explains Dr. Fisher, there are med spas across the country where people go for evaluations that include X-rays, blood work, and a host of other tests. Lumina falls somewhere in between.

"A true med spa offers medical services in addition to complementary treatments," says Dr. Fisher. "It really is a more comprehensive approach, where medical as well as other services that promote health and well-being are offered."

Dr. Fisher's practice evolved organically. She is a board-certified obstetrician/gynecologist who has been providing women's healthcare in Vermont since 1990. She opened her own practice in 2003, and

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Above: Lumina offers Jane Iredale Mineral Cosmetics and makeup consultations for weddings and the media. Below: Dr. Fisher offers comprehensive women's healthcare at Lumina.

by the following year, she was offering laser hair and vein removal to her patients. At that time, although it was not uncommon for gynecologists elsewhere to include such services in their practices, not many in northern Vermont were doing so.

"I would find that my patients were asking me, 'Could you take care of this sunspot?' or they would have questions





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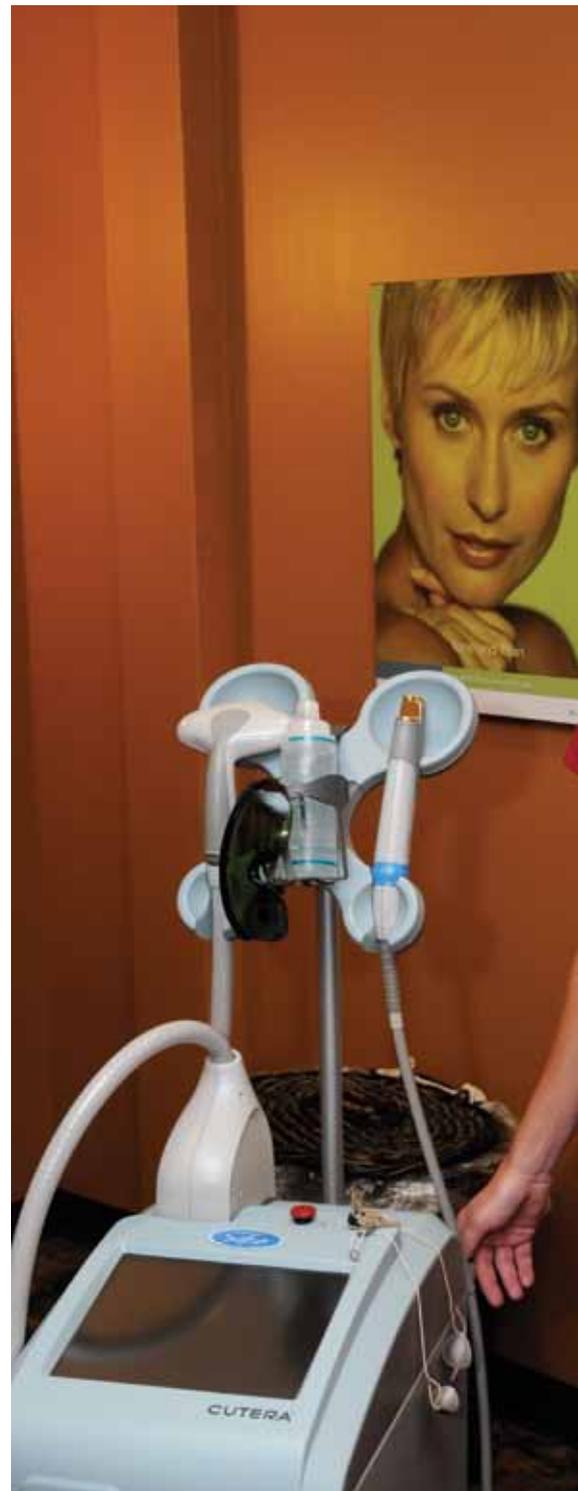
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about other aesthetic issues,” Dr. Fisher says. “Once I had 20 or 30 people asking the same question, I would add that service to what I already offered. I slowly built the aesthetic side of the practice that way.”

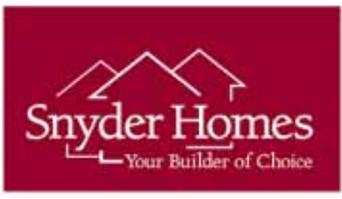
Traditional & Holistic Services

Dr. Fisher had been sharing an office with another physician, but as her practice grew, so did her need for additional space. In January 2009, she moved to a new location at 1775 Williston Road. The new office also allowed Dr. Fisher to establish a more spa-like setting for the practice.



Lumina offers a wide variety of laser and skin rejuvenation services.

“Moving into a different type of space allowed me to expand a little bit on both sides of the practice—the health side and the aesthetic side,” she says. For example, there is more room for laser and light services—including XEO IPL, which uses gentle pulses of light to remove sun spots and pigmented lesions. Dr. Fisher was also able to add two aestheticians to the practice. Lori Barlow and Debra Clark provide





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Lumina offers a wide range of products focusing on antiaging and sun damage prevention.

facials, peels, microdermabrasion, and product and make-up consultations.

“Deb’s and Lori’s services work synergistically with all of the procedures I perform. Good skin care is important, and patients have the option to see Deb or Lori without getting any laser services.”

In addition, the new office allowed more space for complementary health offerings. These now include Chinese medicine and acupuncture, provided by Holly Thompson, LAC, and holistic nutrition and lifestyle counseling, provided by Che Schreiner, CHHC. In addition, Lisa Kelley, a certified nurse midwife and nurse practitioner, assists Dr. Fisher with gynecology patients and also sees her own.

Addressing Skin Conditions

Dr. Fisher is careful to point out that the aesthetic services are not a replacement for a visit to a dermatologist. Although she routinely does a complete skin check on her gynecological patients when they come in for an annual exam, if she sees anything that requires further diagnosis, she refers them to a dermatologist. The same is true of those who visit the cosmetic side of the practice.

“In my gynecology practice, I treat a lot of benign dermatologic conditions in women. That’s always been a very active part of my practice—for example, treating acne and rosacea with antibiotics or topical agents. So having the laser and light-based procedures available gives me another tool to treat skin conditions. Also, I see many peri- and postmenopausal women who are dealing with skin changes related to aging. Having services and products that reverse signs of aging has been helpful for these women.”

Dr. Fisher has used lasers since her residency in 1986. She is certified to use the YAG laser, as is one of her on-staff aestheticians. However, Dr. Fisher does the bulk of the laser and light-based procedures, in the interest of keeping Lumina’s work consistent.



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“When you’re doing skin tightening and skin rejuvenation, it’s important to do it the same way each time to get the results you want,” she explains.

Lumina welcomes men, too. Some of the more popular offerings include hair removal, Botox, facials, and peels, but any of Lumina’s relevant cosmetic options are available to men. Dr. Fisher has noted an increase of late in the number of men coming to the practice.

Groups of up to 20 women are invited to schedule evening and weekend sessions to discuss the many offerings on the practice’s cosmetic services menu or to receive Botox treatments together.

In light of its relaxing setting and many wellness-related offerings, it’s perhaps no surprise that Lumina’s slogan is “Changing the way a woman sees the doctor.”

Detailed information about the staff and services available at Lumina, including links for further reading on treatments, can be found at www.nancyfishermd.com.

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