

publisher's note



Linda Belha, founder of Hayes Valley Medical Esthetics

rigorous selection process ensures that only the most highly qualified and respected physicians receive this esteemed recognition. We're thrilled to showcase these incredible doctors and their commitment to excellence in healthcare.

I also hope you'll check out our story on Linda Belha and Hayes Valley Medical Esthetics ("Skin Deep"), my favorite medical spa in San Francisco (and Marin). At HVME, you'll find the most advanced cosmetic treatment options, from Botox to LED light therapy to various microneedling options. My recommendation is the DiamondGlow facial—nothing will make you feel more ready for a big night out. Focusing on ultra-hydration, clarification, or brightening results, HVME's expert staff of estheticians will customize a combination of treatments specifically for you.

Another company I highly recommend for reaching your wellness goals is Mary Modern, a chic and new San Francisco-based cannabis boutique designed specifically for women's needs. Their vision is "a world in which everyone is empowered to choose their own path to wellness without fear or barriers." How can we not get behind that? Offering a range of high-quality cannabis products designed to promote relaxation and well-being, along with its policy on inclusiveness and support of women



them so often.

In addition to these notable examples of incorporating wellness into your everyday life, we also offer some fantastic inside looks into the most luxurious wellness destinations in the world. Our backyard has endless indulgent escapes, from the iconic Ritz Carlton in Half Moon Bay to the tranquil Stanly Ranch in Napa Valley.

Thank you for reading, and we look forward to providing you with the latest and greatest on health and wellness in the San Francisco Bay Area.

Enjoy the issue!



Autumn O'Keefe
Publisher
aokeefe@modernluxury.com

To Your Health!

As we navigate the challenges of the modern world, it's becoming increasingly clear that our health and wellness should be our top priority. That's why I'm excited about this issue. We feature valuable health and wellness content, from the annual

Castle Connolly Top Doctors section to the latest cosmetic treatments to the best luxury wellness destinations.

Castle Connolly is one of the most prestigious organizations that recognizes the best doctors in the United States. Its

Skin Deep

LINDA BEHLA, THE FOUNDER OF HAYES VALLEY MEDICAL & ESTHETICS, PROVIDES THE LOWDOWN ON SKINCARE FOR SUMMER AND BEYOND. BY MICHAEL MCCARTHY



Linda Behla, RN, who has spent more than two decades as a skincare expert, founded Hayes Valley Medical & Esthetics (hayesvalleymed.com) in 2014. The practice now has locations in San Francisco and Marin, and it offers an array of high-quality services under the medical supervision of Yngvar A. Hvistendahl, MD, a board-certified plastic surgeon. We sat down with Behla to discuss her team's role in keeping the Bay Area looking great.

What do your complimentary consultations entail?

The initial consultation is one of the most important parts of your aesthetic journey. Our expert practitioners will provide you with a complimentary consultation to understand what's important to you, look at your genetic makeup, discuss your daily routine, then, together, create a personalized skincare plan and regimen that suits your needs, expectations and lifestyle.

What should everyone consider when it comes to skin treatments heading into spring and summer?

Don't skip the basics: Every age and skin type needs a good daily routine of vitamin C, retinol, hydrator and sunscreen to minimize the signs of aging.

If you want to step up your game, look at three important breakthroughs for skincare that include growth factors, peptides and exosomes. These topical treatments all support the repair of skin that's damaged as a result of aging or various external and internal factors.

Exosomes take this even a step further to actually stimulate cell regeneration and significantly boost collagen. An expert tip: Combining the power of exosomes with laser treatments provides optimal results and a quicker recovery time.

What's one newer skin treatment offered by your team that you're particularly excited about?

AgeJET plasma technology is the next-generation skin regeneration

treatment, which uses plasma to treat targeted areas and stimulates collagen formation and accelerating circulation. One treatment dramatically improves tone, texture and skin laxity on the face, décolletage, neck, hands and other body areas.

What is an essential preventative measure that often gets overlooked?

Preventative Botox. Typically, people start to consider Botox once their fine lines and wrinkles begin to deepen and become more noticeable. Meanwhile, preventative Botox is successfully used before the onset of wrinkles to prevent them from forming in the first place. Sculptra, a natural alternative to dermal filler, is an absolute favorite of mine.

Your practice also offers a range of body-toning, or contouring, services. Which ones do your clients typically rave about the most?

CoolSculpting ELITE is a nonsurgical procedure that permanently destroys subcutaneous fat cells by freezing them away. Results are significant—20% to 25% fat destruction in the targeted area in one full-treatment cycle.

Emsculpt uses high-intensity electromagnetic therapy to trigger hundreds of fast-muscle contractions per minute to grow new muscle fibers, building muscle size and strength. You'd need to do 20,000 situps or squats to equal the muscle-building results of one Emsculpt session.

Finally, Ultimate Contour is our most requested body treatment and the newest tool in our arsenal for body contouring; it uses a combination of ultrasound and radio-frequency energy to cause a reduction in fat and circumference, skin tightening and a temporary lessening in the appearance of cellulite. It's the only FDA-cleared low-frequency ultrasound and radio-frequency device that provides painless, immediate results. Patients can lose up to an inch or more in waist circumference on their first visit—and more with time and additional treatments.