

## SOUTHTOWNS MEDI SPA

Southtowns Medi Spa is the premier location for aesthetic services, anti-aging treatment, and laser therapy, here in Orchard Park, NY.

Medical director Dr. Kenneth Guth has practiced in internal medicine for 26 years and is a partner at Southtowns Internal Medicine.

Dr. Guth personally evaluates each patient and discusses various products that are available to provide the desired results. To provide a comfortable experience Dr. Guth employs topical and injectable anesthetics when necessary. His goal is to deliver natural-looking, never overdone, results. Since 2008 Dr. Guth has provided anti-aging and skin tightening services through the application of injectables such as Dysport, Restylane, and Perlane.



**Dysport** is a Botox-like product which reduces moderate to severe wrinkles such as frown lines, forehead lines, and crow's feet.

**Restylane** and **Perlane** are dermal fillers which add volume and fullness to the face and lips.

Over the past 7 years Dr. Guth has expanded his offerings to include Zerona and Pellevé.

**Zerona**, often described as “laser liposuction”, is the first FDA-approved cold laser body contouring procedure,

**Pellevé** promotes skin tightening by using radiofrequency energy to stimulate collagen growth.

Southtowns Medi Spa also offers and Palomar laser treatments for a hair removal and treatment of sun damage, rosacea, scars and age related skin changes.



Southtowns Medi Spa patients benefit from the services of licensed aesthetician Lydia Laboy, and licensed massage therapist Donna Bridges.

Lydia Laboy is a licensed aesthetician and skin care specialist with over 9 years of experience in the aesthetics industry. She is a qualified laser technician trained for skin tightening and rejuvenation treatments, pulsed-light photo facials, and laser hair removal.

Lydia graduated from the Continental School of Beauty cosmetology school located in West Seneca, NY. She also has certificates in training through Dermatologic, Pevonia, SkinMedica, and Obagi, and has attended several training workshops on product knowledge.

Lydia is dedicated to each client's satisfaction, and will make you feel informed, relaxed, and welcome. She educates her clients on product knowledge and develops a customized treatment plan for each individual, offering the latest in facial aesthetics to give her clients the look of good health.

Lydia believes that each client should be treated as the only client when they are enjoying Southtowns Medi Spa services. You will always find a smile on her face to welcome you.

Donna Bridges, licensed massage therapist, is a 2003 graduate of Trocaire College in Buffalo, NY. She has honed her massage therapy skills in a variety of settings including spas, a hospital massage clinic and a chiropractic office. At Southtowns Medi Spa she offers therapeutic, relaxation, hot stone, and prenatal massages, in a tranquil environment. Benefits of massage therapy include: reducing muscle tension and stress in addition to improving circulation and flexibility. Every massage session is customized to your needs on that day.



Donna can also be found at many local health fairs and events doing chair massage. She offers corporate chair massage as well.

Southtowns Medi Spa is located at 3320 North Benzing Road in Orchard Park, New York. Visit [www.SouthtownsMediSpa.com](http://www.SouthtownsMediSpa.com) for more information and links to products and services.

For aesthetic services call (716) 870-4207

For massage therapy call (716) 830-7511

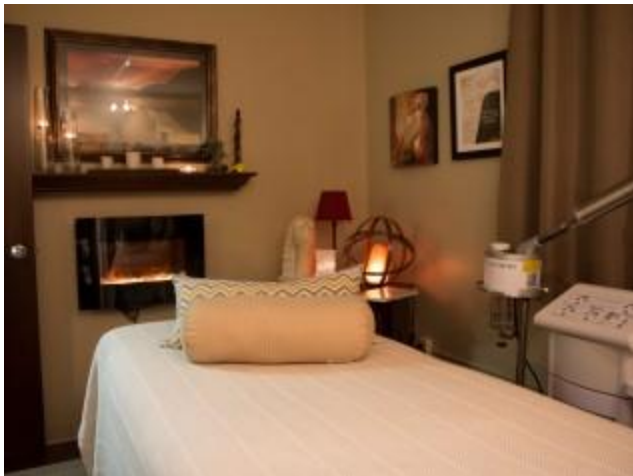
...as Lydia says, *"if you don't take the time, time takes you!"* Call today for your appointment!



Donna doing chair massage



Laser treatments



Treatment room



Lydia



Injectable products