

Look Great, Feel Great with Jiva Med Spa



Rakesh Nanda, MD, Medical Director

Dayton area med spa provides top-notch medical, cosmetic, and aesthetic services close to home.

Frequently referred to as medical spas or medi spas, aesthetics-based practices provide an array of cutting-edge technologies and services to make clients both look and feel better. And while such procedures used to have the reputation of being available only to the rich and famous, now they're available to everyone, right here in the Dayton metropolitan area.

"We started out treating aging and sun-damaged skin with Botox® and fillers," says Rakesh Nanda, MD,

Medical Director of Jiva Med Spa, a full-service medical and aesthetic facility. "Today, we can also help with rosacea, melasma, and scarring, and we can improve the texture and radiance of the face with chemical peels and laser treatments. The results of such procedures improve a patient's appearance and confidence."

Trends in Aesthetic and Medical Cosmetic Procedures

Jiva is on top of the trends, and tattoo removal is one of the biggest. Nanda was among the first physicians in Ohio to use PicoSure® laser technology, an advanced treatment that safely and effectively removes tattoos on all skin colors.

Jiva also offers body contouring options Coolsculpting®, truSculpt® 3-D, and Venus Legacy™, all of which reduce fat cells and smooth out the skin painlessly and noninvasively. Laser hair reduction is another popular service offered, and Jiva providers use only FDA-cleared devices that are the best in technology.

Minimally and noninvasive cosmetic procedures, meanwhile, are also gaining in popularity. Ultherapy®, in particular, is an exceptional treatment receiving a lot of attention as it is the only noninvasive procedure FDA-cleared to lift the eyebrow,



neck, and under-chin skin. Clients love the boost it gives to the décolletage area, as well.

Nanda is also certified and experienced in administering the full line of Vampire Facial® and PKP treatments, breast lifts, O-Shot® and P-Shot® procedures, and several types of vaginal rejuvenation, depending on client needs.

Bioidentical Hormone Therapy

"You have changed my life and saved my marriage."

It's something Nanda and his team hear quite often. And for patients struggling with diminished libido, irritability, sleep issues, mental confusion, depression, or weight gain, bioidentical hormone treatment can be a game-changer, improving the way women and men age.

The goal of such therapy is to return the body's hormones to a balanced or even

optimal level, and following a simple blood test, easy-to-metabolize hormone pellets may be used to achieve outcomes including improved sleep, mood, energy, and increased libido. They also help prevent breast and prostate cancer as well as heart and brain diseases.

Bioidentical hormone therapy is also available for men suffering from testosterone deficiency or difficulty sustaining an erection.

Jiva Medical Spa is a part of your community, and our medical professionals are frequently featured, sharing their expertise, on WDTN's Living Dayton. Located across from The Greene Town Center, Jiva's friendly and helpful staff is waiting to assist and help you become a better version of yourself! Start with a massage with one of our certified licensed massage therapists, and get to know the practice. We think you will like what you find.



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