

DES MOINES + HEALTHCARE PROFILES

DISCOVER A NEW YOU

It's no secret that the way we feel on the inside can affect the way we look on the outside—and vice versa.

"So many of our everyday nagging symptoms and chronic ailments are related to stress. Stress affects our hormones, our skin, and our overall well-being," confirms Dr. Heidi Koch, an MD graduate of The University of Iowa and fellow of the American Academy of Anti-Aging Medicine.

That's why, when The Spa at West Glen was established in 2005, the vision was to create a therapeutic space where clients can experience the full array of medical, cosmetic, and pampering services to restore the body and mind.

"Our hope is that clients can come to the spa and enjoy the ambience—the music, the candles, and the decor provide an escape from the outside world for a moment," says Dr. Koch.

Expert Medical Services

Those looking to preserve their youthful glow or turn back the hands of time can select from a full range of fillers and injectables—including Botox® and Juvéderm®—all personally administered by Dr. Koch.

A bioidentical hormone clinic offers pellet and other integrative therapies to help restore the energy loss, decreased libido, and menopausal symptoms often associated with age-related hormone depletion. "Though it's often women who seek these services first, we're also seeing more men take advantage of pellet therapy for low testosterone," says Dr. Koch.

When diet and exercise fail to remove stubborn pockets of fat, clients can receive a CoolSculpting® treatment in The Spa at West Glen's newly renovated CoolSculpting Suite. With two machines on site, clients can tackle multiple problem areas at once. "CoolSculpting is a safe, noninvasive, nonsurgical alternative to liposuction," says Dr. Koch. "I received a treatment two weeks ago and was so comfortable that I took a nap during the procedure."

For those looking to shed more than a couple pounds, The Spa at West Glen's dietitian, Jessica Schroeder, RDN, LD, is a knowledgeable and encouraging guide for helping clients achieve weight loss goals quickly and safely.

Putting the Ahh in Spa

With eight massage therapists on staff, pampering services like Swedish massage, hot stone therapy, and deep tissue massage are always in high demand at The Spa at West Glen.

Indulgent facial services, administered by trained estheticians, include chemical peels, revitalizing facials, and medical-grade skin care.

"All of the options can be intimidating. Clients might know they want to look or feel better, but they aren't sure where to start. That's why we invite every client to receive a free 30-minute consultation to discuss their goals and get educated about their options," says Dr. Koch. "Our goal is for clients to leave every visit feeling a little more relaxed, a little happier, a little more knowledgeable, and a lot less stressed."

The Spa
AT WEST GLEN

Schedule a FREE 30-minute consultation by calling 515-225-2642.

HEIDI KOCH, MD
MEDICAL DIRECTOR

5465 Mills Civic Parkway #250 | West Des Moines, IA 50266 | spawestglen.com