

Easy Reader

HERMOSA BEACH • MANHATTAN BEACH • REDONDO BEACH HOMETOWN NEWS

Best Medical Spa Dr. Spenler, Personal Image Center

The Personal Image Center of the South Bay is at the forefront of a movement within the fields of cosmetic surgery and anti-aging skin care that uses a broad array of tools for looking better that don't necessarily involve surgery. Medical Director Dr. Charles Spenler said this is the key to voter's recognition of the center as the best medical spa. "I think that we make a difference," says Dr. Charles Spenler. "I think that we make a difference because we offer all the strategies that one needs in order to look the best and feel the best, and this includes minimally invasive, non-surgical strategies as well as strategies that involve surgery."

Spenler said that when he started 20 years ago, the only tool available was surgery, but nowadays there are many less invasive methods, such as laser wrinkle removal, botox and collagen injections, microdermabrasion, chemical peels and advanced pharmaceutical skin care.

"I think that is the trend," he says. "People want something done sooner - they don't want to wait until they look like a sharpei dog until they have something done, so they start out with maintenance maybe at age 30. And they want to do minimally invasive non-surgical things: they want to look natural now rather than have a big procedure that makes them look totally different and takes a lot of down time to recover from."

Personal Image Center, 3440 Lomita Blvd., Ste. 100, Torrance 784-0644

Best of the South Bay 2005

Our readers and writers name their favorite South Bay restaurants, retailers and idiosyncrasies.