



The Med Spot Highlights Non-Surgical Body Contouring Ahead of Holiday Season

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WOODLAND HILLS, CA - September 28, 2026 -

The Med Spot, a women-owned medical spa in Woodland Hills, California, is drawing attention to non-surgical body contouring treatments as area clients prepare for the holiday social season. With gatherings, celebrations, and end-of-year events approaching, the medical spa reports increased interest in treatments designed to refine and reshape the body without surgery.

The Med Spot body contouring services include options such as AccuTite, BodyTite, the Inmode BodyTite System, and Morpheus8. These minimally invasive technologies use radiofrequency energy to address areas of concern along the face and body, offering an alternative to traditional surgical procedures. As demand rises during the autumn months, the medical spa notes that many clients seek treatments with limited downtime that fit into busy pre-holiday schedules.

"The weeks leading into the holidays tend to bring a rise in questions about non-surgical options, and this year is no exception," said Michelle Reyes, MD and Director at The Med Spot in Woodland Hills, California.

"Clients want treatments that work with their timelines rather than requiring extended recovery. Radiofrequency-based technologies allow for meaningful refinement while keeping downtime to a minimum, which is part of why interest tends to build during this time of year."

Body contouring represents one category within a broader menu of services offered at the medical spa. The Med Spot provides injectables, laser treatments, physician-performed procedures, hormone therapy, and medical skin care. This range allows clients to address multiple areas of concern, from skin rejuvenation and facial contouring to wellness-focused treatments, under one roof.

Reyes noted that the seasonal increase reflects a wider shift in how people approach aesthetic care. "There has been steady movement toward non-surgical approaches over the past several years," she said. "People are increasingly comfortable with technologies that deliver results without the commitment of surgery, and the holiday period simply concentrates that interest into a shorter window."

The Med Spot emphasizes that all treatments are guided by clinical assessment, with candidates evaluated on an individual basis to determine appropriate options. Body contouring procedures are performed in a medical setting, and outcomes vary depending on the individual and the treatment selected.

The medical spa serves clients throughout the greater Los Angeles region and has earned a strong reputation for patient care. The Med Spot is identified as both women-owned and LGBTQ+ friendly, reflecting a commitment to an inclusive environment for all who walk through its doors.

As the calendar moves toward the busiest social stretch of the year, The Med Spot continues to focus on education around available treatment options, helping clients understand the differences between surgical and non-surgical approaches before making decisions about their care.

The Med Spot is a top-rated medical spa located in Woodland Hills, California. The practice offers a wide range of services aimed at enhancing beauty and wellness, including injectables, lasers, body contouring, physician procedures, hormone therapy, and medical skin care. Led by Michelle Reyes, MD, the medical spa provides treatments for a variety of conditions and areas of concern across the face, body, and skin, along with wellness services designed to support overall health.

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The Med Spot

Located in the heart of the San Fernando Valley in Woodland Hills, The Med Spot is a unique, five-star medical practice. We specialize in minimally invasive cosmetic procedures combined with healthy age management.

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