Asheville Medical Spa Mountain Radiance Expands Treatment Offerings, Adding BHRT, Exosome Therapy, and RF Microneedling to Menu of Services

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Asheville, NC? Mountain Radiance, an award-winning, physician-led medical spa in Asheville, North Carolina, is excited to announce the addition of three proven treatments to their comprehensive suite of aesthetic services: Bioidentical Hormone Replacement Therapy (BHRT), Radiofrequency Microneedling, and Exosome Therapy. These professional treatments address a range of skin and health concerns and give patients enhanced options for achieving their aesthetic and wellness goals.

?We are thrilled to offer these sought-after treatments to our Asheville medical spa patients,? says Dr. Mark Chandler, the Medical Director at Mountain Radiance. ?Our goal has always been to give our community access to the most safe, effective options, whether they desire skincare services to enhance their natural appearance or wellness treatments that improve their overall well-being.?

Bioidentical Hormone Replacement Therapy (BHRT) is the newest wellness treatment available at the

Asheville medspa and offers a personalized, holistic approach to treating hormone imbalances for both men and women. Bioidentical Hormone Replacement Therapy is an advancement from traditional hormone replacement therapies, as it uses hormones that are identical to those naturally produced by the human body; BHRT is also tuned to each patient?s needs via blood work. BHRT treatment is particularly beneficial for individuals experiencing symptoms of hormonal imbalances, such as hot flashes, night sweats, mood swings, weight gain, hair loss, depression, anxiety, and low energy levels. In addition to alleviating side effects of an under-production of certain hormones, BHRT can also help improve bone density, muscle mass, and overall quality of life, making it an excellent option for menopausal and perimenopausal women, as well as men with low testosterone levels.

?We closely analyze each patient?s lab work to pinpoint the deficiencies and customize their treatment to provide the right amount of support to balance hormone levels and resolve the symptoms they are experiencing,? said Christina, a Physician Assistant and BHRT provider at Mountain Radiance. ?Hormone replacement therapy can be life-changing?it?s been wonderful to see our patients responding so well to treatment and thereby experiencing greater health and happiness.?

The spa has also added two additional skin renewal treatments, Radiofrequency (RF) microneedling, and Exosome therapy. RF microneedling is a skin rejuvenation treatment that combines the time-tested results of traditional microneedling with the power of radiofrequency energy. This dual approach creates micro-injuries in the skin while delivering RF energy to deeper layers to further enhance the collagen and elastin production microneedling alone is renowned for. The treatment creates improved skin texture and tone, reduces scars and stretch marks, minimizes pores, and improves skin tightening and only requires a short series of treatments.

?RF microneedling is sought after because it is so effective at treating common skin concerns, such as fine lines, acne scars, discoloration, and skin texture issues,? says Dr. Mark. ?We love it because it?s suitable for most skin types and delivers noticeable results without requiring much downtime.?

Exosome therapy harnesses the power of exosomes, microscopic vesicles that contain growth factors and bioactive molecules to facilitate cellular regeneration. Exosomes offer numerous benefits, including enhanced skin healing, reduced inflammation, and improved overall skin health, and are now available as an add-on to RF microneedling treatments. After applying the exosome solution to the skin post-treatment, patients typically experience less redness and swelling and see a stronger improvement in their skin concerns once healed.

Lauren Chandler, Mountain Radiance?s Practice Director and Medical Assistant, noted, ?In general, a profound transformation in skin quality involves treatments that require recovery time. Exosomes are unique in supporting and expediting the body?s healing processes, thus encouraging greater skin renewal after

microneedling without causing additional side effects. We are thrilled with the results we are seeing with this innovative product.?

Those interested in learning more about the new treatments now available, or one of the other premium services the medical spa offers including injectable treatments like Botox® and dermal fillers, laser skin resurfacing, chemical peels, and professional facials, are invited to call the practice or visit their website.

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Mountain Radiance

Mountain Radiance is Asheville?s premiere medical spa for all things face, body, and well-being. Our thoroughly-trained aesthetics team takes a friendly, compassionate approach to treatments like Botox®, dermal filler, microchanneling, and custom facials.

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