PureLee Redefined Introduces Exomind, a Non-Pharmaceutical Treatment for Emotional and Mental Wellness

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PureLee Redefined, a medical spa in Colorado Springs, has introduced Exomind mental wellness therapy, an FDA-cleared brain stimulation treatment that helps to improve cognitive function, emotional stability, and impulse control. The treatment utilizes external ExoTMS (Transcranial Magnetic Stimulation) technology, rather than pharmaceuticals, to target specific brain regions responsible for emotional regulation and cognitive performance.

The introduction of Exomind therapy responds to increasing demand for non-pharmaceutical mental wellness treatments. The therapy employs magnetic pulses to stimulate neural activity and promote neuroplasticity, offering patients another pathway to mental well-being beyond traditional antidepressant medications. Each treatment session lasts between 24 and 30 minutes and requires no recovery time, allowing patients to resume normal activities immediately.

Clinical data demonstrates that Exomind achieves a 72 percent treatment completion rate, compared to 50-60 percent for conventional antidepressants. The therapy avoids common medication side effects

including weight gain, sexual dysfunction, and fatigue. Patients typically complete six sessions over two to three weeks, with maintenance sessions available quarterly as needed.

"Mental health treatment has evolved significantly, and patients deserve access to innovative therapies that address their concerns without systemic side effects," said Kenya Lee, MD, co-founder of PureLee Redefined. "Exomind represents a paradigm shift in how medical spas can contribute to comprehensive mental wellness by offering scientifically validated treatments that complement traditional psychiatric care."

The therapy is ideal for individuals experiencing brain fog, chronic stress, emotional dysregulation, and sleep disturbances. Exomind can be integrated with existing treatment plans, including therapy, counseling, or current medications, providing a multifaceted approach to mental health management. The treatment is particularly suitable for patients seeking drug-free alternatives or those who have experienced limited success with traditional pharmaceutical interventions.

Medical spas nationwide are expanding their wellness services to address both physical and mental health needs. This evolution reflects growing recognition that comprehensive wellness requires treating the whole person. The integration of brain stimulation technology into medical spa settings makes advanced mental health treatments more accessible to patients who might not otherwise seek psychiatric care.

The treatment process begins with a consultation with one of the practice?s board-certified physicians to determine candidacy and develop a personalized treatment protocol. Certain conditions may preclude treatment, including the presence of metal or electronic implants in the head or neck area, active seizure disorders, or pacemakers near the treatment site.

PureLee Redefined operates under the medical direction of Dr. Kenya Lee and Dr. Marvin Lee, board-certified physicians who specialize in nonsurgical aesthetic and wellness treatments. The practice offers comprehensive services across four categories: injectables, body contouring, skin treatments, and wellness therapies. The addition of Exomind mental wellness therapy enhances their ability to address patient health holistically, recognizing the interconnection between mental and physical well-being.

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PureLee Redefined

Co-founded by Kenya Lee, MD and Marvin Lee, MD, PureLee Redefined is a medical spa in Colorado Springs, Colorado offering innovative, tailored aesthetic and wellness treatments for patients with all skin types.

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