L'Elite MediSpa Expands Integrative Health and Wellness Services

July 20, 2026

NEW YORK, NY - July 20, 2026 -

Addressing root causes rather than just surface-level symptoms has become a primary focus for modern wellness providers, particularly for individuals navigating age-related hormone shifts, chronic fatigue, and skin changes. Medical aesthetic practices are increasingly blending traditional clinical care with integrative therapies to offer holistic care plans. In response to this shifting paradigm, L'Elite MediSpa brings a medically grounded approach to health, beauty, and vitality, serving as a prominent med spa in Melville, NY. Founded by board-certified Nurse Practitioner and thirteen-year breast cancer survivor Richina Lukes-Milledge, the practice integrates clinical expertise gained across two decades in emergency and critical care nursing with specialized wellness solutions.

Managing complex health concerns requires an approach that looks beyond quick cosmetic fixes. Issues such as thyroid dysfunction, slow metabolism, persistent exhaustion, and hormonal changes associated with menopause or andropause often require targeted biological support. L'Elite MediSpa addresses these challenges through a wide selection of evidence-based treatments designed to support the body from the inside out. Offerings include bioidentical hormone replacement therapy, peptide therapy, targeted nutraceuticals, and custom IV vitamin infusions formulated to restore nutrient levels and boost overall vitality.

For individuals exploring cosmetic enhancements, the practice delivers advanced medical aesthetic procedures performed exclusively by licensed Registered Nurses and licensed Estheticians. Clients visiting this med spa in Melville, NY can access treatments such as Botox, Dysport, Sculptra, dermal fillers, and laser hair removal. Specialized hair restoration options using platelet-rich plasma cater to both men and women experiencing hair thinning, while custom facials and specialized body contouring programs, including lymphatic drainage massage and wood therapy, support both aesthetic goals and post-surgical recovery.

A distinct focus of the practice is providing sensitive, specialized care for patients undergoing or recovering from oncology treatments. Having experienced the physical toll of cancer treatments firsthand, Lukes-Milledge structured the service offerings to accommodate individuals with heightened skin sensitivity and specific medical considerations. This perspective ensures that clients recovering from serious illnesses receive compassionate, safe, and effective care tailored to their unique skin integrity and physiological needs.

In addition to individual aesthetic and medical treatments, the practice offers structured weight loss programs and dedicated services designed specifically for men, ranging from tailored facial treatments to hormone optimization. Team member Vanessa Horn, a seasoned esthetician and instructor at Western Suffolk BOCES with a strong background in NYS licensing preparation, contributes extensive instructional and practical expertise to the clinical staff, ensuring high standards of client care across all esthetic offerings.

As the demand for personalized health and wellness continues to grow, more individuals are seeking treatments that support both their physical well-being and appearance over the long term. Beyond individual appointments, L'Elite MediSpa emphasizes long-term wellness planning by evaluating each client's unique biological profile, lifestyle factors, and specific aesthetic goals. By offering continuous monitoring alongside tailored maintenance regimens?from customized home skincare protocols using high-grade nutraceuticals to scheduled follow-up therapies?this med spa in Melville, NY ensures that clients maintain steady progress toward sustained vitality, balanced health, and lasting confidence.

L'Elite MediSpa operates as an integrative health and medical aesthetics practice with locations serving Long Island and Brooklyn. Led by board-certified Nurse Practitioner Richina Lukes-Milledge, the clinic provides a broad scope of services, including bioidentical hormone therapy, IV nutrient treatments, laser hair removal, PRP therapy, weight loss support, and advanced skin care routines for men and women. The practice focuses on delivering individualized, medically supervised care that enhances both physical health and natural aesthetic appearance. For more information, visit https://lelitemedispa.com/.

###

For more information about L'Elite MediSpa, contact the company here:L'Elite MediSpaL'Elite MediSpa(347)

627-3374info@lelitemedispa.comNew York, NY

L'Elite MediSpa

Website: https://lelitemedispa.com/

Email: info@lelitemedispa.com

Phone: (347) 627-3374

