
THE WELLNESS FACTOR

Spa news, reviews and recommendations by **Chelsea Warwick**



FOUNTAIN OF YOUTH

In today's culture, it's all about how youthful you look – thanks to the whole celebrity fascination! But before you rush off to your nearest plastic surgeon, meet Dr. Naina Sachdev – that lady who's responsible for making you look younger, without the use of a scalpel.

With the celebrity culture continuing to grow, never have people been more obsessed with their appearance. Nowadays, people are quick to run to the surgeon for cosmetic surgery to continue their days of youth. Walk into the beauty aisle of a supermarket and you'll be hit with promises of youthful skin, lessened wrinkles and campaigns to kiss cellulite goodbye. Unfortunately, most of these products won't really help you in the long run. But board certified in anti-ageing and regenerative medicine Dr. Naina Sachdev has figured out how to keep up your youthful appearance – painlessly.

Dr. Naina has successfully established herself as a leader in the medical field and she's built up a first class clinic, NainaMD, Advanced Aesthetics and Integrative Medical Center, based in Lake Oswego, Oregon, USA, that practices evidence-based integrative medicine, which is a unique blend of medical disciplines that draw from the conventional, nutrigenomics, anti-ageing and aesthetic fields. She is consumed with delivering the utmost effectiveness in the treatments she provides – with not a scalpel in sight! Using the phrase, 'The Fusion of Science and Beauty,' Dr. Naina explains,