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Cosmetic treatment in a tranquil setting

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Founded and directed by Dr. Mitchell Chasin, a board-certified physician and laser specialist, Reflections Center for Skin and Body in Bridgewater offers aesthetic, cosmetic and medical treatments in a tranquil spa-like atmosphere.

Back when Reflections opened in 1999, Chasin said his vision was to make this center stand apart from other aesthetic medical practices.

"My original concept was that aesthetic procedures would be performed in a comfortable, relaxed environment unlike the traditional medical environment," Chasin said. While most private practices may acquire one or two cosmetic technologies to use for the treatment of aging or problematic skin, Chasin said, Reflection features over 40 different lasers, light systems, and technologies for use on the face and body. "We are able to tailor a treatment regimen specific to the needs and concerns of our patients," Chasin said.

Chasin said many patients are becoming increasingly more educated about the options available to rejuvenate the face and body, but cautions they should still be receptive to suggestions made by the physician.

"Yes, patient education is helpful, however, patients should have an open mind and listen to options presented by the doctor. Sometimes it's a combination of technologies that are used to achieve the best outcome," he said.

Currently, the procedures most in demand at Reflections include laser hair removal and therapies for facial skin rejuvenation including. Seven years ago, when Reflections first opened, the average age for patients was about 50. Now, Chasin said, the age is expanding, with the average age at about 40. He said patients are looking for more minimally invasion options to prolong the need for invasive surgeries like face lifts.

"My patients are exploring options at an earlier age," Chasin said. "These non-surgical alternatives offer excellent results and no significant down time."

Another trend, he said: more men are opting for procedures -- namely facial rejuvenation to remove scars, fine lines, wrinkles and age-related changes.

Chasin earned a bachelors degree from University of Rochester, and a medical degree from the State University of New York Upstate Medical Center in Syracuse. His internship and residency were served at Overlook Hospital in Summit.

In keeping with the vision of blending aesthetic procedures in a spa-like environment, Reflections also offers microdermabrasion, micropeels, and customized facials. Last year, Chasin opened a second location of Reflections in Livingston.

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Dr. Mitchell Chasin is medical director at Reflections Center for Skin and Body in Bridgewater.