

Destinations Medical Spa

Dressage veteran Donna Richardson, M.D., makes skin-care house calls.

by Pam Moss
Photos by Terri Miller

A doctor who makes house calls? Not for your horse? In this day and age it's almost impossible to get an appointment for yourself with a doctor for treatment of any kind. Veteran dressage competitor Donna Richardson, M.D., is on the cutting edge of a new trend. Hollywood stars are familiar with being able to have the latest in cosmetic procedures done in the privacy of their own homes. Donna knew that she was the right person to introduce this benefit to the horse world.

As an emergency room physician, Donna was always interested in the results of the way her patients looked after being "stitched up." This led to an interest in medical procedures that also had cosmetic benefits. She spent several years researching and studying cosmetic procedures before she retired from her primary vocation as an emergency room physician to pursue this new venture.

This, coupled with her avocation of riding and being a judge who spent many hours in the sun, led to the natural desire to do something about the sun damage and aging it caused. As Donna says, "All of us who judge have a large collection of wide-brimmed hats to deal with the eight hours in the sun, not to mention those of us who teach and ride all day in the sun."



Donna's new company, with assistant Skyler Evans, was formed with the concept of offering these services at a convenient destination, hence the name Destinations Medical Spa. The company offers physician supervised RNs, physician assistants and other professionals to deliver physician-grade cosmetic treatments, along with facials and massages, in the privacy and comfort of the client's home. From a hygiene standpoint, the home is one of the best places to receive these treatments.

Donna personally investigated the many



versions of equipment used in physician-supervised treatments and determined which gave the best results with the most comfort. Destinations Medical Spa's state-of-the-art equipment also had to be portable to deliver the kind of service and treatment Donna envisioned. She wanted equestrians like herself to have the convenience and privacy that heretofore had only been offered to Hollywood stars.

When determining the types of equipment and the personnel that Donna wanted to offer, she went one step further and decided to offer a line of rejuvenating cosmeceuticals (prescription grade products) as an adjunct to their treatments. They named their line Plurimi, which is Latin for "highest worth." These physician-grade cosmetics include cleansers, exfoliants and moisturizers tailored to skin type along with the essential sunscreen. "Remember, here in Southern California sun exposure is the number one cause of prematurely aged skin," Donna says.

Destinations Medical Spa offers procedures that will also help prevent sun, wind and dust damage to the skin. The services and packages include injectables such as Botox, Restylane, CosmoDerm, or Fotofacials and chemical peels, along with Vibradermabrasions, laser treatments and soothing facials. Donna emphasizes that taking care of one's skin, under the care of medical professionals, is taking care of one's health.

Destinations Medical Spa will initially service the southern part of the state, namely San Diego, Orange and southern Riverside counties. Destination Medical Spa staff is happy to travel beyond those areas to service groups of clients. Initial in-home evaluations are free.

For more information on Destinations Medical Spa, please contact Donna Richardson at 760-525-7184 or visit www.destinationsmedspa.com

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