

Revitalized

Dr. Joshua Goldberg's MedSpa offers a range of aesthetic services to help people look their best at any age.

by BILL DONAHUE

Getting older is inevitable. Aging, on the other hand, is optional. Joshua E. Goldberg, D.O., wants patients to know there's a big difference between the two—and his practice can help people maintain their youthfulness at any age.

Dr. Goldberg has been in practice for more than 20 years, providing specialized care in ear, nose, and throat conditions, ENT allergy treatment, facial plastic surgery, hearing and vestibular problems, and voice, swallowing, and cough disorders. As part of his Willow Grove-based practice, Dr. Goldberg also offers a range of noninvasive and minimally invasive treatments designed to help men and women look and feel their best, with little to no downtime.

At the MedSpa within Ear Nose Throat & Facial Plastic Surgery Specialists P.C., Dr. Goldberg leads a team of clinicians who offer a range of options designed to help each client age gracefully. From cosmetic surgery and medical-grade skin care, to laser procedures and cosmetic injectables, Dr. Goldberg's practice strives to rejuvenate each person who walks through its doors.

"Health and wellness are my passion," says Lauren Talarico, a licensed aesthetician with the practice, which Dr. Goldberg opened in 2013. "What I like most about the work I'm doing is that I get to help people feel good about how they look, on the inside and the outside. Inner beauty and outer beauty have to co-exist in order for someone to have a good self-image, and I get to play a part in helping people attain that every day."

Talarico's specialties include laser skin resurfacing, chemical peels, and microdermabrasion, all of which stimulate the body's

natural production of collagen, thereby creating better skin tone and texture over time. Most of the aesthetic services Talarico offers produce results within three to four in-office treatments, she suggests.

Talarico appreciates the opportunity to work closely with each client on a customized treatment plan designed around an individual's specific goals. One person might want to soften fine lines and wrinkles around the eyes, whereas someone else might want to address pigmentation issues caused by blemishes or skin damage. Talarico enjoys the process of sitting down with a client to discuss options and expectations, as well as to discuss ways in which they can take an active role in improving their skin's health.

"While I'm meeting with clients, I can also offer skincare advice for at-home regimens that can reinforce the treatments I'm providing," she says. "Staying out of the sun can help to preserve the health of the skin, but if you have to be in the sun, I always advise wearing sunscreen, which is the No. 1 anti-



Lauren Talarico, a licensed aesthetician with the practice, provides aesthetic services such as laser skin resurfacing, chemical peels, and microdermabrasion.

aging tool. Also, not smoking can help someone maintain a youthful glow."

The MedSpa's clients span all ages and backgrounds, from younger women to older men. Regardless of their circumstances, all clients share the same goal: to maintain or improve upon the health and appearance of their skin, with as little downtime as possible.

In addition to the services Talarico offers, Dr. Goldberg's MedSpa provides cosmetic injectables such as Botox, Dysport, Juvéderm, and Restylane. These treatments help to smooth wrinkles or otherwise provide a more youthful appearance. For more dramatic results, Dr. Goldberg can offer surgical services ranging from rhinoplasty (nose reshaping) and lip augmentation to blepharoplasty (eyelid surgery) and face, brow, and neck lifts.

"I've been working in aesthetics for over 10 years, both in a medical spa setting and in a more traditional spa, and this is what I love to do," Talarico says. "Whether someone wants healthier skin, fuller lips, or results that require the more specialized options that Dr. Goldberg can provide, our goal is to help people look as good as they feel."



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