

Mandala Plastic Surgery & Med Spa in Sarasota FL Combines Holistic, Eastern and Western Techniques

SARASOTA, FL, USA, October 18, 2013 /EINPresswire.com/ -- Mandala Plastic Surgery & Med Spa in Sarasota, Florida, founded by Dr. Marguerite Barnett, a certified and licensed cosmetic surgeon, combines holistic, Eastern and Western medicine techniques with plastic surgery.

Mandala Plastic Surgery & Med Spa, a [medical spa in Sarasota](#), Florida, was founded by Dr. Marguerite Barnett, a certified and licensed cosmetic surgeon, who has uniquely combined holistic, Eastern and Western medicine techniques with plastic surgery into a thriving plastic surgery and “med” spa.

For more than 20 years, Mandala Plastic Surgery & Med Spa has been offering services to residents in Sarasota and surrounding counties. The medical spa, which also offers [cosmetic surgery in Sarasota](#), provides a unique combination of Western and Eastern medicines to clients who want the best of both worlds. For example, in addition to bamboo fusion massage, Thai massage, Shirodhara hot oil and scalp massage and Balinese floral soaks, the spa offers the following Indonesian spa treatments:

- Krachap: Detoxification focus that includes body polishing and contouring, and a banana-leave wrap.
- Lulur: Herbal body scrub and floral soak.
- Samunprai: Hot Thai herbal compress, heating muscles and invigorating the mind.
- Ta Suay: Thai facial incorporating acupressure and aromatherapy.
- Jamu Thai Tropical Coconut Scrub: Body mask that hydrates and rejuvenates the skin.
- Javanese Foot Bath: Foot massage with mask and scrub.

Founder and owner Dr. Marguerite Barnett, the company’s cosmetic surgeon, is a Harvard-MIT trained plastic surgeon, who performs both cosmetic and reconstructive surgery. She says, “We are committed to improving our patient's overall wellness, from the inside out. We utilize the wisdom of ancient Eastern healing arts along with our expertise in the latest surgical techniques to improve your outlook on life and empower you with new confidence. By offering our unique medical spa services in Sarasota, we are able to effectively boost the well-being for many of our patients.” Board certified by the American Board of Plastic Surgery and the American Board of Surgery. Dr. Barnett is licensed to practice in both Florida and Hawaii.

Mandala Plastic Surgery & Med Spa also offers Yoga Shala classes, which are similar to Hatha Yoga and focus on the breath, postures, flexibility, strength, balance and relaxation. They also offer classes in belly dancing, hoop dancing, and tai chi.

For more information about Dr. Barnett and to set up a free, first-time consultation at the Mandala Plastic Surgery & Med Spa, call (941) 313-7370. The medical spa is pleased to serve Sarasota and these nearby Florida counties: Manatee, Charlotte, Pinellas, Hillsborough, Lee, Polk, Desoto and Pasco.

About Mandala Plastic Surgery & Med Spa

Mandala Plastic Surgery & Med Spa in Sarasota, Florida, offers plastic surgery, medical aesthetics, spa treatments and yoga shala. The facility uses holistic, Eastern medicine techniques in its plastic surgeries and provides a number of services for Sarasota and surrounding areas.

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