

# The Intimate Makeover Launches to Empower Women Through Revolutionary Feminine Rejuvenation Services

SACRAMENTO, CA, UNITED STATES, June 25, 2025 /EINPresswire.com/ -- The Intimate Makeover, a pioneering new clinic dedicated to advanced feminine rejuvenation and aesthetic services, today announced its official launch. The clinic offers a comprehensive suite of non-surgical, minimally invasive, and surgical treatments designed to enhance women's confidence, comfort, and overall well-being.

The Intimate Makeover recognizes that many women's wellness concerns often go unaddressed. With a strong commitment to privacy, professionalism, and personalized care, the clinic provides a safe and welcoming environment where women can openly discuss their needs and explore transformative solutions.



Dr. Helen Otteno

"We are thrilled to bring The Intimate Makeover to the community, offering a vital resource for women seeking to reclaim their confidence and improve their well-being," says Dr. Helen Otteno. "Many women experience changes in their bodies due to childbirth, aging, or other factors, which can impact their physical comfort and self-esteem. Our mission is to provide effective, accessible options that empower women to feel their best at every stage of life."

The Intimate Makeover specializes in a range of cutting-edge treatments, including:

- \* Feminine Rejuvenation: Addressing concerns such as laxity, dryness, and discomfort.
- \* Labial Revitalization: Restoring a more youthful appearance and alleviating irritation.
- \* Wellness Treatments: Enhancing comfort and overall well-being.
- \* Urinary Incontinence Solutions: Providing relief for common bladder control issues.

All procedures at The Intimate Makeover are performed by Dr. Helen Otteno, who trained with Dr. Michael Goodman, a highly experienced and respected surgeon in female aesthetic and reconstructive procedures. All procedures utilize state-of-the-art technology to ensure optimal results and patient safety. The clinic prides itself on offering tailored treatment plans that address each individual's unique concerns and goals.

The launch of The Intimate Makeover marks a significant step forward in providing accessible and effective solutions for women's wellness. By focusing on empowerment and education, the clinic aims to break down barriers and foster a more open dialogue around these important topics.

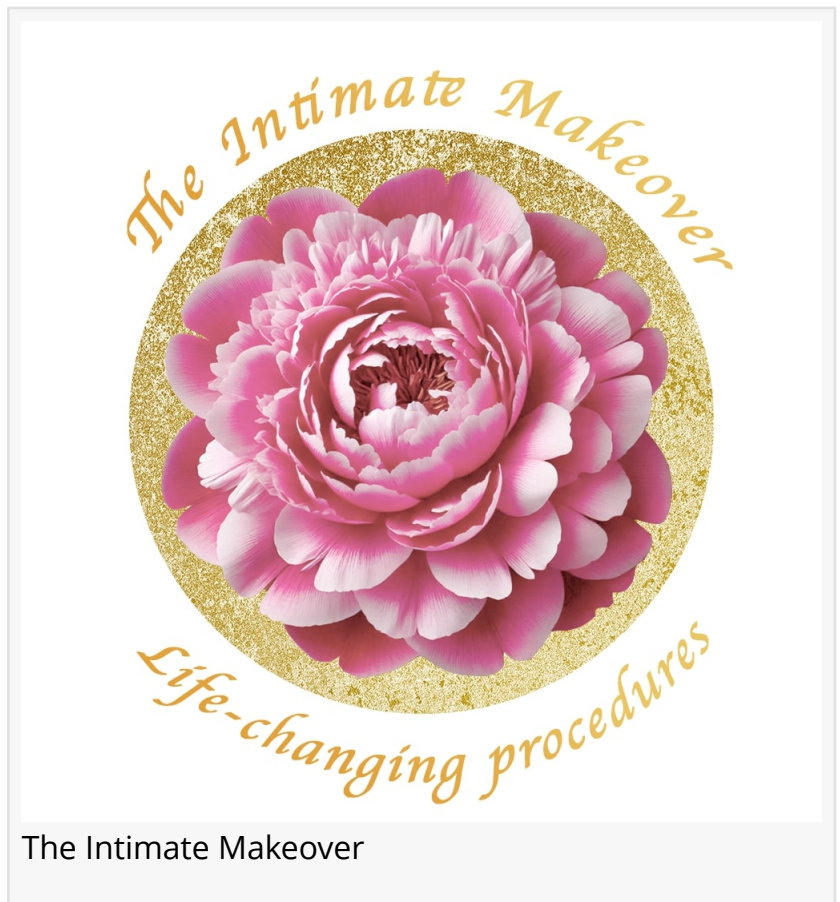
#### About The Intimate Makeover:

The Intimate Makeover is a leading clinic specializing in non-surgical, minimally invasive, and surgical feminine rejuvenation and aesthetic services. Dedicated to empowering women, the clinic offers a range of advanced treatments to improve comfort, confidence, and well-being in a private and professional setting. Their mission is to provide personalized treatments that enhance both physical and emotional well-being.

Minimally invasive enhancements include The O-Shot<sup>®</sup>, a revolutionary treatment harnessing advanced Platelet-Rich Plasma (PRP) technology. This procedure is designed to stimulate the body's natural healing and rejuvenation processes, providing substantial relief from urinary incontinence.

Additionally, The Intimate Makeover offers tailored hormone therapy, meticulously customized to manage hormonal imbalances and alleviate the often-debilitating symptoms of menopause. Dr. Otteno's personalized approach ensures each patient receives a treatment plan uniquely suited to their needs, fostering optimal health and renewed vitality. She is deeply committed to delivering individualized care, ensuring every woman feels empowered and rejuvenated on her journey to wellness.

#### Enhancing Radiance: Aesthetic Services at The Intimate Makeover



In addition to feminine wellness, The Intimate Makeover, under the skilled hands of Dr. Helen Otteno, extends its commitment to confidence and well-being through a range of advanced aesthetic services. These non-surgical treatments are meticulously designed to help patients achieve a more youthful, refreshed, and naturally beautiful appearance. Dr. Otteno's extensive expertise in aesthetic medicine ensures that each treatment is precisely tailored to the individual's unique facial anatomy and aesthetic goals. Her approach focuses on achieving natural-looking results that enhance innate beauty and boost confidence.

### Comprehensive Surgical Enhancement Procedures for Feminine Wellness

Beyond non-surgical options, The Intimate Makeover also offers a comprehensive range of surgical enhancement procedures performed in the office under local anesthesia with the highest standards of care and precision. These procedures are designed to address specific aesthetic and functional concerns, helping patients achieve their desired comfort, confidence, and well-being.

Surgical Enhancement Procedures include:

- \* [Labiaplasty](#): This procedure recontours the labia minora or majora, addressing concerns such as discomfort during physical activity, irritation from clothing, or aesthetic preferences. It aims to create a more balanced and comfortable appearance.
- \* Clitoral Hood Contouring: Designed to reduce excess tissue around the clitoris, this procedure can provide a more aesthetically pleasing and comfortable appearance.
- \* [Vaginoplasty](#): This procedure focuses on tightening the vaginal canal, which can become lax due to childbirth or aging. Vaginoplasty aims to improve muscle tone and restore a youthful feel.
- \* Perineoplasty: This surgical enhancement reconstructs the perineum, the area between the vagina and the anus, often addressing issues like perineal laxity or scarring resulting from childbirth. It aims to improve comfort, restore anatomical integrity, and enhance appearance.
- \* Hymenoplasty: Also known as hymen reconstruction, this procedure repairs or restores the hymen. It is often sought for personal, cultural, or psychological reasons.
- \* Labia Majoraplasty: This procedure focuses on the labia majora (outer lips), addressing concerns such as volume loss, sagging, or asymmetry, often through reduction or augmentation techniques. It aims to create a more youthful and desired appearance.

Each surgical procedure at The Intimate Makeover is performed with meticulous attention to detail, prioritizing patient safety, comfort, and achieving natural-looking, satisfying results. For more information, go to [www.TheIntimateMakeover.com](http://www.TheIntimateMakeover.com) or call 916-775-3357 to schedule an appointment.

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