

Chandler Naturopathic Practice Essence Medical Center Expands Aesthetic Services, Offering Women Whole-Person Care

CHANDLER, AZ, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- [Essence Medical Center](#) brings together naturopathic medicine, hormone care, skin treatments, microneedling, and cosmetic injectables to support women's health and confidence at every stage of life.

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Dr. Paula Lima, NMD

Essence Medical Center, a Chandler naturopathic medical practice led by Dr. Paula Lima, NMD, is expanding its aesthetic services to complement the practice's existing focus on hormone health, wellness, weight management, and personalized naturopathic care. The clinic is getting trained in a new service, PDO Threads by PDO Max, at the end of August 2026.

The expanded aesthetic offerings give women an opportunity to address concerns about skin health and

facial appearance within a medical practice that also provides care for hormonal and metabolic health. Essence Medical Center currently offers skin treatments, cosmetic injectables, SkinPen microneedling, hormone replacement therapy, nutritional counseling, IV therapy, acupuncture, weight-loss care, and other wellness services.

Rather than viewing aesthetic care as separate from overall wellness, Essence Medical Center takes an individualized approach that considers each patient's health history, concerns, goals, and broader needs.

A Whole-Person Approach to Women's Health

Women's health can change significantly throughout adulthood. Hormonal fluctuations associated with perimenopause and menopause, changes in metabolism, thyroid concerns, stress, sleep disruption, and other factors can affect how a woman feels and how she experiences changes in her body and skin.

At Essence Medical Center, hormone health is a central part of Dr. Lima's practice. The clinic provides hormone replacement therapy for women experiencing symptoms associated with

hormonal changes, including menopause-related concerns. Treatment plans are developed based on individual symptoms, health history, and medical evaluation.

The practice's aesthetic services provide another component of that individualized approach.

"Women should not have to separate their health goals from the way they feel about their appearance," says Dr. Paula Lima, NMD. "Our goal is to understand each patient as a whole person and provide thoughtful options that support both health and confidence."

Personalized Facial Rejuvenation Without a One-Size-Fits-All Approach

Essence Medical Center offers cosmetic injectables designed to provide subtle, natural-looking facial rejuvenation. According to the practice, injectable treatments may be used to address concerns such as facial wrinkles, loss of volume, and changes in facial contours. Each treatment begins with a consultation to understand the patient's aesthetic goals and develop an individualized plan. The philosophy is not about changing a patient's appearance dramatically. Instead, treatment can focus on refreshing and enhancing existing features while maintaining a natural appearance. This personalized approach is particularly relevant for women navigating the visible changes that can accompany aging, hormonal shifts, and changes in skin quality.

Skin Treatments and Microneedling

In addition to cosmetic injectables, Essence Medical Center offers skin treatments and SkinPen microneedling. Microneedling uses controlled micro-injuries to stimulate the skin's natural healing response. It is commonly used as part of aesthetic skin-care plans addressing concerns such as skin texture and the appearance of certain scars and fine lines.

The practice also offers professional skin treatments and skincare guidance, giving patients the opportunity to develop a more comprehensive approach to maintaining healthy-looking skin. Essence Medical Center's existing services include SkinPen microneedling and dedicated skin treatments.

Connecting Hormone Health and Aesthetic Goals

Hormonal changes can influence many aspects of a woman's health and well-being. Women going through perimenopause or menopause may experience changes in energy, sleep, mood, libido, weight, and skin, among other symptoms.

Essence Medical Center's approach allows these concerns to be discussed within a broader medical context. A patient seeking help for changes in her skin may also have questions about hormones. Another woman seeking hormone care may be concerned about changes in weight or facial appearance. By offering both wellness and aesthetic services, the practice can provide an opportunity to discuss these concerns together rather than treating each one as an isolated

issue.

Essence Medical Center's naturopathic approach emphasizes gathering a comprehensive health history and, when appropriate, using laboratory testing to help inform individualized treatment plans.

A Medical Setting for Aesthetic Care

As interest in minimally invasive aesthetic treatments continues to grow, patients increasingly want to understand not only what a treatment can do, but whether it is appropriate for them. Essence Medical Center emphasizes consultation and individualized planning before treatment. Its cosmetic injectable services are designed around patient goals and natural-looking outcomes, while the practice's broader medical focus allows patients to discuss aesthetic concerns alongside other aspects of their health.

For women who prefer to approach aesthetic care as one component of a larger wellness strategy, this integrated model can offer a convenient and personalized option.

Led by Dr. Paula Lima, NMD

Essence Medical Center is led by Dr. Paula Lima, NMD, a naturopathic doctor whose practice focuses on hormonal balancing and chronic health concerns.

Dr. Lima's approach emphasizes personalized and comprehensive care, with attention to each patient's individual health history and goals. The practice serves patients in Chandler and surrounding communities, including Mesa and Tempe.

Essence Medical Center is located at 973 W. Elliot Road, Suite 2, Chandler, Arizona 85225.

About Essence Medical Center

Essence Medical Center is a Chandler, Arizona, naturopathic medical practice providing personalized care for hormone health, thyroid conditions, weight management, general wellness, nutrition, and other health concerns.

The practice also offers aesthetic and wellness services, including cosmetic injectables, skin treatments, SkinPen microneedling, IV therapy, acupuncture, and other therapies. Its mission is to provide patient-oriented care using natural and conventional modalities to help patients thrive in health and in life.

Schedule a Consultation

Women interested in exploring hormone health, skin treatments, facial rejuvenation, or a more comprehensive approach to wellness can contact Essence Medical Center to discuss their individual goals and treatment options.

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