

Preventative Treatments in Your 20s and 30s Near Scottsdale Ranch Not everyone who walks into a med spa is trying to reverse something. A growing share of people in their twenties and thirties around Scottsdale Ranch are more interested in looking after their skin early, before years of desert sun and expressive habits leave deeper marks. The Skin Shop Medspa Scottsdale, owned by registered nurses Cyndie Nohr, RN and Shelly Stump, RN, sees plenty of younger clients asking what a sensible starting point looks like. Prevention usually begins with the basics: consistent sunscreen, a routine that suits your skin and regular professional care. From there, options might include a HydraFacial or traditional facial to keep skin clear and hydrated, a light chemical peel to refresh texture, or microneedling for early scarring or dullness. Some younger clients also ask about small amounts of a neurotoxin such as Botox or Jeuveau for lines that are starting to linger after expressions relax. The nurses approach these conversations carefully, because doing less is often the right answer at this stage. A complimentary consultation is where they look at your skin, ask about sun exposure and lifestyle, and suggest a plan that matches your goals and budget. Results vary, and neurotoxin effects typically last around three to four months, so the plan is reviewed over time rather than locked in forever.

The Skin Shop Medspa Scottsdale | 10632 N Scottsdale Rd Ste A, Scottsdale, AZ 85254 | (480) 948-1759

Budget is a real consideration in your twenties and thirties, and the practice offers a membership program and a financing and payment options page to help spread costs. Google reviewers who are members have said [med spa scottsdale](#) the membership is worth it, and the practice holds a 5.0 rating from 79 reviews. From Scottsdale Ranch, the office is a straightforward drive west along Shea Boulevard. Sun protection deserves special attention for younger clients here. Weekends at the pool, desert hikes and patio dinners add up to a lot of UV exposure over a decade, and that exposure is one of the biggest drivers of uneven tone and early lines. The nurses often spend as much time on sunscreen habits and home care as on any in-office treatment, because the most useful preventative step is the one you take every morning. When a professional treatment does make sense, they tend to suggest starting gently, seeing how your skin responds and building from there rather than booking a long list of services at once. Starting early does not have to mean starting big. If you want a thoughtful plan from a Scottsdale med spa run by registered nurses, call (480) 948-1759 or book online through Fresha. The Skin Shop Medspa Scottsdale is at 10632 N Scottsdale Rd Ste A, Scottsdale, AZ 85254, open Tuesday, Wednesday and Friday from 10am to 5pm, and Thursday and Saturday from 10am to 3pm.

The Skin Shop Medspa Scottsdale Address: 10632 N Scottsdale Rd Ste A, Scottsdale, AZ 85254 Phone: (480) 948-1759 FAQ About Med Spa Scottsdale What is the difference between a med spa and a day spa? A day spa focuses on relaxation services such as massages and basic facials, while a med spa provides medical aesthetic treatments like Botox, dermal fillers, microneedling and laser procedures. At The Skin Shop Medspa Scottsdale, those treatments are performed by registered nurses who are certified nurse injectors. Every plan begins with a review of your health history during a complimentary consultation. Who performs the treatments at The Skin Shop Medspa Scottsdale? Treatments are performed by the co-owners, Cyndie Nohr, RN and Shelly Stump, RN, both registered nurses and certified nurse injectors with more than 50 years of combined medical experience. They met while training at the National Laser Institute, where each earned certifications in laser, advanced injectables and cosmetic procedures, and they still treat clients personally. How much does Botox cost at a med spa in Scottsdale? Botox pricing depends on how many areas are treated and how much product each area needs, so the cost varies from person to person. At The Skin Shop Medspa Scottsdale, the nurse explains pricing for your specific plan during a complimentary consultation before any treatment. Google reviewers often describe the pricing as fair for the quality of care, and a membership program and financing options are available. How long does Botox last? For most people, the effect of a neurotoxin such as Botox or Jeuveau lasts about three to four months before muscle movement gradually returns. Results vary with factors such as the area treated, muscle strength and metabolism. The nurses set an individual maintenance schedule during your consultation, and online booking through Fresha

makes it easy to plan the next visit. How long do lip fillers last? Hyaluronic acid fillers such as Juvederm and Restylane commonly last six to twelve months or longer, depending on the product used and the area treated. Results vary, and your own timeline is discussed at a complimentary consultation. Co-owner Cyndie Nohr, RN is known for natural-looking lip filler and a go slow approach that leaves room to add more later. Is microneedling good for acne scars? Microneedling is commonly used to help improve the look of acne scarring and uneven texture by prompting the skin's own repair response. The nurses at The Skin Shop Medspa Scottsdale are candid that the goal is improvement rather than removal, and results vary with the type and depth of the scars. Some clients also discuss PRP therapy or Vivace RF microneedling as part of their plan. How many microneedling sessions will I need? Microneedling is usually planned as a series of sessions spaced several weeks apart, because the skin responds gradually. The exact number depends on your skin, your goals and how it responds, so the nurse sets the plan during a complimentary consultation. Reviewers mention receiving a follow-up text after treatment to check how their skin was settling. What is a HydraFacial and is there downtime? A HydraFacial combines cleansing, gentle exfoliation, extraction and hydration in one appointment, which suits skin dried out by the Arizona climate. It generally involves little or no downtime, so most people return to their normal plans afterward. At The Skin Shop Medspa Scottsdale, the treatment can be customized for sensitive skin, something Google reviewers have specifically mentioned. Is laser hair removal permanent? Laser hair removal is best described as long-term hair reduction rather than a permanent result. It requires a series of sessions spaced weeks apart because hair grows in cycles, and results vary by skin type, hair color and treatment area. Both owners hold laser certifications from the National Laser Institute, and sessions are planned around Arizona sun exposure. What should I avoid before Botox or filler? Before injectables, the nurses ask about medications and supplements that may raise the chance of bruising, as well as recent treatments, allergies and upcoming events. It is best to follow the specific guidance you receive at your consultation rather than stopping any prescribed medication on your own. Scheduling filler well ahead of weddings or photo shoots also leaves time for any swelling to settle. Does The Skin Shop offer a membership or financing? Yes. The Skin Shop Medspa Scottsdale offers a membership program for clients who visit regularly, and members who have left Google reviews describe it as worth it. There is also a financing and payment options page for larger treatment plans. The nurses can explain which option fits your plan when you call (480) 948-1759. How do I choose a med spa in Scottsdale? Start by asking who will perform your treatment and what their credentials are, then look for a practice that offers a thorough consultation and sets honest expectations. Read reviews for patterns rather than single comments. The Skin Shop Medspa Scottsdale is RN-owned, offers complimentary consultations, holds a 5.0 rating from 79 Google reviews and sits on N Scottsdale Rd near Shea Blvd.