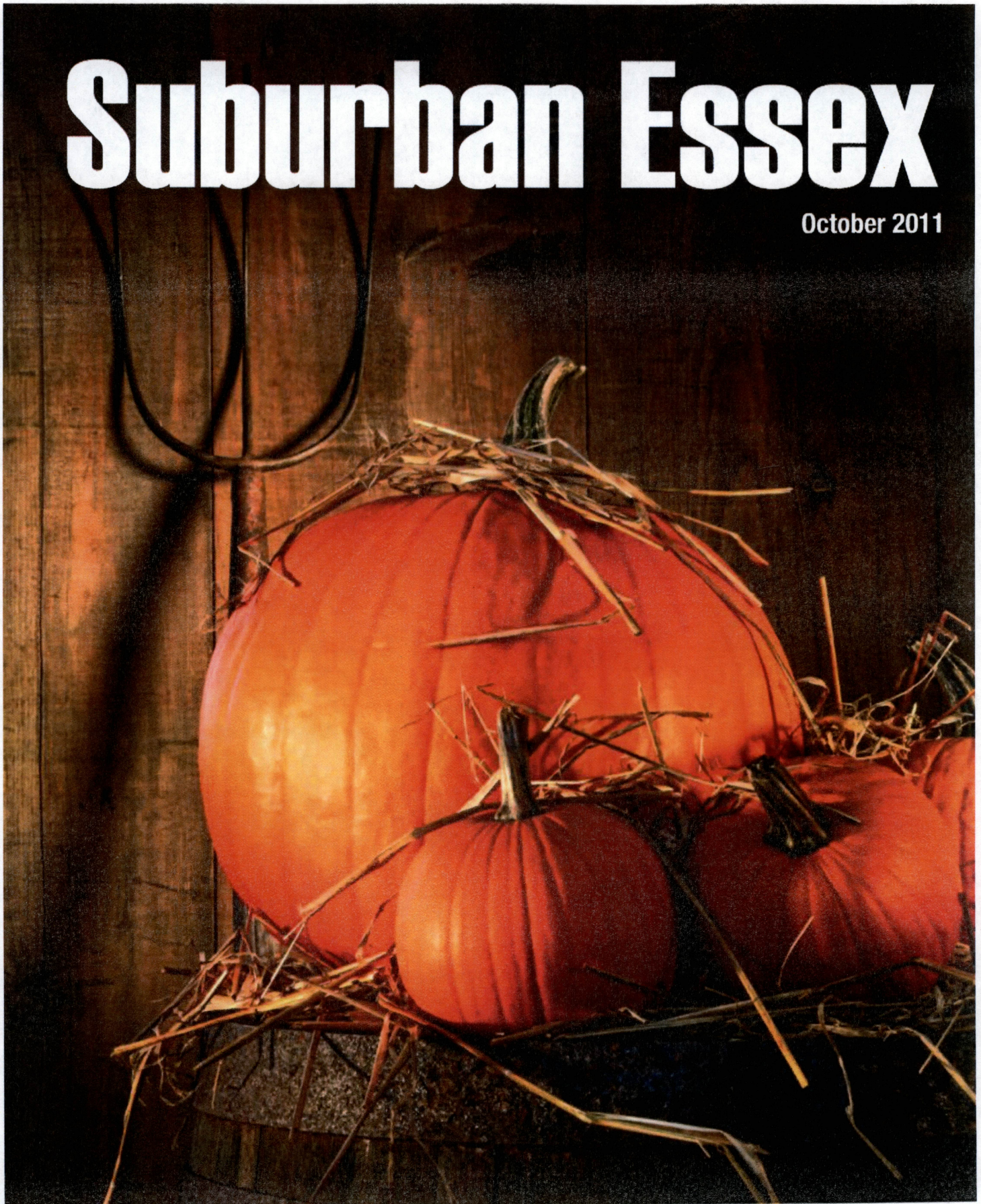


Suburban Essex

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HEALTH & BEAUTY PROFILE

By Nicole Canfora Lupo, photos courtesy of Mecca Integrated Medical



A Gathering Place for HEALING

If you're looking for a place where you can rejuvenate both body and mind, the soothing atmosphere at Mecca Integrated Medical is just what the doctor ordered.

Located in Fairfield, Mecca isn't your run-of-the-mill medical office. Instead of institutional-white walls, owners Dr. Dena Lacara and Dr. Mike Sapienza envisioned a practice with relaxing colors and aromas where patients could relax, whether receiving rehabilitative care or the increasingly popular medi-spa services.

The multifaceted approach came from the physicians' shared vision. "We really wanted something different, where people are pampered," explains Lacara, who handles Mecca's medi-spa side, while Sapienza is in charge of the rehabilitation side. Whether they come for the therapeutic services or beauty treatments, clients can expect an experience like no other at Mecca Integrated Medical.

"We chose the name 'Mecca' because it means 'a place where people gather for a common purpose,'" Lacara explains. Mecca truly is a place where clients gather to look and feel their best.

Patients who need rehabilitative services find that Mecca's physical therapy, chiropractic, neurology and pain management specialties can aid in their recovery from chronic neck and back pain, among other common—and not-so-common—maladies. And receiving treatment in a calming atmosphere helps patients focus on getting better.

"It's an inviting, warm and intimate environment where we know all of our patients and know them well," said Laracara, who adds that the staff aims to keep the atmosphere low-key.

Once you're feeling good, it's only natural that you'll want to look good, too. That's why Lacara boasts extensive training in aesthetic medicine, specializing in Botox, chemical peels and filler injections such as Juvederm. Spa facials and top-quality products from SkinMedica also draw clients to Mecca.

Skin rejuvenation is only half the battle—overall health is also an

important part of Mecca's spa offerings. That's why a massage therapist, personal trainer and a nutritionist round out the staff.

Lacara started developing an interest in the area of medical aesthetics because her female patients were seeking out those types of treatments, and she wanted to be able to offer them whatever it was that they needed for their physical and emotional wellbeing, including aesthetics. "I wanted to provide my patients with the services they really wanted," she said. "And the focus from start to finish is the experience," which is conducted in a visually-appealing atmosphere—not the cold, sanitized hospital environments that come to mind when you think "doctor's office."

"My goal is to take care of my patients," Lacara said. "It's my aim to get the training to help them in all aspects of looking and feeling good." ▲

Mecca Integrated Medical

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