



Wellness DEFINED

**Arcadia
Wellness
Center
provides a
variety of
comprehensive
wellness
services**

Native Arizonan Sarah Quinn, nurse practitioner is the owner and medical director of Arcadia Wellness Center. Offering a comprehensive variety of wellness and aesthetic services in a warm and welcoming atmosphere allows Quinn and her staff to help their patients looking and feeling their best with a whole-person approach.

Quinn grew up in Tucson and is a graduate of Grand Canyon University. After she graduated as a registered nurse she was initially working in high-risk ICUs and emergency rooms as well as faculty for a university. "I also worked at a plastic surgery center where I found a passion for wellness and aesthetics," Quinn explains.

While getting excellent clinical experience, Quinn went back to school to get her masters as a nurse practitioner in family practice, yet had her sights set firmly on working in wellness. She now has more than 13 years combined experience as a registered nurse and certified nurse practitioner.

She opened Arcadia Wellness Center in 2014. In addition to Quinn, there are others

on staff that provide services including hormone therapy, cosmetic injections, aesthetics and laser, weight loss, food allergies and pain management.

Quinn's area of focus is in bioidentical hormones, weight loss, allergies and interventional pain management. "We keep a very busy schedule seeing patients, and all have our specialty area of focus."

There are both men and women patients as young as 30-years-old that come in for expert bioidentical hormone and weight loss treatments. "Someone with an imbalance could really be any age," Quinn explains.

Lasers have far-reaching applications in both wellness and aesthetics. "We have a wonderful machine that has a lot of different platforms," Quinn explains. "We can work on pigmentation, resurfacing, anti-aging, tightening and rejuvenation for the body and face."

What sets Arcadia Wellness Center apart is the extensive assessment process for either wellness, aesthetic or anti-aging medicine services. "It involves sitting down one-on-one and finding out a health history, doing a physical and finding out what their goals are," Quinn says.

She continues, "Someone may come in for one treatment, but with an assessment we look at the whole person, inside and out." They take their time to discuss the best treatment options and data and lab findings are important in completing an in-depth assessment.

Patients are treated in concierge practice style. "Patients appreciate it and they enjoy being able to email me and call me on my cell phone," Quinn states. "I make myself available to my patients, so we are working on goals together." Arcadia Wellness Center is considered a boutique practice because many services are offered under one roof.

Another way Arcadia Wellness Center sets itself apart from other practices is through cutting edge technology and use of biologics and stem cells. "We incorporate stem cells into a lot of our injections, including hair restoration," Quinn finishes. "There are normal fillers which we're experts in, but we incorporate stem cells with dermal fillers. We go above and beyond in what we offer and in our training."

Arcadia Wellness Center is located at 2701 E. Camelback Rd., Suite 163, Phoenix. Visit www.arcadiawellnesscenter.com or call (480) 351-3688 for more information.

