



## Mandala Med-Spa & Yoga Shala

Sarasota, FL

mandalamedspa.com



Marguerite Barnett

AT MANDALA MED-SPA & YOGA Shala, the mission is to help guests and patients achieve wholeness. From its logo (which symbolizes awareness and the pathway to a centered state of tranquility and health) to the meaning of the word mandala (Sanskrit for whole), owner Marguerite Barnett, M.D., makes it her personal mission to spoil guests in every way—inside and out.

To accomplish a holistic approach, Barnett marries ancient healing methods with modern science. The exotic treatments, designed to promote beauty, health and wellness, comprise a long list. Skincare services include Indonesian scrubs and wraps; Balinese floral soaks, facials and peels; and laser hair removal, to name a few. There's also an impressive selection of healing therapies, including massage and acupuncture, as well as yoga sessions. It's not everywhere that a person can undergo medical treatments and get henna body art.

As a Harvard and MIT-trained, double board-certified surgeon, Barnett knows a thing or two about what her patients need to stay healthy. In her words, "true beauty is health."

"I believe individuals need balance in their lives," she says. "Don't just settle for looking beautiful—it's more than smooth skin and unwanted hair. Balance comes from emotional, mental and physical health. Some of the most beautiful people I've met were physically flawed but had the most intense life force. And you can bet they weren't fixated on fine lines."

Holistic healing is the focus at Mandala Med-Spa & Yoga Shala. Alongside medical treatments, such as laser hair removal, it offers Indonesian scrubs and wraps, and Balinese facials and peels.

To shift attention from society's strong focus on external beauty, Barnett emphasizes the importance of internal happiness, making her clients feel good about themselves in body and mind. She says her journey has been a spiritual one.

"People are starved for touch," Barnett says. "I'm grateful that my life path brought me to a place where I provide a deeply touching service. I strive to remind people that mandala is a symbol of wholeness that everyone's capable of achieving—even without visiting the spa." —K. Jackson