

Our 2026 Who's Who in Health & Wellness | Special Ad Section

QUINTESSENTIAL BARRINGTON®

January/February 2026

Let Us
Bring Back
Your Beautiful
Smile

Serving the
Whole Family

Meet

Dr. Aggie

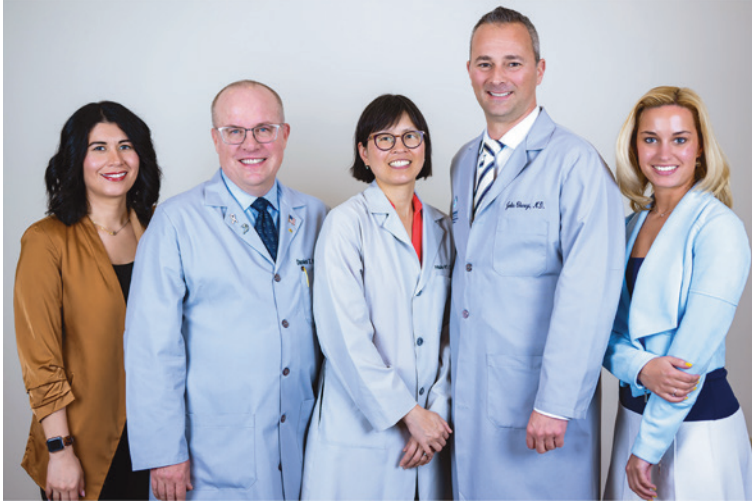
Aggie Iwaszczyszyn, DMD

Hart Dental

**Covering All Your
Dental Health Needs
Under One Roof**

General Dentists
Periodontist
Pediatric Dentistry
Endodontist
Hygienists

Who's Who in Health & Wellness



From left to right: Vanessa Manzo, MSN, FNP- C, Daniel Hoeltgen, MD, FACS, FASMBS, Hsin-yi Chang, MD, FACS, John Cherigi, MD, FACS, FASMBS, Kiersten Kern



Carmen Fotso-Kouatchou, MD



Amy Paulus, FNP-BC, FPA

Advocate Good Shepherd Hospital

450 W Highway 22
Ste G200
Barrington, IL 60010
847-842-4460
847-842-5581
advocatehealth.com/gshp



Advocate Good Shepherd's Hospital's Comprehensive Weight Management Program

Advocate Good Shepherd Hospital's Comprehensive Weight Management Program

At Advocate Good Shepherd Hospital, we understand that achieving a healthy weight is about more than numbers on a scale—it's about improving overall health and quality of life. That's why we offer a **Comprehensive Weight Management Program** designed to meet the unique needs of every individual.

A Multidisciplinary Approach

Our program brings together a dedicated team of experts, including fellowship-trained bariatric surgeons, nurses, and registered dietitians. Working collaboratively, they provide personalized care and guidance to help each patient reach their goals safely and effectively. With ongoing check-ins and encouragement, we'll work together to build healthy habits that last, so you can feel your best and enjoy a healthier future.

Bariatric Surgery

For those considering surgical options, our bariatric surgery program is nationally recognized by the **Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP)** for meeting and exceeding national benchmarks in quality outcomes such as length of stay, complication rates, and readmissions. All procedures are performed by the expert team at **Advanced Bariatrics of Northern Illinois**, including Dr. Hsin-Yi Chang, Dr. John Cherigi, and Dr. Daniel Hoeltgen. Together, these highly skilled, board-certified surgeons are dedicated to delivering compassionate, personalized care and guiding you through every step of your weight-loss journey. Combined, our surgeons performed over 300 bariatric surgeries in 2024. Call 847-350-9564 to schedule a bariatric surgery consult at Advanced Bariatrics, or to learn more.

Medical Weight Management

Our medical weight management program provides a personalized approach to achieving a healthy weight through comprehensive care. Led by obesity-certified clinicians Dr. Carmen Fotso-Kouatchou and Nurse Practitioner Amy Paulus, we combine tailored nutrition counseling, behavioral support, and evidence-based strategies—including FDA-approved medications when appropriate—to help you build sustainable habits and improve overall well-being. With ongoing monitoring and expert guidance, we empower you to reach your goals safely and maintain long-term success.

Why Choose Advocate Good Shepherd?

- Accredited bariatric surgery program with outstanding quality outcomes
- Comprehensive support from a multidisciplinary team
- Personalized care plans tailored to your health and lifestyle

Ready to take the first step toward a healthier you?

Call **847-620-3893** or email **GSHP-WeightManagement@aah.org** to learn more.

Who's Who in Health & Wellness



Constantine Godellas, M.D., Ascension Illinois
Oncology Service Line Medical Director

Ascension Alexian Brothers Ascension Saint Alexis

We don't just treat cancer. We treat you.

Ascension Illinois offers a robust breast care program at multiple locations in the northwest suburbs. The health system offers cancer care services on its hospital campuses at **Ascension Alexian Brothers in Elk Grove Village and Ascension Saint Alexis in Hoffman Estates**. It also operates a dedicated breast care clinic in Bartlett, which offers mammograms and specializes in surgery for breast cancer, as well as non-cancerous breast disease. The Breast Cancer Care Program at Ascension Illinois is recognized by the National Accreditation Program for Breast Centers and delivers advanced diagnostic tests, high-quality treatments and personalized follow-up care.

As a surgical oncologist, **Dr. Godellas** provides expert surgical care for patients with breast cancer and other tumors. He has a special interest in breast diseases and regularly incorporates state-of-the-art techniques and technologies when treating his patients. Dr. Godellas, along with his dedicated surgical staff, is able to help treat a number of rare and non-traditional types of breast cancers including non-invasive breast cancer in the milk ducts, inflammatory breast cancer which blocks vessels in the breast skin and metastatic breast cancer which has spread to other parts of the body.

"My ultimate goal is to make sure our communities know that they can receive personalized, state-of-the-art care right in their communities at an Ascension hospital. Of course, we continue to invest in new technology, but our biggest differentiator will always be the personal connection we have to our patients."

Dr. Compagnoni oversees an all-women team and has a clinical interest in breast cancer and benign breast issues such as cysts, nipple discharge, infections and fibroadenomas. She specializes in many types of breast surgery, including ultrasound guided and wireless lumpectomy, sentinel lymph node biopsy, Hidden Scar surgery and nipple-sparing mastectomy. With her multidisciplinary approach, she works with a team of specialists to deliver comprehensive care effectively and efficiently.

Dr. Compagnoni also recognizes that patients often need more than medical care alone. Her team helps connect them with additional services such as nutrition counseling, physical therapy, wig fittings, transportation, clothing, and financial assistance—ensuring that every patient knows about the full range of support available at Ascension Illinois.

To get in touch about personalized breast care, call 844-952-HOPE (4673).



Gia Compagnoni, M.D., Breast Surgeon at
Ascension Illinois - Breast Care Bartlett

Constantine Godellas, MD
800 Biesterfield Rd., Suite 705B
Elk Grove Village, IL 60007
224-273-7550

Gia Compagnoni, MD
1041 W. Stearns Rd.
Bartlett, IL 60103
224-273-5120



Who's Who in Health & Wellness



Bix Beauty
Luxury. Science. Confidence.
113 S. Hough St., Suite 5
bixbeautynp.com
847-900-2524

Bix
BEAUTY & WELLNESS

Bix Beauty ***Personalized Aesthetic Treatments by*** ***Brynn O'Donnell, FPA APRN***

New Year, New YOU!

At Bix Beauty, we take a comprehensive, inside-out approach to rejuvenation. Our treatments target the most common concerns we hear from our clients — and we combine advanced aesthetics with metabolic and hormone support to deliver real, lasting transformation.

Slow Metabolism, Stubborn Fat & Inflammation

Unlock your body's natural potential with medical-grade weight optimization. We offer medical weight loss, peptide protocols, IV nutrient therapy, and anti-inflammatory boosters to help reset your metabolism, reduce stubborn fat, lower systemic inflammation, and support overall vitality.

Fine Lines & Wrinkles, Volume Loss & Tired Eyes

Reverse the visible signs of aging with our advanced aesthetic injectables. From neuromodulators to dermal fillers, Sculptra, and platelet-derived growth factors, our expert injectors specialize in subtle, natural enhancement. Whether you want to soften lines, restore youthful volume, brighten exhausted under-eyes, or achieve a more lifted, refreshed appearance, we create a tailored plan that honors your natural features.

Low Libido, Mood Changes & Brain Fog

Feel like yourself again with targeted wellness and hormone-support therapies. Fatigue, low libido, irritability, and brain fog are often signs of deeper imbalance. At Bix Beauty, we use comprehensive labs and testing, bioidentical hormone support, peptides, and nutrient IVs to optimize mental clarity, emotional wellness, sexual health, and energy levels; helping you regain confidence and vitality from the inside out.

Dull Skin, Dehydration & Loss of Glow

Revive tired, lackluster skin with treatments designed to hydrate, repair, and brighten from the inside out. We specialize in collagen-stimulating treatments such as microneedling paired with PDGF (platelet-derived growth factors), a treatment that accelerates cellular repair, boosts collagen production, and delivers a radiant, renewed complexion. PDGF infuses the skin with powerful regenerative signals, helping improve fine lines, texture, acne scarring, and overall luminosity. For clients seeking a refreshed, even-toned glow, our suite of custom chemical peels offers targeted renewal. From gentle, hydrating peels to more corrective options, we tailor each treatment to reduce dullness, smooth uneven texture, lighten pigmentation, and reveal healthier, brighter skin beneath.

Hormonal Imbalances, Fatigue & Difficulty Sleeping

Balance begins within and your hormones play a starring role. If you're experiencing unexplained fatigue, mood swings, weight changes, or trouble sleeping, our hormone health evaluation, peptide therapy, stress-support IV drips, and lifestyle optimization plans help identify the root cause and restore equilibrium. When your hormones are balanced, every system functions better.

Who's Who in Health & Wellness



Physician and Founder Dr. Jessica Marabella

Blossom Into Better Health With Concierge Care

Experience Healthcare the Way It Should Be

In a world where traditional healthcare often feels rushed, impersonal, and reactive, concierge medicine offers something different, something patients deserve: time, access, and a true partnership with their physician. At Blossom Family Medicine, our concierge model is designed around one simple belief: your health should never feel like an afterthought.

Concierge medicine means fewer patients, longer visits, and personalized care that puts you at the center. Instead of waiting weeks for an appointment or feeling like you're being hurried out the door, you get direct access to your doctor and same-day or next-day availability when you need it most. It's care that adapts to your life, not the other way around.

At Blossom, we build relationships, not rushed encounters. We take the time to listen, understand your concerns, dig deeper into your health goals, and create a plan that works for your body, your schedule, and your lifestyle. Whether it's preventive care, chronic disease management, hormone therapy, or helping you feel your best through the different stages of life, you can trust that you have a physician who truly knows you.

What makes our model different?

- **Extended appointments** so nothing is overlooked.
- **Direct communication** with your doctor via text or phone.
- **Holistic and preventive focus** to keep you ahead of illness, not reacting to it.
- **A warm, welcoming environment** where you're treated like a person, not a number.
- **A physician who advocates for you**, coordinates your care, and supports you every step of the way.

Because you deserve care that blossoms with you—every season of life.



4256 N. Arlington Heights Rd, Arlington Heights, IL 60004 (Suite 100) **847-307-7230**

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Serving Barrington and Surrounding Northwest Chicago Suburbs



Scan the QR code to schedule
your **FREE** consultation

Who's Who in Health & Wellness



Diamond Dental A Welcome Expansion for Community-Centered Dental Care

In an era when healthcare can feel increasingly impersonal, it is worth recognizing local practices that prioritize trust, transparency, and genuine care. Diamond Dental Service in Lake Zurich is one such example. For more than 14 years, this cosmetic and family dental studio has served the greater Barrington and Lake Zurich community with a philosophy as straightforward as it is admirable: treat every patient as you would a member of your own family.

Under the leadership of owner-dentist Alma Lombardo, DDS, Diamond Dental Service has built its reputation on three core principles—Clinical Excellence, Integrity, and Exceptional Service. These commitments are not mere marketing claims. The practice is consistently 5-star rated on Google and has been named a NextDoor Neighborhood Favorite for four consecutive years, a distinction driven entirely by local residents.

This November, the practice took an important step forward by expanding into a new, larger facility at the corner of Rand and Cuba Roads. The investment reflects more than a need for additional space; it signals a long-term commitment to providing state-of-the-art care in an environment designed for comfort. The upgraded facility incorporates the latest dental technology while maintaining a warm, welcoming atmosphere—something many patients understandably seek but rarely find in modern healthcare settings.

Equally notable is Diamond Dental's focus on accessibility. The practice is in-network with most PPO insurance plans, offers a generous discount program for patients without insurance, and provides multiple payment plans for which nearly all patients qualify. At a time when cost is often a barrier to necessary oral healthcare, these options matter.

Patient comfort is another distinguishing priority. Nitrous sedation and a number of complimentary comfort amenities help reduce anxiety and make visits much more pleasant. The practice welcomes patients of all ages and is presently accepting new patients.

Healthcare institutions thrive when they combine clinical skill with community-minded values. Diamond Dental Service demonstrates how a local, family-owned practice can deliver both. Its expansion is more than a business milestone; it is a positive development for the community it serves—one that residents can feel confident supporting.

Areas of Specialty:

- Invisalign
- Veneers
- Teeth Whitening
- Dental Implants
- Crowns, Bridges & Dentures
- Root Canals and Extractions
- Emergency Treatment
- Sleep Apnea Treatment
- TMJ Treatment & Injections
- Night Guards and Sport Guards
- Periodontal Treatment
- Laser Dentistry
- Nitrous Sedation
- Much More

Alma Lombardo, DDS Diamond Dental Service

1289 S. Rand Rd
Lake Zurich, IL 60047

847-550-3134

staff@diamonddentalservice.com
LZdentist.com



Scan the QR code
to schedule your
consultation

Who's Who in Health & Wellness



Flagship Chiropractic Wellness

330 E. Main Street, Ste. 304, Barrington

815-900-9860

drdavis@flagshipchiropractic.com

Flagshipchiropractic.com



Jordan Davis, D.C.

I built my practice on a simple idea: Be a good doctor—patients and results will follow.

What inspired you to become a Doctor of Chiropractic?

During my teenage years, I endured two long years of debilitating back pain. Traditional healthcare offered little relief, so I began exploring alternative options. After just two weeks of chiropractic care, my pain was gone. That experience changed my life—it sparked the passion and purpose that led me to become a Doctor of Chiropractic.

I grew up in a small town in rural Alabama, but at 17, I moved to Illinois to help my mother care for her ailing father. Experiencing life in a bigger city opened my eyes, and I decided to make the Northwest Suburbs my home. I started weightlifting at 15, and it quickly became an integral part of my life. I pursued competitive bodybuilding for several years but eventually the wear and tear on my body brought that chapter to a close. My passion for health and wellness never faded—my first career was in personal training, which inspired me to pursue higher education in my late 20s.

What is your philosophy about the benefits of chiropractic care?

You only have one body. One spine. You need to take care of and maintain it to the best of your ability. Everything in your life needs some sort of maintenance and your spine is no different. Traditional healthcare, while miraculous and important, doesn't always seek to find the root cause of disease, it tends to focus more on symptom management. I believe a person's health is their wealth, and identifying the root cause of issues is paramount to one's health.

What results do you hope to see in your patients?

My goal is to enhance people's lives by helping them move and feel better through natural, noninvasive treatments. The greatest reward is helping restore a patient's ability to do the things they love without pain. I want to provide hope that the patient can lead a pain-free life and confidence that they can continue pursuing activities they love for years to come.

How does your approach differ from other chiropractors?

I built my practice on a simple idea: *Be a good doctor—patients and results will follow.* What sets me apart is time, honesty, and clinical integrity. I don't upsell and I don't make recommendations based on my bank account. I make them based on medical necessity and decades of training, experience, and honest conversation. Every visit is one-on-one, focused entirely on the patient.

I do my due diligence in getting to the root cause of issues and providing well-rounded care. A patient is not just paying for treatment. They're paying for my time, experience, and a level of care that's increasingly rare.

What other things do you recommend for people to stay healthy?

Do your bloodwork regularly. Keep your body moving. Eat well: processed and fast foods are not your friend. Take high quality supplements. Prioritize sleep. Make sure to spend time with people that bring you joy.

Anything else? *Roll Tide.*

Who's Who in Health & Wellness



Aggie Iwaszczyszyn, DMD “Dr. Aggie”

Hart Dental

728 W. Northwest Hwy

Barrington, IL 60010

847-865-4278

hartdentalbarrington.com



HARTdental

Hart Dental

A Trusted Leader in Compassionate, Patient-Centered Dentistry

Beyond the clinic, Dr. Aggie is a passionate advocate for community wellness, patient education, and collaborative local partnerships. She believes that dentistry is not only about fixing teeth — it's about improving quality of life, promoting whole-body health, and empowering patients with knowledge. Patients choose Hart Dental not merely for exceptional dentistry, but because Dr. Aggie and her team genuinely care. If you're looking for a dental home where empathy meets excellence, Hart Dental is here to welcome you. Dr. Aggie shares what's important and some top tips for your dental health.

What are the top values that you've built your practice around?

We believe that being honest and transparent are super important. Our large team of dental professionals spend a lot of time engaged in continuing education to stay fully up to date on best practices, to better understand procedures and solutions to both simple and complex issues, and to maintain our thoroughly modern practice and its equipment.

What are the common misperceptions regarding their dental health?

Thinking that because nothing hurts, everything is fine. Teeth aren't designed the same way the rest of the body is. The nerves aren't sophisticated enough inside the teeth to hurt with a cavity until it has more deeply affected the nerve, and sometimes people then require more invasive work such as a root canal or they lose the tooth. We are conservative in our approach, and value preventive care over invasive care at Hart Dental.

The environment at Hart Dental is one of your top priorities. How do you foster that?

Quality communication is part of our success model. Open and honest conversation leads us to the best outcomes. We go out of our way to make our patients feel comfortable with a warm welcome, a warm blanket, and thoughtful amenities during your visit. Our youngest patients receive the same respect as the adults. A lot of people compliment the laughter that rings through the office; it helps our patients know that we love our jobs, care about them, and work as a close-knit team, and lead with our hearts.

What are some mistakes people make with dental health and working with their providers?

First, be honest with me as a provider about habits. I can't come up with a good solution if I don't know what's happening at home, even if the truth is uncomfortable to discuss. Another limitation is not being open to their dentists' recommendations and only listening to feedback online. There needs to be a happy medium. For the day-to-day, avoid brushing right after an “acid attack” (coffee, wine juice, energy drink, lemon juice, or sparkling water). In fact, just sip plain water for 30 min after one of these drinks. Also, don't avoid easy preventative measures like fluoride xylitol which can help re-mineralize early cavities.

ibji.com



Surbhi Panchal, MD

Priyesh Patel, MD

Step into Better Health with Expert Hand & Upper Extremity Care.

Surbhi Panchal, MD

Dr. Surbhi Panchal is a board certified orthopedic surgeon and fellowship trained in hand & upper extremity surgery. Specializing in disorders and treatment of the hand, wrist, elbow and arm, she supports a balance of conservative and surgical measures to achieve optimal results for each patient.

**Hand, Wrist & Elbow Surgery
Pediatric Fractures**

Practice Locations:
**Barrington
& Crystal Lake**



Priyesh Patel, MD

Dr. Priyesh Patel is a fellowship trained, dual board-certified orthopedic surgeon specializing in hand and upper extremity and microvascular surgery. He sees adult and pediatric patients with acute injuries and other orthopedic conditions.

**Hand & Upper Extremity Surgery
Microvascular Surgery**

Practice Locations:
**Algonquin,
Barrington
& McHenry**



Algonquin
2719 W. Algonquin Rd.
847-381-0388

Barrington
27401 W.Highway 22
Suite 125
847-381-0388

Crystal Lake
815 Cog Circle
Suite 1
847-381-0388

McHenry
406 Front St.
Suite 100
847-381-0388

Who's Who in Health & Wellness



Solutions for the Toughest Cases of Treatment-Resistant Depression and Other Brain Illness

Today, we are fortunate to have open conversations about mental health in our families and communities. We have numerous resources to turn to, often with outcomes of lasting relief, hope, and support. However, there is still a significant percentage of people suffering from mental health issues and physically disabling symptoms of pain who don't know where to find relief. We spoke with Dr. Steve Best, MD, a psychiatrist whose work at The Neuroscience Center (TNC) in Deerfield, Illinois, addresses these unmet brain-related health issues and the treatment-resistant disorders using the most advanced tools and technologies.

"Many of our patients come here after years of suffering, with multiple attempts at getting professional help, and numerous applications of trial-and-error treatments. Patients who find us come here as a last-ditch effort," Dr. Best said. "After thorough testing, we will offer treatments that are tailored to the patient's needs, with the intent that they will experience relief from their suffering, and reintegration into life and society."



The Neuroscience Center
Practical Approach. Cutting-Edge Therapies

Steve Best, M.D., Director

The Neuroscience Center
440 Lake Cook Road
Deerfield, IL 60015
847-236-9310

Email us at schedule@neuroscience.md

Causes of Brain Injury

The Neuroscience Center began serving the general psychiatric and neuropsychiatric needs of patients over 50 years ago. While many of the center's patients experienced significant recovery with traditional medication and therapy, a subset of people continued to struggle with treatment-resistant illnesses, particularly depression and chronic pain syndromes. With years of experience, TNC team realized that brain injury contributes to the frustrating persistence of disabling symptoms and illnesses. "Building an innovative clinic with multiple modalities to help people recover from these complex illnesses became our passion," said Dr. Best. "It drives us to innovate and perfect the tools needed to assess and intervene."

Traumatic Brain injuries may include or be associated with:

- Traumatic factors such as concussion
- Head injury from accidents or violence
- Non-traumatic factors such as stroke, substance use/misuse
- Co-morbid psychological issues such as learning disorders,
- Vector-borne such as Lyme disease
- Conditions associated with pathogen exposure (mold, poisoning)
- Sleep disorders
- Autoimmune conditions
- Nutritional deficits/metabolic disorders

Innovative Treatment Solutions

The team at TNC has created a "Combination Therapy" which offers ground-breaking interventional psychiatry, utilizing the synergistic effects of rTMS with close medical supervision of intravenous ketamine therapy, resulting in a more effective overall treatment of mood and chronic pain disorders. Here are some of the areas that TNC addresses through the application of SPECT (brain testing), blood work, rTMS, Combination Therapy of TMS/ketamine, and other tools that comprise an individual's custom treatment plan. Here are some details:

- Found to be effective in patients who fail other therapeutic interventions and is a go-to for patients who are likely to fail treatments.
- Especially effective in cases of substance abuse and addiction.
- Through modification of the central nervous system, depression, pain, and anxiety recede so the patient can regain a quality of life.
- Effective in cases that include co-morbid non-traumatic brain injury disorders, mood and affective disorders, and in cases of co-morbid developmental disorder.

- In many cases, people experience faster recovery in days or weeks, rather than months.
- A minimally invasive, and safe procedure that does not interfere with other therapeutic interventions.
- On-site team specializes in administration of Combination Therapy of TMS/ketamine and select interventional pain procedures.

“We can help the depressed or anxious patient or person with neuropathic pain or dual-diagnosis of substance use disorder with mood/anxiety co-morbidity patient to avoid treatment-failures,” said Dr. Best. TNC offers a combination of general psychiatry, nature-based management based on testing, and rTMS or Combination Therapy of TMS/ketamine to provide a comprehensive treatment plan. “We are adept in the everyday application of the most modern clinical interventions, tempered by decades of clinical experience and the accumulated wisdom of our affiliated academic experts.”

About The Neuroscience Center



Dr. Steve Best invented and patented the Combination Therapy of TMS/ketamine that is bringing groundbreaking relief to suffering. The Neuroscience Center team has applied rTMS to more private patients than any other provider in the United States over the last 25 years. TNC maintains the highest medical standards with proper medical personnel on site during all patient treatments. TNC also offers HBOT (Hyperbaric Oxygen Therapy).

Learn more at neuroscience.md or call 847-236-9310.

Treatment Is Available

Are you a parent, spouse, or an individual who has tried everything possible to find the right help—but don't know where to turn or are not seeing the results you desperately need?

Treating the Toughest Cases of PTSD and Other Brain Injuries or Illnesses

There is a significant number of people who seek treatment for brain health related problems (PTSD, depression, disabling and chronic pain syndromes, traumatic and non-traumatic brain injuries, consequences of Lyme disease, panic disorder, addiction, and more) but find conditions are too complex for accurate diagnosis and treatment; are treatment-resistant; or have found that trial-and-error protocols are not working.

We Can Accurately Diagnose Your Condition

At The Neuroscience Center, we have more than 50 years of experience in accurately diagnosing these conditions and providing innovative clinical, multi-modal treatments to help our patients recover and get back to life.

We Are the Most Experienced rTMS Provider in the U.S. With Over 25 Years Experience

One of our tools is a ground-breaking interventional Combination Therapy which utilizes the synergistic effects of TMS co-administered with intravenous ketamine therapy, resulting in a more effective overall treatment of mood and chronic pain disorders. Our SPECT (brain testing) and other diagnostic tools assure an accurate diagnosis and help us define the right treatment plan. And most important—our clinic is properly staffed with highly trained medical staff who are onsite at all times during consultations and treatments. Another tool is HBOT which can be invaluable in cases of brain injury as one part of a treatment plan.

There is help. Give us a call.

The Neuroscience Center
Practical Approach. Cutting Edge Therapies.

neuroscience.md
440 Lake Cook Road, Deerfield, IL

847-236-9310

Email us at schedule@neuroscience.md

Who's Who in Health & Wellness



RMS

REGENCY MEDICAL SPA
AND HAIR RESTORATION

A trusted, well-respected medical team led by a Master Injector, highly trained and certified providers with 40 years of expertise in aesthetics, hair restoration, and sexual wellness.

Here are our many services. Please reach out to us to schedule your initial consultation.

FACIAL REJUVENATION

- Botox
- Dermal Fillers
- Threadlifts

BODY CONTOURING & SKIN TIGHTENING

- Morpheus8
- BBL (Liquid)
- Emsculpt
- Allogene (Permanent Fat Transfer-Buttock, Hips)
- Aveli (FDA Approved Cellulite Treatment)

ADVANCED LASER SERVICES

- BBL HERO
- MOXI
- SkinTyte
- ProFractional Laser
- Forever Bare BBL (Laser Hair Removal)

HAIR RESTORATION

- PRP/PRF Therapy
- Exosome Treatments
- FUE Hair Transplantation-Head, Eyebrow, Beard

INTIMATE & SEXUAL HEALTH

- O-Shot/Clitoxin
- MonaLisa Touch
- Vampire Wing Rejuvenation
- P-Shot/P-Tox
- BellaFill Penile Enhancement

WELLNESS

- NAD
- Bio-Identical HRT (Pellets, Topicals)
- Peptides

PRP FOR JOINTS

Orthopedic injuries (Knees/Shoulders/Hips)

WEIGHT LOSS

HCG, GLP1s, Tirzepatide, Skinny shot and B12 shot

MEDSPA SIGNATURE SERVICES

- SkinPen Microneedling
- HydraFacial
- Vampire Facial
- Custom Facials
- Chemical Peels
- Brow Tinting
- Massage Therapy
- Dermaplaning
- Facial & Body Waxing

IV THERAPY

- Myers Cocktail and Custom IV's
- B12 Infusion

Regency Medical Spa

300 Fox Glen Ct, Barrington, IL 60010

847-348-6425

regencymedicalspa.org

Instagram: [regencymedicalspa](#), [regencyhairclinicbarrington](#)

Facebook: Regency Medical Spa, Regency Hair Restoration



SCAN ME

Who's Who in Health & Wellness



Root Dental

1 N. Main St, Algonquin, IL 60102

224-208-1151

rootdental.net • Social: @GoRootDental



Scan the QR code to schedule
your consultation

Maggie Grothe, D.M.D

I built my practice on a simple idea: When you understand the whole person, you can transform their oral and overall health.

What inspired you to become a dentist?

I've always loved science, problem-solving, and connecting with people, and dentistry brings all of that together in such a meaningful way. Over the years, I realized just how closely oral health is tied to whole-body wellness. That became the foundation of Root Dental, a place where patients feel heard, supported, and empowered to understand their health on a deeper level.

How would you describe your approach to dentistry?

I practice functional dentistry, which means I look beyond symptoms to understand the why behind them. Oral conditions rarely happen in isolation, they're influenced by lifestyle, stress, inflammation, airway health, bacterial balance, and more. My goal is to uncover these root causes so we can create long-term solutions instead of temporary fixes. That starts with taking time to listen and building a genuine partnership with each patient.

What results do you hope to see in your patients?

I want my patients to feel healthier, more confident, and more in control of their wellbeing. When someone finally understands what's happening in their mouth—and how it connects to their overall health—it changes everything. Seeing a patient reduce inflammation, improve comfort, or simply smile with confidence is incredibly rewarding. The best outcome is when they feel better not just dental-wise, but in their day-to-day life.

How does your approach differ from traditional dentistry?

I prioritize time, transparency, and root-cause diagnosis over quick or one-size-fits-all treatment plans. Functional dentistry allows me to be thorough, to evaluate biomarkers, assess bacterial levels and inflammation, and truly understand what's driving a patient's oral condition. I don't upsell or recommend anything unnecessary. Every decision is based on clinical integrity, evidence, and what aligns with the patient's long-term health goals.

What technologies do you use to support your functional approach?

One of my favorite tools is the SillHa Oral Wellness System, which measures salivary biomarkers tied to bacteria, acidity, and inflammation. Combined with digital imaging and comprehensive exams, it gives patients a clearer, measurable picture of their oral-systemic health. It's empowering for them and helps me personalize treatment with precision.

What advice do you give people who want to improve their oral and overall health?

Consistency matters. Prioritize preventive visits, maintain great homecare habits, stay hydrated, manage stress, and pay attention to how your body responds to inflammation. Small changes add up. And don't ignore your mouth, your oral health is a vital part of your whole-body wellness.

Who's Who in Health & Wellness



Dr. Kate Coffman

Expertise in Musculoskeletal and Pelvic Health Care

As a standout provider in the region's health and wellness landscape, Team Rehabilitation Physical Therapy – Lake Barrington is redefining what comprehensive musculoskeletal and pelvic health care can offer. Under the leadership of Barrington native Dr. Kate Coffman, the clinic is one of the area's premier destinations for patients seeking expert, evidence-based physical therapy delivered with compassion, expertise, and a whole-person approach.

Many individuals silently struggle with bladder leakage, pelvic pain, postpartum discomfort, constipation, or surgical recovery—symptoms often dismissed or misunderstood. Dr. Coffman and her team emphasize that these challenges are common, treatable, and something people should not have to endure.

After earning her Doctorate in Physical Therapy from Marquette University, Dr. Coffman returned to Barrington with a mission to bring world-class and innovative pelvic health and orthopedic rehabilitation to her community. Her clinic is known for its advanced pelvic floor services and for its high level of medical collaboration, with referrals from top specialists across the country—even physicians at Mayo Clinic. She is trusted with complex cases requiring deep clinical skill and nuanced problem-solving.

Dr. Coffman's personal history of navigating fertility challenges has led to a highly specialized and compassionate approach to treating patients with fertility physical therapy, and supporting individuals through pelvic, hormonal, and musculoskeletal factors that may influence conception. Team Rehabilitation Lake Barrington also provides an extensive pregnancy and birth preparation program, helping patients prepare for safer, smoother deliveries. This includes labor mechanics, pelvic mobility optimization, pain-

management strategies, and hands-on education to help partners confidently support the birthing process.

Specialized and Comprehensive Services

- Postpartum recovery
- Pelvic pain, incontinence, and bowel dysfunction
- Fertility physical therapy
- Pregnancy and birth preparation, including partner training
- Post-prostate surgery rehabilitation
- Orthopedic and spine conditions
- Sports orthopedics and injury rehabilitation, supported by Dr. Coffman's Overhead Throwing Certification
- TMJ dysfunction
- Vestibular disorders and dizziness
- Scoliosis
- Parkinson's disease using LSVT-BIG, with three therapists certified in this gold-standard treatment

Beyond clinical care, Dr. Coffman is the founder of The Pelvic Scholar, a national education platform that mentors pelvic health professionals across the country. She is deeply committed to elevating the field, improving access to quality care, and shaping the next generation of clinicians.

Born and raised in Barrington and a graduate of Barrington High School—where she also excelled as a varsity soccer captain and earned All-Conference and All-Area honors—Dr. Coffman is proud to care for the community that shaped her. Her mission is simple: to ensure every patient feels heard, supported, and empowered throughout their healing journey.

"My mission is to ensure every patient feels heard, supported, and empowered throughout their healing journey." – **Dr. Kate Coffman**

Team Rehabilitation Physical Therapy

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Who's Who in Health & Wellness



Patrick and April Durbin with children Luke and Sarah.

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Patrick Durbin

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Scan the QR code to schedule
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Patrick Durbin

In-Home Personal Training in Barrington

Hello, Barrington neighbors! My name is Patrick Durbin, and my family and I are excited to introduce ourselves to your wonderful community. My wife, April, is a 3rd-grade teacher at Barrington 220 Countryside Elementary School, where she brings dedication and heart to her classroom every day. We are also the proud parents of two great children, Luke, 12 and Sarah, 9, who keep our home filled with energy, curiosity, and plenty of laughter.

As a United States Army veteran, I proudly served from 2000 to 2004, with deployments to both Afghanistan and Iraq. My military experience instilled discipline, integrity, and a commitment to helping others grow stronger, both physically and mentally.

Serving the Barrington Area

We've had the pleasure of building meaningful connections in Barrington and nearby suburbs through our business, Weightloss Transformation In-Home Personal Training, for over 15 years. Over those years my team and I have had the honor of working with many Barrington area clients in their living rooms, basements, home gyms, and neighborhood parks, helping them stay strong, active and confident. We serve everyone from busy professionals to wellness-focused parents, to clients rebuilding their fitness after injury. The support and referrals we've received from this community continue to mean the world to us.

Start Where You Are

There is no equipment needed to get started. We bring everything you need for a safe and effective workout. If you do have equipment at home, we will be sure to incorporate it into your workouts. From strength, mobility, toning, nutrition, and weight loss to motivation and accountability, we've already helped many Barrington residents transform their health.

We're grateful for the warm welcome Barrington has shown our family, and our In-Home Personal Training business. We look forward to meeting more of you and continuing to serve Barrington with pride, professionalism, and a true commitment to your health.

Our Mission is Simple: to make high quality personal training convenient, personalized, and straight to your door—eliminating commute time, maximizing convenience, and tailoring every workout to your goals.