

About Us

APlus Lifestyle Wellness & Med Spa is a health, wellness, and aesthetics medical spa located in Colonial Heights, VA. Our mission is to provide comprehensive personalized services tailored to the unique needs of each individual we serve, promoting overall well-being to enhance their quality of life, all while providing a rejuvenating experience. We believe that everyone deserves to live a life of quality where they can feel and look their best.

Our team consists of vetted, licensed, experienced, and highly trained medical professionals. We are committed to providing safe, high-quality, and innovative treatments and services that exceed our clients' expectations.

Our Vision

Our vision is to be a premier provider of advanced and effective health, wellness, and aesthetics services in our community and beyond. We look forward to serving you and helping you live the lifestyle you deserve!

Dr. Crystal Alexander, DNP, APRN, FNP-C



Contact Us

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APlus Lifestyle
WELLNESS & MED SPA, PLLC



Live The *Lifestyle* You Deserve

www.apluslifestylewellness.com



Health

Lab Draw
DNA Testing
Gender Reveal
DOT & Non-DOT Drug Testing
Medical Cannabis Certificate
Telemedicine



Wellness

IV Hydration Therapy
Vitamin Shot Bar
DOT Physicals
Annual Physicals
Sports Physicals
Medical Supervised Weight Loss



Aesthetics

Botox
Dermal Fillers
Lipodissolve
Microneedling
Non-Surgical BBL
Medical Grade Skin Care
and more!



Live The *Lifestyle* You Deserve