

TRANSFORM YOUR HEALTH JOURNEY

Embrace wellness with The Beauty & Balance Spot

With over 32 years of expertise, we offer personalized health and weight solutions. Relax in luxury while our experienced nurses deliver top-quality IV treatments. Achieve balance and feel your best today!

[Schedule Appointment](#) ➔

Dr. Barbara Sharief

AUTONOMOUS NURSE PRACTITIONER



I love caring for others. I am a **Doctor of Nursing Practice** with 31 years in the Healthcare profession. I have worked with children and adults with medically complex conditions. I believe health and wellness can be achieved through preventative care. We offer regular well care checkups as well as holistic IV therapies