

**Shelena Lalji**, M.D., known as “Dr. Shel” by her patients and colleagues, is the founder and medical director of the **Dr. Shel Wellness & Medical Spa** in Sugar Land, Texas. She has been inspiring and educating women on how to live their best and healthiest lives possible for nearly 20 years.

As an honor graduate of Emory University School of Medicine, Dr. Shel is a **Board Certified Obstetrician and Gynecologist**. After practicing traditional women’s healthcare for over 10 years, she felt the need to focus on a more comprehensive approach to women’s health to uncover the root cause of her patient’s symptoms rather than simply treating the symptoms alone. This journey inspired her to establish the Dr. Shel Wellness & Medical Spa in 2006. Her daily mission is to empower women to look and feel their best by cherishing and honoring themselves first and foremost. She also provides them with the treatments and protocols each individual needs to restore inner wellness. She assists her patients in this process by guiding them through a journey with natural bio-identical hormones, nutrition, healthy living, state-of-the-art aesthetic procedures, and stress management strategies. She feels privileged to have empowered thousands of patients through her advanced testing and treatments as well as educated countless medical physicians about the benefits of a complete wellness approach.

Dr. Shel holds several volunteer positions and is a **strong supporter of her community and charities**. She serves on the American Cancer Society Leadership Council, various Child Advocacy groups, Women’s Shelters, Women’s Empowerment groups, Autism Support groups, and many other organizations. She is a sought after keynote speaker at numerous conferences including the Texas Conference for Women, the American Academy for Anti-Aging Medicine, Pri-Med Conferences, Aesthetic Conferences, Wellness Symposia, and Laser Clinical Forums to name a few. Dr. Shel has appeared several times on many local and national television shows to help educate the viewers about healthy lifestyles, natural and alternative health approaches, aesthetics, and other noteworthy women’s issues.

Dr. Shel authored her first book, “I Am Woman”, and is publishing her second book to educate women of all ages about reclaiming their health, happiness and harmony. She believes in and lives by a strong balance in life herself while enjoying and embracing her many roles as a physician, a woman’s advocate, an educator, an entrepreneur, a wife and a mother of two beautiful children.