

Profile: Emily Thomas, MD

Office: LightTouch Medical Spa, 1036 1st St. 707-747-5625
Services: Laser Hair Removal, Botox, Dermal Fillers, Sclerotherapy, Prescription Skin Care, Glycolic Peels, Microdermabrasion, and Esthetician Services.

Emily moved from Ohio to Benicia in 1997 with her husband, Internist Eric Hoenig, because they enjoy the outdoors, and the weather here “couldn’t be beat.” Emily likes the small town feel of Benicia, and loves being close to SF, Napa, and Berkeley. She and Eric live downtown in a historic home within walking distance of the water. They have 5-year old twin boys, Jacob and Noah, who are in kindergarten at Mary Farmar. Her hobbies are yoga, pilates, running, hiking, reading, cooking, eating, and “talking to my sisters on the phone - I don’t know if that is a hobby, but I sure enjoy it!”

How did you get into medicine?

I graduated from Medical School in 1990, and completed my Residency Training in 1997. I knew at a young age that I was going to go into medicine. I remember doing a report on Florence Nightingale in second grade because I wanted to be like her when I grew up. My mother is a retired OB/GYN who was born, raised and trained in India, although she practiced in this country her whole life. My parents impressed on me to utilize my talents and strengths to their fullest and to be of service to my community.

What’s your educational and medical background?

I am a Board Certified Internal Medicine M.D. My B.A. is in Cultural Anthropology. I did my medical school training and my Internal Medicine Residency training at Ohio State University. After completing my residency, Eric and I moved to California and I worked for Kaiser Permanente practicing outpatient Primary Care Medicine, Geriatric Care of Nursing Home Residents, and Hospital Based Medicine.

When did you open LightTouch?

In August 2004. I moved to my current location in January 2005, and have expanded my services and staff at a steady pace. Our current team consists of Natalie Reed, Clinical Esthetician and Pre-Nursing student; Denise Chew-Horn, Patient Coordinator; Janet Hein, Registered Nurse & Laser Hair Removal Specialist; and Christi Tenret, Registered Nurse & Laser Hair Removal Specialist.

What made you change your medical focus?

Experiencing all the challenges and joys in the ever-changing lives of my sons made me realize that I was out of alignment with my priorities. I felt so fortunate to have such a wonderful family that I wanted to have more time for them. I have always been interested in living life fully, and to me that means working for balance in all areas of my life: intellectual, physical, emotional and spiritual. What I do now allows me to have more balance professionally and personally.

What do you enjoy most about your job?

The creativity involved in running a small business, and the creativity involved in doing Aesthetic Procedures well. I love being able to use my knowledge and abilities to do something that helps people feel good about themselves. Eric created a beautiful office space; and I love the team that I have built and knowing that I come to a place of work where we respect each other’s talents and purpose.



What are your biggest challenges?

Maintaining balance. The type A, over-achiever in me has to chill out and not push too hard to grow too fast. Owning a business means that it is hard to ever be finished at the end of a day, so I have to be OK with prioritizing.

What is your patient-care philosophy?

I like the word “Namaste” as a representation of my philosophy in my relationships with people. This is a Sanskrit word used in India to greet someone and means, “I honor the place within you in which the universe dwells; the place that is love, light, peace and truth. When you and I reside there together, we are one.” I try to approach my patient interactions in that way. I view my consultations and treatments as a time for my patients and me to share our knowledge of a situation and come up with a treatment plan that works for both of us. Putting this philosophy in action requires time, respectful listening, and mutual trust, and can be extremely gratifying for my patients and for me.

What’s next for LightTouch?

To continue to grow and expand our services and staff to keep up with the exciting field of Aesthetic Medicine. I have just returned from the American Society of Cosmetic Dermatology and Aesthetic Surgery Conference, which is a premier scientific evidenced-based conference and I have several new ideas! I am motivated to continue to provide excellent Aesthetic Medical Care. **IB**

LOOKING BACK

Harry Wassmann, Curator Emeritus, Benicia Historical Museum

Jack London, internationally renowned author, was born in San Francisco on January 12, 1876. He produced over 50 books and hundreds of stories and articles and was then the highest paid writer in the world. His career of 16 years was cut short by his death at age 41. Jack was an occasional visitor to Benicia, bonding with the commercial fishermen. His novels, *John Barleycorn* and *Tales of the Fish Patrol*, reveal some of his Benicia experiences. **IB**