

MODERN LUXURY SPOTLIGHT

INNOVATION IN MEDICINE



DR. KRISTA RAMONAS, MD

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THE LAB BY CUSTOM MED

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After 20 years working as a board-certified ophthalmologist caring for diabetic patients, Dr. Krista Ramonas found her way into longevity medicine, completing her medical boards in the field and founding The Lab by Custom Med. Operating on a medical membership model, The Lab members enjoy a streamlined process for deep dive blood biomarkers, genetic and epigenetic testing, medical imaging and body composition analysis. “I view myself as a partner in my patients’ health journey,” Dr. Ramonas says.

The Lab works with patients to increase muscle mass through hormone replacement therapy, while also keeping loss of collagen and elasticity in the skin, thinning hair and decreased libido at bay. Today, it’s one of the few practices to offer exosome therapy for facial rejuvenation, both procedurally and topically. Exosomes are nano-sized, super-charged stem cells that penetrate the skin thanks to their small size. “It’s absolutely the future of anti-aging,” she says. Dr. Ramonas is also passionate about custom compounding topical prescriptions. She’s created her own line of products, including HairLAB, BodyLAB and LoveLAB, the latter of which is a topical cream for anorgasmia in women—essentially Viagra for women.

In addition to her work at The Lab, Dr. Ramonas founded the nonprofit The Health Navigator Foundation in partnership with California Pacific Medical Center to provide essential resources for organ transplant patients. She also volunteers at the San Francisco Free Clinic and serves on the board of the Pacific Vision Foundation. “San Francisco is truly the city of opportunity,” she says. “If you can dream it up and your idea has legs, the community will support you.”