

people you should know in our community

{ Network }
NORTH SHORE



Get To Know Me

Favourite technological gadget:

I just acquired an iPad and I love it! I use it for diploma work as well as using it for fun.

Hobbies/Passions:

My passion is to entertain friends and family at home, to try different cuisines from all over the world and to entertain people I love and care about.

Books:

If Ebrahim finds time to read, it's a book on her beloved dermatology. Or failing that, *Three Cups of Tea* by Greg Mortenson, the co-founder of the non-profit charity the Central Asia Institute.

If you didn't work in this industry, what would you do?

I would be climbing mountains and doing humanitarian support. Provided I had lots of money to support myself and my family.

Dr. Shehla Ebrahim

AFTERGLOW MEDICAL ESTHETICS

Caitlin Dowling • newsroom@nsnews.com



North Shore resident Dr. Shehla Ebrahim is extremely busy, and she wouldn't have it any other way. Multi-tasking is what she does best, and you'd better believe it.

Dr. Ebrahim immigrated from Pakistan in 1989, and headed straight to the North Shore where she has lived ever since.

"I love the community that I live in, I would never dream of living anywhere else," she says.

While she has been a family physician on the North Shore since 1992, her passion for marrying wellness and beauty has taken her in a new direction. In 2005 she decided to take a "leap of faith" and open the esthetic medi-spa Afterglow Skincare.

"And I've never regretted it," Ebrahim adds.

Afterglow offers a variety of esthetic treatments for facial acne scarring, rosacea, and other skin conditions, as well as cosmetic procedures such as Juvaderm injections.

Ebrahim loves the challenge of spending time on her new business as well as fostering her established family medical practice. While she happily juggles both practices, there's always room for more. Later on this year Ebrahim will be adding another string to her bow with a diploma in Practical Dermatology from the University of Cardiff in Wales.

"My bread and butter at Afterglow is still botox and fillers, and lots of laser-based procedures, but my most rewarding time is when I actually see and treat skin diseases."

Ebrahim looks forward to broadening her knowledge of dermatological ailments so she can further help the local community. Her vision is to expand her business to include

a wide array of treatments specifically for women, including peri-menopause and hormone therapy.

Ebrahim loves to blend science with art and creativity. Every time she applies a cosmetic treatment to a patient at Afterglow, she adds her own approach to the application, which gives her a sense of fulfillment like no other. Despite the ups and downs of the recent economy, I can hear her smile over the phone as she tells me "business is fabulous!"

In return for her success as a health entrepreneur, Ebrahim takes on humanitarian causes, and regularly donates percentages of her revenue to charities. Her ethos is simple: "have humility in leadership." She aims to treat every work and personal relationship as a gift, and advises her four members of staff to do the same.

Among the causes she supports is the Central Asia Institute, a non-profit founded by author Greg Mortenson, which funds education for people in Pakistan and Afghanistan, a cause that is very close to her heart. Back home on the North Shore, Ebrahim is a proud member of the West Vancouver Women's Network, SWAN (Successful Women Always Network), the North Shore Chamber of Commerce and the Vancouver Board of Trade.

Ebrahim turned 50 last week, but that's the last thing that will slow her down. In April she climbed 19,000 ft of Mount Everest for charity, the latest in a series of charity climbs, and she loves to go long distance road biking in her spare time, with her favourite Bollywood music playing in her headphones. "It reminds me of home!" she laughs.

Is there anything this woman can't do?

words of wisdom

Treat all relationships as gifts and have humility in leadership.

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