

Shelena C. Lalji, M.D.
“Dr. Shel”

Dr. Shelena Lalji, 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, which is known as the “Ultimate Destination for Beauty and Wellness”. She has been inspiring and educating people on how to live their best lives possible in balance and harmony for well over 15 years.

An honor graduate of Emory University School of Medicine, she 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 comprehensive approach to women’s health focusing on the balance between the mind, body, and spirit. 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 with the assistance of her integrative knowledge and technique which combines the science of medicine and the art of beauty. 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. She serves on the American Cancer Society Leadership Council, various Child Advocacy groups, Women’s Shelters, Women’s Empowerment groups, Autism Support groups, and several 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 Symposiums, 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 women’s issues.

Dr. Shel is currently publishing her first book to educate women of all ages about reclaiming their happiness, health, and harmony while authoring her second. 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.