



BRITTANY DE ANDA

The Med Lounge | Owner

Four-time entrepreneur Brittany De Anda has built an impressive portfolio of wellness businesses throughout Orange County. Between owning two med spas, a gym and a fitness recovery center, this Dynamic Woman shows no signs of slowing down.

When asked for the secrets to her success, De Anda highlights three qualities: faith, passion and the pursuit of helping others. She's proud to have contributed to Orange County's wellness culture, inspiring others to become the best version of themselves.

"We currently have a trifecta in Ladera Ranch, between Med Lounge, Movement Recovery and Shredz Gym," she says. "These ventures have not only fulfilled my entrepreneurial aspirations but also allowed me to positively impact our community's health and well-being."

De Anda uses her presence in the community to give back, hosting several community events to support various charitable organizations. Currently, she is raising money across all three companies for Vera's Project, an Orange County-based housing development that supports victims of human trafficking and abuse. The funds they raise will help a project refinish the homes' exterior.

In addition to helping create a more wellness-focused Orange County, De Anda is a passionate supporter of other women in business. Inspired by the Dynamic Women in her family, she carries their resilience, integrity, passion and loyalty in everything she does.

"I define a Dynamic woman as a visionary leader who seamlessly integrates her professional acumen with her spiritual values," she says. "In business and life, lead with integrity, compassion and resilience. Trust that with hard work, perseverance and a steadfast belief in yourself, you can overcome any obstacle. The future is in your hands—make it extraordinary."



Corona Del Mar, CA | 949.520.1847
Ladera Ranch, CA | 949.210.3420
themedlounge.com

Photography by: Nasfilms