

America's Best in Medicine Features Mindy Torres, OD: Founder of Salt and Light Eye Care, Delivering Vision Care

Concierge Optometrist and Dry Eye Specialist Combines Advanced Ocular Treatment, Aesthetic Innovation, and Community Outreach to Improve Patients' Quality of Life



Albuquerque, New Mexico May 11, 2026 ([IssueWire.com](https://www.issuewire.com)) - Mindy Torres, OD, is a highly experienced optometrist and the Founder of Salt and Light Eye Care + Aesthetics, a boutique, concierge-style eye care practice based in Albuquerque, New Mexico. As the lead clinician, Dr. Torres provides personalized, patient-centered vision care within a welcoming private practice environment designed to prioritize individualized attention, accessibility, and convenience.

Through her concierge model, Dr. Torres offers flexible scheduling options, including home visits, allowing patients to receive high-quality eye care in ways that fit their lifestyles and needs. Her approach reflects a commitment to building meaningful relationships with patients while delivering comprehensive ocular health services grounded in compassion and clinical excellence.

Dr. Torres founded Salt and Light Eye Care + Aesthetics after recognizing during the COVID-19 pandemic that eye care is an essential part of overall wellness and should remain deeply personal, accessible, and patient-focused. During a time when many clinics were closed, she began providing in-home eye exams throughout the Albuquerque area, creating meaningful one-on-one connections with patients while continuing to deliver critical care. That experience ultimately inspired the creation of her concierge-style practice, centered on personalized attention and uninterrupted care.

Born and raised in New Mexico, Dr. Torres developed a strong desire to serve her community through faith-based, mission-driven healthcare. She earned undergraduate degrees in Biology and Psychology from The University of New Mexico before completing her Doctor of Optometry degree at Southern California College of Optometry, now part of Marshall B. Ketchum University. She later completed her residency at the Albuquerque Veterans Hospital, where she gained advanced experience in ocular disease management and refined her patient-centered philosophy of care.

At the heart of Salt and Light Eye Care + Aesthetics is a philosophy Dr. Torres describes as “all about the one” — focusing completely on the individual patient in front of her without distractions or interruptions. Her boutique practice was intentionally designed to provide luxury, highly personalized care in a calm and welcoming environment where patients feel seen, heard, and valued.

Dr. Torres is especially recognized for her expertise in dry eye management, an area of focus inspired by her own personal experience with chronic dry eye following LASIK surgery. Her firsthand understanding of the condition strengthened her passion for helping patients find relief when traditional solutions fail to provide lasting improvement.

Today, Dr. Torres is recognized as a key opinion leader (KOL) for Lumenis OptiLight IPL and OptiPLUS technologies, collaborating with surgeons and healthcare providers to support patients before and after ocular procedures. She strongly advocates for early intervention in dry eye treatment and regularly works with patients experiencing symptoms such as blurry vision, eye irritation, and contact lens intolerance.

In addition to ocular care, Dr. Torres also offers advanced aesthetic services through her practice, including TriLift, a non-invasive, needle-free facial treatment designed to tone, lift, and rejuvenate the skin by stimulating natural collagen production and muscle tone. These services reflect her broader philosophy of supporting both health and confidence through holistic wellness and preventative care.

Beyond her clinical work, Dr. Torres remains deeply committed to community outreach and global service. Through Salt and Light Eye Care + Aesthetics’ mission initiatives, a portion of every service provided helps support free eye care for underserved populations both locally and internationally. She believes optometry is not simply a profession, but a calling centered on improving lives through vision care, compassion, and service.

Dr. Torres is also passionate about mentoring future optometrists and helping young professionals build patient-centered private practices rooted in purpose and integrity. She regularly provides guidance to emerging practitioners navigating entrepreneurship, clinical growth, and mission-driven healthcare leadership.

Faith remains central to Dr. Torres’ approach to healthcare and leadership. She believes optometry is not simply a profession, but a calling rooted in compassion, healing, and service to others. Her dedication to innovation, patient care, and community impact has earned her widespread recognition, including being selected to represent New Mexico in America’s Best in Medicine for 2025–2026.

Through advanced treatment, compassionate care, and a commitment to service, Dr. Mindy Torres continues to redefine what personalized, concierge-style eye care can look like for patients and communities throughout New Mexico and beyond. To maintain the practice's signature "all about the one" experience, Salt and Light Eye Care + Aesthetics operates by appointment only.

Learn more about Dr. Mindy Torres:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/melynda-torres>, or through her website, <https://saltandlighteyecare.com/>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

Source : Dr. Mindy Torres

[See on IssueWire](#)