



> DR. JENNIFER NARDELLA

Dr. Nardella, 35, is a Registered Naturopathic Doctor with a practice in northwest Calgary. She is also the owner of the Aqua Terra Spa, which offers naturopathic medical esthetics skin care.

Her skin care regime:

"I use the Jurlique line, which is 100 percent organic and uses no chemicals. This includes a cleanser, moisturizer and sunscreen, as well as a cream for redness reduction. I don't use a lot of makeup but I use a 100-percent minerals powder by La Bella Donna. It works like a foundation, with 20 SPF, and has refractive qualities that minimize the look of lines and wrinkles."

Would she ever use anything non-organic?

"If I had acne problems I might have to. Acne products have stronger components that are technically chemicals, although we do use the most pure products available. We get good results with Glymed Plus's acne product line in combination with the DermaSound, which helps with product penetration and calms redness."

Additional treatments:

"I have DermaSound facials monthly, which use low-frequency ultrasound to exfoliate and stress the skin. Men, through shaving, tend to age 10 years less than women because of the stress it puts on their skin. In order to keep collagen and elastin at their best, you have to stress the skin—that's basically what DermaSound does. And I have a glycolic peel once a month."

Isn't that a chemical?

"The glycolic acid we use is from sugar cane. The bonus of having that versus the petroleum-derived glycolic acid is the nutrients from the sugar cane stay in the product, so you're nurturing the skin as you peel it."

Beauty from the inside out:

"You only look as good on the outside as you do internally. We treat a lot of acne patients and, if they just do the esthetics part of it, they don't get the results they would doing both. I take essential fatty acids—fish oils, hemp oil and sometimes flax oil. I also take multivitamins, and high antioxidants. I do a cleanse every three months or so, and colonic hydrotherapy. It really helps for acne and people with dull skin; it really brightens."

What she'd never do:

"Botox, because of the chemicals. I don't eat chemicals—I eat organic food—and I live a very holistic lifestyle. I really try to live by what I promote."

What's overrated?

"Thermage. Thermage was the old technique for skin tightening and is extremely painful. We have a new laser machine, ReFirme, that does skin tightening and we've seen miraculous results with it. You barely feel it and there's no chance of subcutaneous atrophy with it. (That's when the fat in your face melts and you look very gaunt.)"