



Top Plastic Surgeon Expands with Skincare Line & Wellness Practice

Dr. Jennifer Walden MD, FACS

Owner of Manhattan's Skintology Medspa

BY ADAM KLUGER

PHOTOGRAPHY BY VITAL AGIBALOW

Dr. Jennifer L. Walden's interest in medicine started at a young age. Her father was a dentist and her mother was a nurse so Jennifer had a natural interest in the medical field. She knew from that point on Jennifer Walden knew she would young age that she wanted to be a doctor. A fond memory of hers is from science class in her school days - She was tasked with dissecting animals and her classmates were disinterested or even disgusted, while young Jennifer was there with her scalpels in hand ready to make the first incision. From that point on Jennifer Walden knew she would be a surgeon. She never took her eyes off her goals and managed to secure a fellowship to learn from some of the greatest plastic surgeons in the industry, such as a mentor in New York, Dr. Sherrell Aston. Walden describes Aston with reverence as a legend in his time with a full practice and operating schedule, and the expertise to dispense wisdom that comes with experience.

Dr. Walden, you describe yourself as a Texan and a New Yorker. Besides being able to rock a cowboy hat with the best of them, how did you develop this dual identity?

Yes, I am a proud Texan and New Yorker! Since completing my residency at the University of Texas and training at the world-renowned Manhattan Eye, Ear and Throat Hospital, I am glad to be able to call both places my 'home'. I live in my hometown of Austin, Texas with my twin boys, Houston and Rex and our manny. The boys were born in NYC and love to spend time with me here when I am at my NYC practice. As the saying goes, once a New Yorker, always a New Yorker!

So then this is a return to NYC for you with Skintology Medspa on East 57th between 3rd/ Lexington?

It sure is, I knew the day would come that I would return to NYC in some capacity, and with my boys growing older, the opportunity came at the perfect time. I own and operate my fully accredited operating suite in Austin where I do all my major plastic surgery operative cases. My team and I are dedicated to maintaining the highest standards of patient safety. I also have 2 fully equipped Medical Spas in Austin and a team of outstanding aestheticians and nurse practitioners that allow me to grow the nonsurgical aspects of my practice. Owning Skintology Medspa in Midtown Manhattan allows me to provide state-of-the-art services for my patients in NYC as well as Texas, with procedures performed by my amazing providers here such as Botox and dermal fillers, noninvasive vaginal rejuvenation, body contouring such as CoolSculpting, laser and light-based anti-aging facial treatments, Ultherapy and more. I also personally do local anesthesia based cosmetic surgical procedures like thread lifts and blepharoplasty (eyelid lifts) when I am here in New York.

That's amazing. Can you tell us about your vision for Skintology MedSpa? What sets it apart from competitors?

My vision for Skintology is to expand on some of the newer beauty and sexual wellness services and to educate my patients on what can help them achieve their goals. Nowadays people are very much interested in noninvasive procedures with minimal downtime, and I like to offer the newest and best technology to help them get where they'd like to be. Having such a functional facility allows me to build my team of talented and skilled physicians, nurses, medical aestheticians, and beauty therapists. I have a fantastic local medical director and restorative health expert, Dr. Mary-Laura Klesaris who can advise patients on internal and hormonal health, as well as the staff who can provide elite cosmetic services.





Dr. Jennifer L. Walden

One of America's top plastic surgeons kicks her feet up at her pied à Terre in New York City



Dr. Jennifer, as you just mentioned, the ongoing trend in plastic surgery has been an increase in minimally invasive/noninvasive aesthetic medicine and surgery. Why is that? What are some of the more popular procedures requested?

Exactly, with surgery, there is considerable downtime, so I have noticed a surge in patients interested in procedures with minimal downtime such as radiofrequency skin tightening with NuEra Tight or Big D Wave to effectively treat our male patients for Erectile Dysfunction or Peyronie's Disease. Another workhorse of my practice is our noninvasive Body Sculpting equipment. With CoolSculpting we are able to freeze unwanted stubborn fat for male and female patients and have witnessed amazing results from as little as two treatments. The nonsurgical aspect makes achieving cosmetic goals easier for patients who are nervous or unable to undergo surgery for medical reasons. SculpSure also helps destroy local areas of fat pockets and we use that often as well. Every day we see patients who would like to tweak their appearance and my wonderful team of injectors in both Austin and NYC administer neurotoxins such as Botox and Dysport, and Hyaluronic Acid Fillers such as Restlyane, Vollure, Volbella, and Juvederm.

That's really a full suite of services. For prospective Skintology MedSpa patients, can you speak a little bit more on the latest innovations in injectables, body sculpting, IV hydration therapy, and some of the other

surgical procedures you offer your clientele?

The medspa industry is in a constant stage of innovation, with an amazing variety of injectables available to treat a multitude of concerns. From Botox or Jeuveau to smooth facial lines and wrinkles, to Sculptra Buttock Augmentation to build volume and reduce cellulite or even Penile Enlargement with hyaluronic acid fillers by our board-certified urologist, we can address issues that prospective patients might dream of, but not have ever heard of or had the information available to them. As I mentioned with CoolSculpting, we are able to apply an applicator to the targeted area and freeze the fat cells to reveal a more sculpted and smooth shape. Sometimes that is all it takes to help someone build their confidence and I love that we can help the patients in that way. IV hydration therapy or simply B12 injections can help you feel better from the inside out, while infusing your body with vitamins to optimize hormones and feel better overall. We have a broad variety of medical-grade supplements available which can be prescribed by our bioidentical hormonal expert to patients who are feeling lethargic or lacking libido or feeling anxious. I am most comfortable in the operating room. I enjoy helping my patients' achieve their cosmetic goals whether that be a mommy makeover after childbirth, a facelift to turn back the years and lift and tighten the face, as well as life-changing genital aesthetic surgeries such as labiaplasty which reduces the labia minora in women.

These sexual wellness solutions you offer are really amazing. Not a lot of other plastic surgeons seem to be able to address this important area of patient health and well-being.

Sexual wellness is an important aspect of a patients' overall health and we can help with concerns such as urinary incontinence with our Votiva RF Vaginal Rejuvenation device to target and tighten both the internal and external changes that occur with the vagina and vulva after childbirth and menopause. This treatment can improve a woman's libido and her confidence. We offer both the O-Shot and P-Shot, which are platelet-rich plasma procedures. The O-Shot helps with vaginal dryness and tightness in women and the P-Shot for men rejuvenates the penis and increases sensation. I like to think outside of the box and stay on the cutting edge of the latest studies and trends. Last year, I was the first physician's office in NYC to offer the "Big D Wave" noninvasive ED treatment to our male patients in Manhattan. We also are happy to have Dr. Mary- Laura Klesaris who performs bioidentical hormone replacement therapy by both implanted pellets and by pills which go hand in hand with sexual wellness. We also have Dr. Lanna Cheuck on board with the Skintology MedSpa team on Mondays! Dr. Cheuck is a board-certified urologist who can help with hormonal evaluation, assessing and treating ED and other sexual wellness issues. She also offers injectable treatments to both women and men.



What would you say your specialty is?

My specialty is in aesthetic medicine and surgery. I love performing aesthetic plastic surgery and to be able to work simultaneously with my brain and my hands each day. But I also like to be involved on every level of my businesses to grow my skills and to learn about what makes my patients happy. I'm lucky to have trained with many talented surgeons to refine my operating skills. I also like the business and marketing side of the aesthetic industry. It comes naturally to me for some reason, and this has allowed me to build on my surgical and nonsurgical practices and expand them with the latest technology and procedures.

So impressive! What's the secret to staying at the forefront of the beauty industry?

I am constantly reading and keeping up with the latest global trends, and following relevant social media (follow me on @drjenniferwalden!). It is important for me to know of innovative surgeries and nonsurgical procedures in other parts of the world because I want to be able to offer my patients the most effective options. I am asked to travel to speak on these topics frequently, so in 2019 I had some wonderful opportunities to visit countries like Brazil and Colombia. I also traveled nationally to places like Miami and Las Vegas. By visiting these places, I get a feel for the people and what the trends are in different countries and throughout the U.S., especially in the noninvasive and sexual wellness arena which is constantly

evolving. This is important to me because it helps me better observe and understand the patients I treat so that I can relate to the goals they have in mind.

How did you first get interested in becoming a doctor? Why did you choose to focus on this area? Any mentors? Sherrell Aston is a legend in the field.

My father was a dentist and my mother was a nurse so I had a natural interest in the medical field and I knew at a very young age that I wanted to be a doctor. A fond memory of mine is from science class in my school days - We were tasked with dissecting animals and my classmates were disinterested or even disgusted, while I was there with my scalpel in hand ready to make the first incision. From that point on I knew I would be a surgeon. I never took my eyes off my goals and managed to secure a fellowship to learn from some of the greatest plastic surgeons in the industry, such as a mentor of mine in New York, Dr. Sherrell Aston. He is undoubtedly a legend in his time with a full practice and operative schedule, with the expertise to dispense wisdom that comes with experience.

Dr. Jennifer, you are considered one of the very best plastic surgeons in America, how important is that to you?

To me, it's part of my every day. I don't usually stop to reflect on it because to me it's another day caring for my patients and providing the best

I can for my family. I am so proud of my sons and the young men they are growing into and I want to be the best role model I can for them.

Q. How do you manage to balance your practice, and being the mom of two adorable twins? What do you do for fun, and to stay in such great shape?

A: Thank you. I have great a great team who I entrust with the day to day functions of each of my practices, so that allows me to delegate some tasks yet stay on top of the big picture. I have surgeries scheduled well in advance so that I can plan my travel and quality family time. My whole staff gets props in both places, NYC and Austin. I live close to my family in Texas, which is another key factor and I love to spend time with them as well as caring for our pug, Peggy. I like to work out to stay in shape- I have an elliptical in my bedroom and a chin-up bar steps away from my OR, but I find that I'm on my feet much of the time. This helps me stay active and in shape, as well as chasing (or being chased) by two nine-year-old boys!

You're very welcome Dr. Jennifer. So, why did you select New York City as the home for Skintology MedSpa?

I have always loved New York. It was very easy to fall in love with the place, the people, and the opportunities it holds. Every time I land at JFK, I get a rush of adrenaline for the possibilities that the city can offer. Once you experience it, it's hard to go back!



Dr. Jennifer Walden Private Label Skincare

CUTTING EDGE SKINCARE AND SUPPLEMENTS FROM A PERSONAL BRAND THAT GIVES BACK

BY W. A. MULLER

I am excited to announce the launch of my new private label skincare and supplement line! This was a bucket-list project I have been asked to do for the past decade or so on different levels, so I am finally at a place in my career when I felt it was the right time to launch a line of skincare products I would use or give to my family to use. The team I chose to work with here in the US has developed products from some of the most demanding brands in the market. It is comforting to know that their scientists on this team are highly skilled at formulating cost-effective private label solutions comparable to many popular personal care products, and they continually test new ingredient combinations to deliver cutting-edge custom formulations to the marketplace. Our R&D team that I have partnered with also regularly dedicates time to speculative development so we can stay ahead of the curve in consumer health and beauty technologies.

Our Dr. Jennifer Walden Private Label Skincare development team uses a large collection of innovative resources to conduct research. Information sharing on Raw Material Technical Data, Material Safety Data Sheets (MSDS), and clinical data is provided through the vendors that we work with in partnership with their laboratories. Our teams continue their education so they can stay up-to-date on the latest scientific research. Also, we are putting to market scientifically-proven ingredients to produce effective products that yield beautiful results, including popular and

trending ingredients, like CBD. This product line was produced in an environmentally friendly, animal cruelty-free manner with sustainable packaging.

It is exciting to have partnered with a leading innovator of CBD, Sun Care, Skin Care, and personal care products who knows that operational excellence provides the pathway to a winning product. If you've ever experienced product contamination or packaging failure, you know the true weight and importance of the Quality Assurance team pre-sale. Full transparency with our Quality Team is at the heart of our process; our partners fully vet new product requests for viability prior to development, and once the product has been developed, QA begins testing and monitoring products. All production batches are reviewed in comparison to the original R&D batch to ensure that appearance, consistency, and quality are maintained.

The QA team regularly conduct the following tests on our products:

- Specific Gravity (sg) tests
- pH balance tests
- Viscosity tests
- Appearance (aesthetics) tests
- Odor tests
- Microbial tests
- Stability Tests

Quality also monitors the manufacturing process to ensure product consistency. Finally, no products are released without approval from our Quality Team.

Dr. Jennifer Walden Private Label Supplements and Wellness Line

I'm also happy to include some very special supplements that make sense to me & my staff, and are evidence-based in their active ingredients. In my sexual wellness practice in both NY and Austin, many of our patients swear by supplemental support and therefore we enjoy offering them! These are our most often requested formulations, so we hope this makes it easier with our subscription methods online for the monthly maintenance of your New Year's goals! Placing them online in my e-commerce store was a natural evolution for the ease of patient ordering with inherently less hassle. In this selection, for women we have Phytoceramides for health skin, a Hair and Nail Support formulation, healthy powder formulas for the fitness & weight-training buffs such as Branched-Chain Amino Acids and Creatine combos, as well as a "Drink your Greens" powder formula packed with nutrients and without the juicing mess. Nitric Oxide, Testosterone Booster for men, and MCT, which is a natural form of fatty acid found in coconut oil are best sellers in my practice, and mainstays like Omega-3 Fatty Acids, Krill Oil, Turmeric, Ashwaganda, and Probiotic formulas have been formulated and packaged for optimal utilization by your body.

drjenniferwalden.com

(Use Promo code 25A until the end of March for 15% off your first order)