

DAILY CANDY



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Face the Nation

Nutrition Consults with Facialist Allison Wildenburg



You've got your poker face and your funny face. And your flaking-B-vitamin-deficiency-pepperoni-pizza face.

That's where facialist and certified holistic nutritionist Allison Wildenburg comes in.

A nature girl in aesthetician's clothing, her consults go something like this: Get photofacial analysis (for sun damage, age spots, surface and subdermal conditions). Sit. Steam. Extract. Chat.

She's a pro with vitamins, from biotin to retinol, and is wild about fatty acids. Curious which fish oil supplements and creams are hooey? Take-home handouts include a simple, wallet-friendly nutrition guide (so you can stop dropping dough on weak treatments and products) and a breakdown of facial lingo (hyaluronic acid: may change your life).

Treatments are customized to your skin, lifestyle, and diet. You'll want to box her up and take her home.

Or just go back for seconds.