

GULFSHORE LIFE

HEALTHY LIFE

LIVING WELL IN
PARADISE

HARNESSING YOUR BREATH
FOOD AS MEDICINE
+ THE SOURCEBOOK

FEATURING

2023 TOP DOCTORS



Lighten the Mood

No-down-time phototherapy shines in local treatments.

The latest buzz in noninvasive beauty stems from light therapy treatments that stimulate cells for glowing skin. A rainbow of wavelengths on the electromagnetic spectrum delivers a range of benefits, from fighting acne and precancerous spots to boosting your energy and mood. Blue and red light are the most common, and we've seen an uptick in red light therapies at local dermatology offices and med spas.

At **Hyper Restore Wellness**—which has locations in Naples and Estero—a 10-minute session in a private red-light

room offers a restorative, full-body experience to tame inflammation and increase energy. Naples' **OMNI Balanced Life Center** offers various light modalities, often incorporating Celluma LED therapy into anti-aging treatments. Akin to the machines used to cure your gel nails in a salon, the boxy device tents the face with a combination of red, blue and near-infrared frequencies, to enhance the effects of your treatment. Red light decreases inflammation, while blue light kills acne-causing bacteria on the surface.

Near-infrared frequencies—invisible to the human eye—penetrate deeper, reaching muscles, joints and bones.

Naples' **Tree of Light Whole Body Rejuvenation Center's** ARRC LED Chamber looks like a tanning bed. The device works through a combination of calming green light in tandem with red and infrared lights for a full-body treatment. "They're healing on a cellular level," owner Dona Parker says.

To heat things up, opt for an infrared sauna at any of the aforementioned locations, as well as at Fort Myers' **White**

Orchid Wellness Spa and Marco Island's **Xcel Fitness Spa**. OMNI founder Jamie Kliewe, a certified holistic health practitioner, says infrared heats the body from the inside out: "It's primarily used for detoxification, but in the process, you get healing and cellular regeneration."

At **Yag-Howard Cosmetic Dermatology**, they harness phototherapy through targeted lasers. "Lasers are a concentrated, single wavelength of light," Dr. Cyndi Yag-Howard explains. "They're used for aesthetics to improve the skin color, tone and texture; to decrease fine

lines and wrinkles; to decrease the size and the number of pores; and to give your skin an overall more youthful, vibrant appearance." **The Woodruff Institute for Dermatology and MOHS Surgery** often uses blue light, and **Naples' Skin Wellness Physicians** uses blue and red light with topical agents to target sun damage, including potentially cancerous and precancerous spots. "It is amazing the healing capabilities—I am still in awe," Dona, from Tree of Light, says of the spectrum's transformative effects. — E.F.

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The Secret Ingredients

We've tapped some of the best local brands—many from doctors and dermatologists—to create the ultimate SWFL skincare haul.

The right products can make or break your skincare routine. Fortunately, Southwest Florida beauty pros know a thing or two about creating powerhouse formulas. Sunscreen is a must to keep damage at bay. Since you wear it daily, the best formula layers beautifully, never leaves a white cast and always protects from harsh rays with SPF levels above 30. **Project Glammers'** tinted DEFEND Sunscreen Anti-oxidant Facial Sunscreen SPF 40 has nourishing vitamins C and E, and is tinted for a blurring effect.

At-home spa days call for a good detox. We're all about **Envio Skincare's** Cranberry Clarifying Clay Mask, infused with Vitamin C-rich cranberry, chamomile and rosemary leaf oil for baby-soft skin. The Naples-based brand has mastered the art of lightweight, non-greasy formulas (we also love their Gel Hydrator, with hyaluronic acid to lock in moisture, lilac leaf to restore the skin barrier and a redness-fighting green tint that combine to eradicate stubborn acne).

For a good cleanser, look to the **Vintner's Daughter's** Active Renewal Cleanser, created by the heir to Naples Winter Wine Festival royalty Jeff Garguilo and Valerie Boyd, April Garguilo. Her brand earned a loyal following after she launched her silky, phytoceramide- and phytonutrient-rich Active Botanical Serum in 2013. The recently-released cleanser utilizes her trademarked Phyto Radiance Infusion to nourish while whisking away built-up oil, makeup and SPF.

And, because skincare doesn't stop with your face, surgeon and skincare guru **Dr. Kiran Gill** created a Clarifying Body Scrub, infused with smoothing salicylic and glycolic acids that gently exfoliate to reveal supple skin. To moisturize, we like Guess My Age Super Fruit + Peptide Intense Rejuvenating Cream from Naples' dermatologist **Dr. Cyndi Yag-Howard** and her daughter, Aubrey Howard. The fruit-driven, antioxidant-packed moisturizer has collagen-producing peptides and moisture-retaining emollients. Now, you're covered from head to toe. — *E.F. and J.B.* ■



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