

profile lisa anella

Lisa Anella, owner of Lisa Anella Advanced Esthetics, has been taking successful risks in the beauty industry since a young age. Her day spa, one of the first in Montreal, was a pioneer of esthetic treatments such as cell-renewal and non-surgical lifting.

Now, over 25 years later, Anella is one of the most respected estheticians in Montreal. Well known for her candor and infectious laugh, the energetic entrepreneur has cultivated a devout clientele with her unique brand of nurture and pampering.

Educated in Europe's exclusive Centro Scoula Europea de Milan, Anella attributes her success to a lot of hard work and experience in advanced esthetics and skin care. Her commitment to innovation, excellence, continuing education, and personalized, quality customer service has proven to be the foundation of her business' growth.

On this day, I enter Lisa Anella Advanced Esthetics spa in Westmount to find her chatting amiably with a client whose freshly treated skin, I can't help but notice, is positively glowing. After a quick hug and profuse thanks, the client walks (skips?) out the door.

Anella couldn't have planned a better first impression, and I tell her so.

"She's a first time client," Anella says, smiling. "That's why she's glowing; she wasn't expecting her skin to look so different on the very first treatment." At 58, Anella, who performs her own micro-dermabrasion and facials, is proof that her treatments work: luminous, unlined skin gives her the appearance of someone half her age. One look at her and I'm sold.

"My focus is on preventative treatments," says Anella. "Healthy skin is a result of positive skin care habits. If you have had a total disregard for skin care, your skin will suffer. I encourage my clients to nurture their skin before the larger problems take root, such as fine lines, wrinkles and age spots."

Anella works closely with her clients to develop bespoke skin care regimens, which include "daily cleansing, moisturizing and protection". The esthetician recommends that new clients schedule a skin assessment and consultation, where she can evaluate the

current state of the client's skin, determine the appropriate treatments, and give clients the opportunity to address their goals and expectations for them.

Forthcoming and willing to explain exactly what options are available, Anella instills trust in her clients, with a keen sense of what treatments are required and when, and insight into how they fit into a client's progress and lifestyle.

"If I recommend certain treatments to people," says Anella. "It doesn't mean that they should stick to that one treatment for the rest of their life. It's important to remember that as your skin or environment changes, so should your skin care treatments."

And while clients may frequent the spa for its long term esthetic benefits, the smiles on their faces are also a result of the immediate relaxation that comes from one of her pampering, nourishing treatments. A 75-minute chocolate therapy session, which involves the use of high-quality cocoa, minerals and nutrients, is a favorite among patrons and, according to Anella, the "ultimate in relaxation". Full of healthy anti-oxidants, it's one of many services that allow her busy clients a respite from the stress and distractions of everyday life. Another of Anella's wonderfully indulgent treatments includes an innovative red wine therapy, developed in France and Italy.

"I always try to stay on the cutting edge," says Anella. "But 'latest' doesn't always mean effective." She handpicks each product and treatment herself, only after meticulous research and study. She understands the importance of quality, and uses only premium natural products from France, Italy and Switzerland. Anella's final tips to readers: eat well, drink lots of water and exercise. "Your skin is a mirror into your health," she advises. "If you're healthy and vibrant, your skin will be too."



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