

# aNu Aesthetics™ and Optimal Wellness

New Leawood Location Expands the Optimal Patient Experience

BY JUDY GOPPERT  
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*Dr. Cristyn Watkins, owner of aNu Aesthetics™ and Optimal Wellness, has earned an outstanding reputation in the community for being an innovative physician since 2006. She is a double board-certified family medicine and functional medicine physician, master aesthetic injector and national trainer in regenerative medicine.*



yoga and meditation. aNu began these community services prior to COVID, and we're eager to focus on bringing back these special treatments that nobody else offers because of where we are in the world right now, with all the stress and change everyone has experienced."

## NOVEL TREATMENTS

The word Reiki comes from the Japanese words rei, which means universal life, and ki, which means energy. It is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing.

"With the last two years of all the stress of COVID, we have brought in Reiki and IV ketamine, as well as a treatment we created and named REIKIN that incorporates IV Ketamine and Reiki. This new treatment lasts approximately an hour and a half to three hours," she confirmed. "It is great for deep meditation, healing, releasing, depression, anxiety and stress. We combine these therapies to help patients achieve optimal health and improve their quality of life."

## GROWING OPPORTUNITY

Dr. Watkins also sees a need for advanced functional and wellness medicine in this area as preventative and wellness medicine becomes more prevalent in the Midwest. "Most patients will travel to see their favorite advanced medical provider, but I wanted something closer to them so they can focus on their self-care more often," she smiled. "There are many aesthetic offices and medical spas in Johnson County, but there are not advanced wellness centers with all of the services we offer, so I wanted to bring both of those to Leawood."

The new Leawood location has two advanced nurse practitioners, overseen by Dr. Watkins for a few years already. "This allows us to offer very advanced and innovative procedures there, and to provide aesthetic, regenerative and wellness treatments," she noted. "We are also going to start working on building more of a wellness community in Kansas City to bring like-minded people together for healing with spaces to provide services such as Reiki, Thai massage, acupuncture, nutrition education, physical therapy, psychotherapy, neurofeedback,

anxiety, pain, depression and more. We created this therapy and are the only medical and wellness center offering it."

## GET SUMMER-READY!

Springtime is a great time to visit if you are thinking about weight loss before the summer! aNu Aesthetics offers medical weight loss specifically formulated by Dr. Watkins, as well as supplements, peptides and turbo shots for weight loss. "We also have a huge promotion going on right now for CoolSculpting™ for your pre-summer

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tummy transformation! If you buy eight or more cycles you get 50 percent off, which means if you buy four cycles you get four for free, and if you buy seven cycles you get seven for free," she noted. "This can really create a body transformation along with the new INMODE EvolveX to add on for skin tightening, muscle contraction and fat loss."

Dr. Watkins suggested starting a weight loss journey now as these treatments usually take about 30 to 90 days for optimal results. "We want to get you great results before pool time!" she mentioned. ♦

*The new location for aNu Aesthetics ad Optimal Wellness is 11401 Nall Avenue, Suite 218, Leawood, Kansas. Visit [anuaesthetics.com](http://anuaesthetics.com) for more information on other sites or call 913-298-6230.*