

Stupendous 7: Colorado View Showcases Denver's TOP HEALTH & BEAUTY EXPERTS

By Kathy Smith

Photographs By **Ellen Jaskol**

Aesthetic and medical treatments are trendy and touted throughout the media, but who are the experts? We have scoured the city for the best and most competent, and found seven people who are equally as passionate about their work as they are about the results they achieve. One common thread among the group is their humility. They are unskilled at self-promotion, but masters of their trades.

HEALTH

Personal Trainer

Todd Finn, C.S.C.S.

peakspeedandstrength.com, peakhealthandfitness@gmail.com,
2690 E. County Line Rd., Littleton, 80126, 303-870-6206,
free consultation

Todd Finn's clients agree on one thing, he gets results. Whether it is an adult wanting to get toned, or a young athlete hoping to gain speed or strength in her sport, Finn accomplishes all.

As a Cum Laude graduate in Kinesiology, Finn knows the importance of biomechanics, form and conditioning. "I frequently exercised on my own before meeting Todd, but my physique completely changed in a short period of time when I began training with him. I saw a drastic improvement in my speed and endurance that reached across a variety of activities from running to biking to skiing. I choose to train with Todd because education is important to me. Not only does Todd have an expansive knowledge base, but he also has strong communication skills that help me to clearly understand how to stay safe and free from injury," says client Rachael Deagman.

Finn says one of the biggest concerns women have with lifting weights is getting too muscular. "Genetically, women cannot get that male bulk without using performance enhancing drugs. We work on adding functional, lean muscle, not increasing size."

Every client begins with an assessment of his or her goals, nutrition and commitment to a health program. "Each program is customized to meet the client's needs," says Finn.

Everything about Finn's training centers on form and safety. "My goal is to enforce proper biomechanics for safety and to push the client harder, which can be accomplished when they have good form. Injuries occur when people lift with poor form."

Young athletes make up a significant percentage of Finn's business. Kelsi Anderson, a Mullen LaCrosse player,

came to Finn two years ago seeking running, strength and conditioning to achieve overall improvement in her game. "When she initially came in I had to modify her lifting form and at that time she couldn't squat 95 pounds. Now she can squat more than 200 pounds. And, she has explosive speed and power, which helped her win a Division 1 scholarship to the University of Oregon," describes Finn.

"Building a foundation in youth is easy because they don't have bad habits and they pick it up quickly, which helps transfer to their sport. With a strong base foundation, they are less likely to get injured, and it helps build confidence and self esteem," explains Finn.

"Todd has been instrumental with both of my daughters in developing their work-out plans. He personalized a regiment, which has included strength training, tips for motivation and diet and running skills. Carly and Ellie both play for their high school Varsity Lacrosse team, and their skill levels dramatically increased. We think he's the best," attests Cindy Read.

He works in a private gym, which requires no membership fees, is reasonably priced and he offers one-on-one and group sessions. "It is less intimidating to work in a smaller gym than a big athletic club, and it has everything you need for complete cardio and weight training."

Pilates

Jennifer Reich

Center Strength

1000 S. Gaylord St., Denver, 80209, 303-333-6674,
centerstrengthpilates.com

For Jennifer Reich, her journey into the health and wellness industry began 20 years ago in San Francisco. "I found Pilates and it was a door opener for me, I experienced comfort in my body that I had never had. This was a gift I wanted to give others. Curiosity led me to study with an Osteopath, PT and Chiropractor, where I learned about the biomechanics of the body," shares Reich.

Twelve years ago when she opened her Denver studio, she offered Pilates to clients who suffered from injuries to those wanting a new fitness experience. "Alignment is the first step to freedom of movement, which is not perfectly straight, it is functional. We work with where we are in life and peel away as many compensations and injuries as we can to reveal our natural movement patterns and the revived body," says Reich.



Center Strength Pilates Studio in Washington Park with owner/rehab therapist Jennifer Reich, client Nancy Stoudt and her daughter Tennyson Whitehouse, 3. The studio prides itself in being family friendly. Tennyson likes to be on her mom's lap during parts of the workout.

“So that everyone is on the same page for semi-private and group classes, I require ten private sessions in which every person learns about their body and its needs, and an individual program is developed for their activities.”

“We have so many clients that have come to us taking pain medications for mostly back pain and most of them no longer take the medications. One of my greatest joys has been working with a woman with scoliosis, and in her case the curve has improved greatly so she can now stand up straight. Another touching moment for me was teaching a three-year-old to walk after she came from an orphanage in China where she had been tied to the crib.”

“We are in this family-oriented neighborhood and business where we thrive, serving the pregnant moms, bike racers, runners and all the real people, who have formed friendships and make this place sing daily,” describes Reich.

She says, “We run a fully accredited teacher training program and many of our teachers have been here from the beginning, which keeps us on the cutting edge of new teaching techniques.”

Reich's philosophy is to help clients find balance in their lives. “I tell my clients I am not a therapist, but I know that emotion is energy in motion or energy suppressed. As the alignment of the body is restored the natural energy begins to move and emotions can move through the body with each breath. The result is more energy on all levels, emotional, physical and spiritual.”

The RevolutionaryMD Fred Grover, Jr. M.D.

Board Certified Family Practice, Holistic and Anti-Aging Medicine.

Cherry Creek Center,
360 S. Monroe St. Suite 310, Denver, 80209,
888-726-4442, revolutionarymd.com

When Dr. Grover finished medical school, he opted for the traditional model where he treated up to 20 patients a day. Following an academia stint, in 2004, Grover opened his own one-man (literally) practice. “Everything is done through

me. I schedule appointments, take vitals, give injections and interact completely with every patient.”

Why is he revolutionary? For one thing, he devotes an hour to every patient. Grover explains, “I spend a lot of time listening to their story and look outside of the traditional box of modern medicine. I look for underlying causes of disease or symptoms rather than simply treating it.”

Because he is board certified in three areas, he employs a unique integrative approach to wellness and the management of illness. “Any primary care physician can send a patient out the door with an anti-depressant for mild depression, but few take the time to look deeper at lifestyle, nutrition, and even spiritual balance to address their condition. I've reconnected the mind and body, and look for opportunities to heal them both at the same time,” explains Grover.

Patient Ann Heckman says, “Dr. Grover is someone I could go on and on talking about. I think he is a golden nugget. He is someone who makes you feel like a person and not part of an assembly line. Every appointment is personal, and you never feel rushed.”

“It is a partnership as a patient with Dr. Grover. It is an equal and collaborative effort. Even if it is something simple, his communication is almost instantaneous, whether it is by text, email or telephone. And, we like it that he takes a holistic, Eastern medicine approach with some situations,” says husband Brian Heckman.

Some treatments include Bio Identical Hormone replacement. Grover says, “Because I did a three year fellowship in Anti-Aging, I have the depth of knowledge to customize a compounded hormone prescription.”

The RevolutionaryMD brain health program uses cutting edge tools to analyze brain mapping as needed. “Neurofeedback, which is a type of biofeedback, may be used in combination with natural supplements, prescription medications and cognitive therapy, based on an individual's needs,” explains Grover.

“My goal is to keep patients feeling well and healthy by using more proactive coaching, encouraging healthy lifestyles, reducing risk factors, balancing hormones and promoting early cancer screening,” states Grover.

BEAUTY

Facials and Waxing

Sarah Stauder

Asana Skin Care

8000 E. Prentice Ave., Suite C3, Greenwood Village, 80111,
303-722-2293

Sarah Stauder is a superstar in Denver's skin industry.

Unlike many Colorado facialists, Stauder was educated in Indiana where the state board requirements for certification are far more strict than in Colorado, which requires about 500 hours of education. "After my 800 hours of education, I was required to do an apprenticeship for a year, which I did at a French spa. For three months I was supervised for my techniques in every facial I gave," Stauder states.

In 2005, Stauder moved to Colorado, bought a skin care salon and began working her magic. "In my salon there is no menu, every facial is customized to meet the skin needs of the client, because any one client may have dry, oily or sensitive patches. And, I priced the facials reasonably so everyone can afford to have a facial more than once a year," she says.

Stauder spends 75 minutes with each client. "Beside helping with their skin, I want them to be calm, relaxed and leave in a better mood or have a different perception. I mean, no one ever leaves irritated," she says with a grin. For most clients, the 75-minute treatment feels more like a half day in a spa. She says, "I'd describe my facials as cautious, thorough, gentle cleaning."

One of the most enjoyable aspects of the facial begins with the comfortable, contoured bed. "It is really important that my clients have a comfortable, relaxing experience. It is a compliment when a client falls asleep," Stauder expresses.

Stauder carries SkinCeuticals product line and says, "I carry this line for two reasons: one, because of the medical research behind the vitamin c serums, as they make a very stable product out of an unstable ingredient, and two, because of the technology of their sunscreens."

She spends an inordinate amount of time each year on continuing education credits. "I act like I'm in Indiana with the strict regulations and attend seminars," Stauder states.

She also has had a lot of facials in different parts of the country and says, "It has helped me learn some of the best techniques and what clients really want from their experience."

Attests client Amy Atkinson, "I spent 48 years with redness and sensitive skin. Following facials with others, I left with aggravated skin and wanted to hide. After my first facial with Sarah, I wanted to show off my skin. And, it just gets better every time."

Aesthetic Nurse Specialist

Paula Russo, R.N.

Rejuvenate, Cherry Creek and Golden, 303-726-1820,
paula.russo@comcast.net, free consultation.

Paula Russo is masterful at analyzing a woman's face and helping her achieve goals of slowing the aging process, and she treats her patients passionately. "I absolutely love what I do and do not consider it a job. It is the true connection with people that I love," says Russo.

Russo is in her tenth year of helping women feel better about themselves with injections, laser therapy and other treatments. "I was a patient having treatments done myself, and they approached me a couple of times asking me to join the staff. One day after a lot of paperwork at my school-nursing job, I decided to try it. It was the best thing I ever did, and I find myself learning constantly, which I love," Russo explains.

Why does Paula stand out in the aesthetic treatment industry? "She is the most honest person and is not in this to sell products or services, but only to tell you exactly what you need to achieve your goals. Paula uses the finest needles to alleviate bruising and gives you excellent post treatment care information," says ten-year patient Linda Henderson.

"What I love is to see the 'aha' when patients come in for a follow up appointment and they love the results. This is not about changing a person's looks but enhancing, and with everyone and every treatment, my goal is to soften and not overdo so the results look natural and not plastic," Russo states.

Russo says cheek enhancement filler is a popular and effective way to enhance sagging or recessed cheeks. "It used to be that fillers were used in the nasal lip lines, but today



Hairstylist Stanley Thompson, owner of
Thompson & Co. in Washington Park.

they are significantly improved and provide patients with an option for cheek enhancement that gives an immediate and tremendous change.”

Like fillers, laser therapy has evolved and improved in the past few years. “Today, treatments are longer lasting than before making it more cost effective for patients,” explains Russo.

There are a lot of people performing these treatments, but according to Russo, “The biggest determining factor is to go to somebody who does this all the time. Go to someone who performs the procedures day in and day out, everyday, not just a few days a week. Just like anything else, that is how you perfect your technique.”

She’s been in this business for past decade and cheerfully says, “I am not going anywhere.”

Stanley Thompson **Stylist**

www.thompsonandcosalon.com,
2220 E. Tennessee, Denver, 80209, 303-733-1110

When you are talking hair with Stanley Thompson, it is like a switch turned on. He is passionate about hair.

After high school, Thompson headed to college to study design, and wound up in the fashion world. “I ended up hair modeling by accident and spent a lot of time in photo shoots and traveling. I just fell in love with everything about the industry, so I dropped out of school and went to beauty school,” explains Thompson.

Following assistantships with some of Denver’s top stylists, Thompson went out on his own. “I started developing my own style when I was an assistant, and I’d think to myself as a stylist was suggesting a technique that I might do it a different way. It wasn’t that mine was better, just different, but I gained confidence then.”

Thompson says of cutting edge style, “In the style world, less is becoming more, with a little less color, and more natural styles that are less long and more shiny, sleek and are very pretty.”

Women like changes in hairstyles, as does Thompson. “I believe my classic cut is whatever is best for the client and whatever makes them feel the best. My philosophy is that I believe any person can pull off a variety of cuts from short to long hair, but they have to want the change; otherwise they won’t be happy, like going from long to short hair.”

“Stanley is extraordinarily talented, and his clients benefit from the unique experience and expertise he has gained designing hair for runway shows during New York Fashion Week. In short, Stanley’s work is flawless, his salon is beautiful, his team is friendly and welcoming, and the minute you sit down in his chair you’re at ease because you know you’re in the hands of the best stylist in Denver,” says client Rachelle Bodnar.

As far as styling products are concerned, Thompson employs the less is more theory again. “If you are using five to six products on your hair, chances are it is too much. Because of the intense sunshine and dry weather, Thompson suggests a smoother and thermal protection product for volume, which is applied right to the roots, a good shampoo, conditioner and a light finishing spray. “Hair is like skin, we use moisturizer and hair should be treated the same way,” he says.



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Hair colorist Nikki DeLaTorre and her client, Crystal Gilliam.

“Stanley has completely changed my style. Having natural curly, somewhat unruly hair, I used to flat iron it every day just to keep it in check. My hair was brittle and unhealthy. When I first went to Stanley, he counseled me and recommended products that, over time, have changed my hair from the singed look to a healthy look. While it’s true that Stanley is a master stylist, he’s so much more than that. He’s a friend that I look forward to seeing every time I need a cut. He’s simply the best,” states client Anne M. Smith.

“What is important to me is to make sure the client knows how to recreate the style and to provide them with at-home care tips, otherwise, they won’t be happy.”

**Colorist
Nikki Delatorre
Cili Salon**

5900 So. University Blvd., Greenwood Village, 80121,
303-730-0400

Following high school graduation, not many of us knew exactly what we wanted to be in life, but Nikki Delatorre knew, and she knew in middle school.

“I have known since I was 14 that I wanted to do hair,” Delatorre states. When she had the opportunity at Heritage High School to get credits for attending beauty school, she was all in. “I started beauty school my sophomore year when I was 16 and attended classes for two years, and I thought it would be a good idea to work in a salon to learn more about the business.”

She landed a job at Leigh Ann Hair Color Studio in Greenwood Village about the same time as entering beauty school. “When I was there, I learned something from everyone in the salon,” Delatorre explains.

It was during her apprenticeship at the salon that she found her niche – color. “Because I got into this work early, I was able to work with some very talented people in the field of color,” says Delatorre.

“What I love about my job is my amazing clientele base, and making people feel good about themselves by gaining a little more self esteem,” she says. Client Mary Ellen Thurston says, “Nikki applies perfect color. She makes you feel like you are the only person in the salon. She is the kindest, sweetest

person who will go the extra mile for you. For me, she went out to get a specific product that she only uses on me. She is a hidden gem.”

Delatorre has been applying color and highlights for 12 years and has seen a lot of trends come and go. “We’re not doing the big, thick streak highlights and dramatic colors that were trendy years ago, and now it is more natural in all applications,” she says. Today, blending is key with darker color at the roots fading out to slightly lighter on the ends.

“I have a lot of clients who come in with pictures of a movie star like Jennifer Aniston, but sometimes it is important to help them understand how their hair color will turn out based on their skin and eye color. Based on those factors, I will either warm it up or cool it down,” she continues, “And, I keep up with the industry by reading fashion, trade and celebrity magazines to see what is trendy in hair color and what people are wearing.”

“I love doing color. I love every color I do. Even a slight change in a highlight color can have a dramatic look. I can’t wait to go to work every day.”

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Paid Advertorial

An “Other Worldly” Day at Spa Universaire

By Nancy Sharp

Denver’s Spa Universaire offers custom treatments that take spagoers into an oasis of other-worldliness. *ColoradoView* recently tried a few of their more adventurous, fun services. We recommend:

Ashiatsu Oriental Bar Therapy: Lie on a massage table while a specially-trained therapist hangs from parallel bars, deftly using her bare feet as her massage tool. She’ll take you deep into your chakra – your personal energy center – while you breathe in essential oils of your choice. It’s even more penetrating than hot stones.

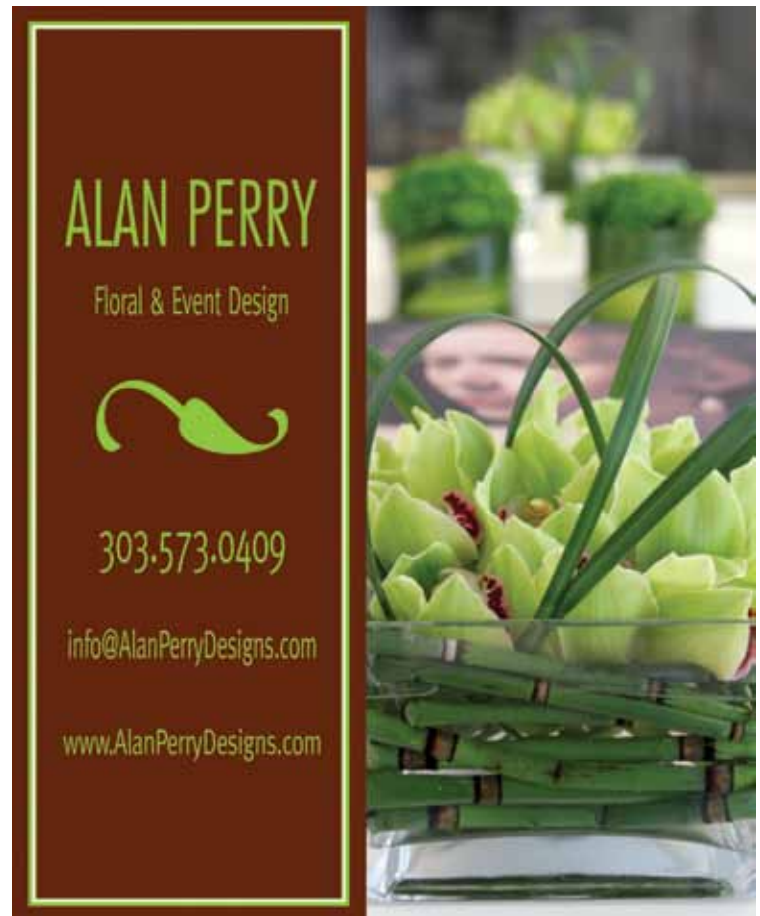
Shirodhara Forehead Treatment: Lie back on the massage table with your forehead positioned directly beneath a vat of specialized essential oils used only for this treatment. You’re here to open your “third eye,” your most powerful reflex point, smack in between your eyebrows. This is the place where you are most likely to feel disconnected from yourself and others when stressed. As the warm oil sensuously streams over the center of your forehead, you feel grounded, open, back to yourself.

Feng Shui Reflexology: “I cannot see what flowers are at my feet,” wrote English poet John Keats. Let your feet bloom with this personalized feng shui reflexology massage. A therapist will work with you to identify your feng shui element. Are you Water, Earth, Fire, Infinity, Air or some combination? Take the aroma journey and note how your whole body and mind relax as the therapist focuses on points in your feet that correspond to your element.


Egyptian Aromatherapy Body Wrap: Back when Cleopatra reigned (51 BC – 30 BC), salt was used for bathing, beauty, and to treat various ailments. Legend is the dark-haired beauty queen used salt to draw impurities from her skin. Step into the spa’s Egyptian room and exfoliate with a salt glow treatment that detoxifies and improves circulation. Later, you’ll be massaged with gentle, nutrient salts from the Dead Sea, brushed with a soft Jute brush to stimulate blood flow, and enveloped in hot towels to maximize hydration. Mmmmmmm.

Marma Point: Royals from ancient India were the first to use this subtle technique as a way to help balance the body and brain. This intense scalp and face massage increases oxygenation as it brings your whole body into equilibrium. Essential oils of your choice complete the experience. Chances are you’ll doze off, but when you wake, you’ll feel a heightened sense of awareness. Better than meditation.

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