



My Bucket List: Travel the world intentionally and redefine women's health through longevity and prevention.

A nationally recognized Allergan trainer and fellowship-trained expert in Anti-Aging Metabolic Medicine, she brings a personalized, data-driven approach to care.

As a Formula Wellness partner, she uses the signature 360System to assess key biomarkers, hormones, metabolism and lifestyle factors—crafting tailored plans that optimize health, elevate aesthetic outcomes, and support patients from the inside out.