

Leading Women in Business - Kansas City



Photography by Brandi Wisdom - Kansas City, MO

Kansas City is home to only one aesthetics and wellness practice that is founded and led each day by a board certified physician. Dr. Cristyn Watkins is uniquely positioned to help her patients feel their best both inside and out. She has spent over a decade focused on serving the entire patient – not just in terms of aesthetics, but also in the areas of wellness and functional medicine.

Dr. Watkins opened the doors to aNu in 2011 after she discovered the power of functional medicine in her own life. “I’ve struggled with immune disorders my entire life and even



as a primary care physician, there were some patient needs that could never be solved with traditional medicine,” she says. “I knew the difference functional medicine made in my own life, and I wanted to deliver those same outcomes to my patients.”

Today, Dr. Watkins is an acclaimed innovator in her field, and when

she’s not spending one-on-one time with patients, you’ll find her deep in research, creating new protocols and advanced procedures for her patients. She has also started a new podcast “aNu You!” to share her knowledge with a national audience.

“Whether we’re offering injectables and laser hair removal or hormone therapy

and nutritional supplements, everything I do for my patients is anchored in the why and the how,” she says. “I’m always pushing the boundaries, and no matter what we do here, it’s always a highly intentional, one-on-one experience that’s focused on making our patients feel better — on the outside and on the inside.”

