

Dr. Cristyn Watkins

ABOUT

Dr. Cristyn Watkins is the visionary of aNu Aesthetics™ and Optimal Wellness. She 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, certified master injector, and national trainer in Regenerative Medicine.

Optimal Wellness

Q: What services do you offer?

A: aNu offers Advanced Aesthetics, Laser Treatments, Body Contouring, PRP and Ozone Therapy, IV Therapy, Medical Weight Loss, Bio-identical Hormones, Infrared Sauna, Sensory Deprivation Float Pod, LED Light and Functional/Wellness Medicine. They also offer 'aNu MD', Dr. Watkins' personal line of Medical Grade Skincare and Supplements.

Q: What is Functional & Wellness Medicine?

A: Functional medicine looks at the entire body, the mental and physical condition of the patient, the nutrition and exercise levels, stress levels, and all potential imbalances that may exist in



their bodily systems. Many factors can cause the imbalances in the body – inflammation, bacteria, viruses, toxins, emotions, digestion, anxiety, and poor diet. Every patient responds differently to various therapies and treatments, which is why a patient's progress is closely monitored and adjusted to their therapies as needed, creating and tailoring a plan, personalized specifically for them.

Q: What are your most popular services?

- A:** • Neurotoxin (Botox etc.)
- Cosmetic Fillers
- IV Nutritional Therapy and Ozone
- Turbo Shots (for energy detox, weight loss)
- Laser and RF (Halo, BBL, Vivace, Morpheus)
- Body Contouring (CoolSculpting, EVOLVE)
- Bio-Identical Hormones
- Medical Weight loss
- Functional Medicine with Dr. Watkins

Q: How long have you been in Kansas City?

A: Dr. Watkins was born and raised in Kansas City and dreamed of having an innovative medical center from a very young age. After medical school and residency, she opened aNu in 2011 in KC North, then added River Market in 2020 and most recently in Leawood this year. Her passion is to help individuals feel their best inside and out and believes in providing you with excellent personalized care for 'aNu You'!

Q: Why choose aNu?

A: A Medical Director is on-site, at each location, to oversee the day-to-day operations and procedures being provided. When choosing your provider, this should be a critical element in your decision-making process.

At aNu, Dr. Watkins personally trains, supervises and practices alongside her highly skilled medical staff, consisting of three board-certified physicians, four nurse practitioners, nurses (RN/BSN/LPN), licensed aestheticians, certified laser specialists and medical assistants. She is constantly learning how to expand the services at aNu and continues to explore all of the advancements in anti-aging therapies to make her patients feel young and vital!

Q: How can I become a patient?

A: Call any of the three locations for a complimentary one hour consultation or visit www.anuaesthetics.com

aNu Aesthetics™ and Optimal Wellness

North Location 10090 NW Prairie View Road Kansas City, MO 64153 **Phone:** 816.670.4406 | **River Market** 547 Grand Blvd Kansas City, MO 64106 **Phone:** 816.339.5053 | **Leawood** 11401 Nall Ave, Suite 218 Leawood, KS 66211 **Phone:** 913.298.6230 | anuaesthetics.com