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MEET SANDRA VELANDIA: NEW YORK CITY ESTHETICIAN

For over 25 years Environ has conducted ongoing scientific research to expand their product offerings for strong, healthy-looking skin. Which is why some of the top experts in the industry recommend the physician skincare brand as a go-to to help provide a healthy-looking, glowing complexion.

The skincare line consists of moisturizers, cleansers & toners, eye care, masks and sun care products – to name a few – each formulated for maximum effectiveness of vitamins, peptides, and other proven ingredients.

BITB spoke with New York Esthetician, Sandra Velandia, about her passion for being an esthetician and her favorite Environ product.

1. How/when did you know you wanted to be an esthetician?

I'm not your typical esthetician who dealt with skin issues. I was a young mom that needed to get her life together ASAP and decided to go to esthetics school without knowing anything about the field. What I had was hunger for a better life for my child and myself. After finishing school and working, I fell in love with my career – it is so rewarding to change people's lives emotionally and physically. Nothing motivates me more than being part of the bigger picture in a someone's life; if they look and feel better and I had a hand in that, I just want to keep going, keep helping and keep making a difference.

2. Can you take us through a typical work day for you?

I've learned that preparation is key. I feel like I am on-the-go 24 hours a day, 7 days a week. Life doesn't stop when I leave the office. I am a full-time mom and wife and have a home I like to make sure is absolutely always perfect.

I wake up early (the early worm catches the worm right?) and make a juice for myself. Right now I am really into Ashwagandha and Turmeric, so I always add those into my shakes or juices. I take some time for myself by meditating and making sure my energy and aura are cleared for the day. I believe that energy cleanses and in the power of crystals. I feed off the energy and I need to make sure I am always on – that I radiate the best energy I can to my clients!

I see about 10 clients a day, sometimes more, but I make sure all my clients have enough time with me. I don't like to be rushed. My clients need answers, and it is my job is to provide them. I have so many different clients with so many different needs. I love my job and I love teaching and learning with them.

3. What is your favorite product in the Environ skincare line and why?

One of my favorite Environ products would be the Alpha Hydroxy Gel, which contains a high concentration of fruit acids that assist in a gentle and yet effective form of exfoliation without having the need to use harsh brushes or grains to the skin.