



NYC BLACK BOOK

A CHEAT SHEET FOR GLOWING SKIN  
*Isabelle Bellis* ISABELLEBELLIS.COM  
*Aida Bicaj* AIDABICAJ.COM  
*Shamara Bondaroff* SBSKIN-NYC.COM  
*Christine Chin* CHRISTINECHIN.COM  
*Dangene* DANGENE.COM  
*Crystal Greene* CAPBEAUTY.COM  
*Kariné Kazarian* KARINEKAZARIAN.COM  
*Georgia Louise* GEORGIALOUISE.COM  
*Tracie Martyn* TRACIEMARTYN.COM  
*Ildi Pekar* ILDIPEKAR.COM  
*Joanna Vargas* JOANNAVARGAS.COM



**KRISTINA HOLEY**  
*San Francisco's holistic skincare specialist.*

**THE GOSPEL** The California-born, Paris-trained facialist considers herself a “problem solver” who focuses on “the functionality of the skin and how it relates to the internal body.”

**NATURAL HABITAT** Creating bespoke treatments for clients at her San Francisco studio. **PRACTICAL MAGIC** Holey recently collaborated with indie beauty brand Marie Veronique on three serums meant to deeply nourish skin and restore its natural barrier function. [KRISTINAHOLEY.COM](http://KRISTINAHOLEY.COM)



**TIGHTEN UP**  
 L.A. facialist Kát Rudu does facial cupping to firm and lift the skin. TREATMENT FROM \$130, PRODUCTS FROM \$42. [KATRUDU.COM](http://KATRUDU.COM)

*The Skin*  
**WHISPERERS**



**TERESA TARMY**  
*The supermodel-approved London facialist.*

**THE GOSPEL** “My clients want fresh, clear skin, as opposed to no wrinkles,” says Tarmey, who combines skincare with IPL and LED lights. **NATURAL HABITAT** At her Notting Hill flagship and her new five-story home on Holland Road; Austrian detox mecca Vivamayr. **PRACTICAL MAGIC** Sun damage is “the hardest thing to fix,” so she insists A-listers like Kate Moss and Suki Waterhouse wear sunscreen daily. [TERESATARMY.COM](http://TERESATARMY.COM)



**SHANI DARDEN**  
*The celebrity aesthetician with a backyard spa.*

**THE GOSPEL** Darden, who once appeared in Destiny's Child music videos, worked in dermatologists' offices before becoming one of L.A.'s most in-demand facialists. **NATURAL HABITAT** Hollywood, tending to darlings like Jessica Alba, Chrissy Teigen, and Rosie Huntington-Whiteley (*far left*). **PRACTICAL MAGIC** “Most people use products that aren't suited to them,” says Darden, who developed her cult Retinol Reform serum to keep skin glowing between appointments. [SHANIDARDEN.COM](http://SHANIDARDEN.COM)



**HELYA RUTH**  
*Palm Beach's most magical hands.*

**THE GOSPEL** A Finnish former model, Ruth has spent the last 50 years as a reflexologist, treating Barbra Streisand in New York before

heading to Florida. **NATURAL HABITAT** Practicing in tandem with facialist Tammy Fender, who works on the crown chakra while Ruth performs reflexology to “recharge the body's energy field.” **PRACTICAL MAGIC** “When I work on the soles of the feet, I send loving, healing energy directly to the soul.” [TAMMYFENDER.COM](http://TAMMYFENDER.COM)