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California Dermatologist Dr. Anna Guanche Talks Glossy Hair Secrets & the Treatments She Swears By

By Julie Ricevuto | June 26, 2019



Upon meeting Calabasas, CA, board-certified dermatologist and dermatologic surgeon **Dr. Anna Guanche**, the first thing many people notice is her bright smile. When faced with the warm welcome of those pearly whites and bubbly personality, it's easy for Dr. Guanche's positive energy to rub off on you. And that's the goal for the Louisiana State University School of Medicine graduate. As a self-proclaimed "empath," she prides herself on her ability to sympathize with her patients and be sensitive to both their feelings and needs — all while having fun.

"I am an extrovert and definitely love to connect with people," she explains. "I love to affect people's lives in a positive way." Similar to Dr. Guanche, the team at her practice — Bella Skin Institute — are affable and friendly, as well. (If you need proof, just check out how much fun Dr. Guanche and her staff had while performing The Shiggy Challenge™ in her office last year).

Her practice offers a few extra perks in order to make patients feel extra comfortable — particularly when those patients are of a higher profile. Valet services and a private waiting room are available upon request, intended to take additional stress out of VIP appointments and provide privacy. "We have many celebrity clients," explains Dr. Guanche. "Some allow us to name them and others don't." Simply scroll Dr. Guanche's Instagram® account for countless celebrity sightings, with Olivia Culpo making quite a few appearances throughout her grid.



Here, Dr. Guanche shares a closer look at her practice, including the inside scoop on which treatments those celebrity patients book most frequently, as well as her own treatment preferences, and the skincare formulas she relies on to keep her complexion glowing. Keep reading!

Spotlyte: Why did you decide to become a doctor?

Dr. Anna Guanche: By becoming a doctor, I'd be able to be in a caring profession where I am on the same team as my patient. Also, I found I need constant intellectual stimulation — I am always searching for new information, so this was a great fit. I was going to become a hand microsurgeon, and one half-day in dermatology switched me over for life. Discovering dermatology as my passion — which happened toward the end of medical school — was a gift. I have never looked back.

Spotlyte: How have your passions — unrelated to aesthetics — led you to becoming a successful dermatologist?

AG: I have always been a perfectionist, striving to be better in all categories of life and doing things more perfectly each time. I have also always naturally analyzed faces and seen every detail, whether it's a person on television or someone I'm sitting across from. From a young age, I was a beauty aficionado.

In all aspects, this profession is perfect for me: I love attention to detail; I love making people feel happy; I love these procedures myself, which allows me to relate first-hand to my patients. I feel my work is not like work at all. It truly is a passion that brings me great joy. My patients feel my enthusiasm and excitement when I celebrate their results with them.

Spotlyte: What is the most-requested procedure or treatment in your practice?

AG: Injectable wrinkle reducers and fillers. [They can have] minimal downtime: People these days cannot seem to afford much downtime, so I find these are not only the most popular, but also provide the most satisfying [results].



Troy Jensen

Spotlyte: What are the steps in your skincare regimen that are an absolute must every day?

AG: I wash my face and eye makeup off thoroughly every day. Going to bed with makeup on is an absolute no-no. Cetaphil® Gentle Skin Cleanser (\$14) and SkinCeuticals® Gentle Cleanser (\$35) are my favorite cleansers. Alastin® HydraTint Pro Mineral Broad Spectrum Sunscreen SPF 36(\$55) and Elta MD® UV Clear Broad-Spectrum SPF 46 (\$35) are my favorites. Also, I use tretinoin 0.025% cream every night. It's a powerful, prescription-strength, anti-aging cream.

Spotlyte: What medical aesthetic treatments do you get yourself?

AG: I do pretty much every [treatment] we offer at my office — which is everything! Injectable wrinkle reducer, filler, Jessner's peels, Global Glow Up™, Bella MicroGold™, VBeam®, Fraxel®, Thermage®, and Bella FX™. I started [injections] at age 26. I [also] do CoolSculpting®. There are so many procedures, and I avail myself of all [of them] when I am vetting them for the practice.

Spotlyte: Not only is your skin flawless, but your hair looks super thick and glossy, too. What is your secret?

AG: For my hair, I take Viviscal® Advanced Hair Health Supplements (\$102) — two tabs a day — and 10 drops of Jarrosil® (\$15) in water every evening. A high-protein diet provides plenty of raw materials for my hair to grow. Also, I am careful about sun exposure in general, but I also do not expose my hair to harsh elements. I use sun protectant gel if I'm out all day or swimming.

Spotlyte: What are popular treatments among your celebrity clients?



AG: Generally, [celebrities'] regular treatments include injectable wrinkle reducer, filler, Bella MicroGold, and the Global Glowup. They also [rely on] skin care [products] and all of the things I listed above.



Troy Jensen

Spotlyte: What is your top tip for having beautiful skin?

The one thing that flawless skin requires is maintenance. The skin is a living organ and needs great care, protection, and regularly spaced treatments.

Spotlyte: What's the one piece of skincare advice you give to all your patients?

AG: [Wear] sunscreen! There is no point investing in a bunch of anti-aging procedures [for your] wrinkles, brown spots, broken blood vessels, and more if you are going to simply accumulate more of these via sun damage.

<https://thespotlyte.com/news/dr-anna-guanche-interview>