

About Deborah Poland

I like to think of myself as an adventurer—a skin-care adventurer! I'm a licensed aesthetician, spa owner, and author who personally tries every treatment and supplement I recommend to my clients.

By slathering on hundreds of skin creams and swallowing a prestigious number of pills and capsules—thankfully not all at once—I know exactly what you'll experience when you try the products I recommend. I do my homework so finding the best natural solutions for wrinkles, sagging skin, sun damage and other signs of aging is something you can easily manage without your own drama.

And believe me, I know drama. As an overweight teenager growing up in Chattanooga I suffered from chronic acne and a poor diet. (I didn't have my first salad until I moved to New Jersey as an adult!) The dermatologist my parents chose bombarded me with x-rays, a standard treatment at the time.



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Little did they know that when I grew up I would experience multiple bouts of skin cancer along with a burning desire to learn everything I could about healthy skin and proper nutrition. That's what started me on a journey that has taken me from Tennessee to New Jersey, to California and Seattle, where I worked on an herb farm, and back to Tennessee again.

Along the way I discovered that most skin care advice is proffered by two groups of people: do-it-yourselfers and physicians. I have happily staked out the middle ground, providing advice that is more sophisticated than the DIYers and more user-friendly than the invasive and sometimes extreme treatments recommended by dermatologists.

Whether you visit my Skin 2NV spa in Franklin, TN which I founded , spend time on my website or read my upcoming book, *Clean Skincare: Natural Alternatives to Dermatology*, you'll be on your way to achieving your own ultimate beauty journey.

