



Regenerate Her

SKIN REBIRTH

Regenerative Skin | Sacred Ritual
Results That Return Her to Herself.

FOUNDED BY ARDRA

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A Letter from the Founder

I didn't build Regenerate Her to be another facial studio. I built it because I watched too many women walk out of spa chairs feeling the same as when they walked in. I watched too many sit through injectable appointments that left them looking edited instead of restored. I watched the industry sell glow in a bottle and call it care. So I built something else.

Regenerate Her is a house for the woman who is done settling. She wants her skin returned to her — not filtered, not frozen, not chasing someone else's face. She wants to be seen by a practitioner who knows what peptides actually do, who understands stem cells at the cellular level, who will say no when something isn't right for her skin, and who will close the session by reminding her how to breathe. That practitioner is me.

***Everything we do here — every facial, every private event, every workshop, every training — is built on three promises:
We will be regenerative, not superficial.
We will be protective, not profitable at her expense.
We will honor the whole woman, not just the face on the table.***

If that sounds like the kind of standard you've been looking for — as a client, as a host, as a brand partner, or as a practitioner ready to work at a higher level — you're in the right place.

***Welcome to Regenerate Her.
You deserve to have it all.***

Ardra

Founder, Regenerate Her — Skin Rebirth



Meet Ardra

Ardra is a skin specialist devoted to one thing — giving women their skin back. She founded Regenerate Her: Skin Rebirth to offer what she couldn't find anywhere else: advanced, regenerative skincare rooted in science, delivered with soul. Her expertise lives at the intersection of peptide therapy and stem cell-based treatments — the two modalities she believes are quietly rewriting what's possible for the face.

Ardra doesn't do relaxation theater. She does correction. Her facials are therapeutic, intentional, and built to transform the skin over time — not just make it feel good for an hour. In partnership with her medical director, Ardra also oversees injectable services, offering her clients a full-spectrum regenerative experience under one roof.

Her Philosophy

01 — SCIENCE YOU CAN FEEL

Ardra's facials are built on peptides and stem cells — the same regenerative compounds being studied in longevity medicine. This is not relaxation work. This is the skin learning how to restore itself.

02 — A PROTECTIVE STANDARD

Ardra says no to what her clients don't need. No trend-chasing. No pressure. No shortcuts. Her chair is one of the few places in aesthetics where a woman isn't being sold to — she's being cared for.

03 — THE BREATHWORK CLOSE

Every treatment ends the same way: breath. A grounding ritual that calms the nervous system, deepens the work, and sends her home restored from the inside out. It's Ardra's signature.



The Experiences

More than a facial. A house built around the woman.

THE SIGNATURE REBIRTH FACIAL

Ardra's flagship. A fully corrective, peptide and stem cell-driven protocol customized to the skin in front of her. Closes with breath work.

THE SPA LOUNGE — CORPORATE & PRIVATE EVENTS

A mobile, immersive experience for corporate teams, executive retreats, brand activations, and private events. Ardra brings Regenerate Her to your people fully produced, styled, and delivered on-site.

BACHELORETTE RITUALS

A Regenerate Her experience designed for the bride and her circle. Skin, breath, celebration — a moment she'll remember long after the wedding.

WORKSHOPS

Ardra teaches what she practices. The Skin Literacy Workshop is a half-day intensive for women ready to understand how their skin actually works.

PRACTITIONER TRAININGS

The Rebirth Practitioner Intensive a three-day transmission for estheticians and skincare professionals ready to operate at a higher clinical and ethical standard.

MEDICAL PARTNERSHIP

In partnership with her medical director, Ardra oversees injectable services as part of a complete regenerative plan never as a standalone upsell.



Regenerate Her

SKIN REBIRTH



STEP INTO YOUR SKIN REBIRTH

For private bookings, corporate events, bachelorette experiences, workshops, and practitioner trainings.

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BOOKING

<https://novafacials.as.me/>

You deserve to have it all

Ardra

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