

Without a doubt, Bonnie deserves well beyond that which any five star rating system can give. If you ask me, she should get every star in the heavens above! This woman (aka miracle worker) has saved my skin and helped change my life. If the following testimonial doesn't convince you to give Bonnie a try, consider this:

I live in Suffolk County on Long Island and drove all the way to midtown Manhattan every week for three months just to see Bonnie. Some days the commute was THREE HOURS ONE WAY. Was it worth it you ask?

*Every single minute.*

I will be turning 40 next year, and ever since the age of nine I have struggled with acne. I tried it ALL. Topical prescriptions, oral antibiotics, over-the-counter and infomercial products, natural remedies, even the controversial pharmaceutical isotretinoin. Nothing worked. Nothing was a good (or even reasonable) long term solution. Isotretinoin only worked while taking it and for about six months thereafter. Then my acne came back. Isotretinoin does not alter your DNA, so if you have a strong gene for acne, it WILL come back. Since isotretinoin is too dangerous to take continuously, I began my journey for a better solution. That is when I met Bonnie, and she fearlessly led the way to clear skin.

About a month before my first visit with Bonnie I stopped using a popular infomercial acne product that I had been using for almost 20 years. It was far from perfect, but I used it anyway, given a lack of better options. However, purging from this product was a TOTAL NIGHTMARE. In fact, ten years prior was my first attempt to discontinue its use, and I experienced the same awful reaction: GIGANTIC clusters of cystic acne. It was absolutely horrific. And to be going through that AGAIN?!? Give me a break!

The first time around, the only "help" I had was from a dermatologist who (like most) wanted to prescribe me isotretinoin and send me on my way. I said,

"No, thank you! Been there done that!"

After some discussion, we eventually agreed upon oral sulfa antibiotics (sad to think this was the better choice) and cortisol injections. Ugh. What a nightmare. I ended up on the antibiotics for at least three months, and as for the injections, I can't help but think they were the cause of my depressive scars. Unbeknownst to me at the time, cortisol injections are very difficult to do correctly. In the end, and much to my dismay, I resumed use of the very infomercial product that I had been trying to discontinue, simply because of a lack of better options.

*But not this time!*

Fast forward ten years and this time I had Bonnie by my side! First and foremost Bonnie truly cares. She is patient and compassionate. In the beginning I looked like a monster and was terribly embarrassed but in Bonnie's hands I knew I was safe. Right off the bat she impressed me with her extensive knowledge. I had done a ton of research before meeting her and thus I could tell she really knew her stuff.

Bonnie quickly became my acne coach. And friend. She was there for me whenever I needed her, be it either a quick question or a tough emotional moment. She puts her clients first. She is so encouraging. Gentle, yet able to pull me out of despair. We shared stories and laughed. She gave me hope.

I cannot overstate the severity of my case. For a while, I was very afraid that one of my acne lesions might lead to a more complicated skin infection. But Bonnie was very confident. She has LOTS of experience. Extractions were a major part of my treatment plan and Bonnie absolutely knew what she was doing. She has a very steady hand and most importantly, knows when to stop to avoid permanent scarring. Were the extractions painful? Sometimes yes, sometimes no, sometimes they felt good. By the end of my sessions I always felt better. Cystic acne is physically very painful and releasing some of the pressure is always helpful.

As for products, Bonnie is THE QUEEN of acne safe products! She will teach you everything you need to know. Just because a product in the store says it is non-comedogenic does not mean that it is necessarily so. And just because a product says it is oil-free does not make it non-comedogenic. There is a list of comedogenic ingredients that must be avoided by those of us prone to acne. This list includes some natural ingredients. Bonnie carries a line of wonderful acne safe products that my skin absolutely LOVES. She also knows all about acne safe sunscreen and make-up. It ALL matters. For the first time in 30 years my skin is HAPPY!

In fact, an unexpected bonus for me was the restoration of my skin barrier. Not only did the infomercial product clog my pores which led to the formation of new acne, but it also damaged my skin barrier. Bonnie can go into details, but after a few months of chemical peels and corrective homecare products, my skin returned to normal. This was SUPER exciting for me because I had not known healthy skin since I was about nine years old. Not only does a healthy skin barrier look and feel great, but it also helps to prevent future breakouts. This makes sense. When things are functioning well, you are generally less susceptible to problems.

As for diet and acne, Bonnie wants us all to live in the real world. She will not drop you as a client if you don't adhere to a particular diet. Yes, there are some foods that should be eaten in moderation and certain healthy fats that should be consumed more frequently. If you are curious about diet and acne I would ask her. There were some foods (and beverages) that I was able to eliminate or substitute quite easily and felt good about doing so. There are some supplements that can help, too.

In conclusion, my experience with Bonnie was life changing. I am so grateful to have found her - and just in the nick of time! Another week or two and I fear I would have succumbed to isotretinoin yet again. It was THAT bad. Now, on average, I have only one big pimple every six weeks. And just a few small ones in between that either disappear on their own within a day or two or with the help of a spot treatment for one or two nights. It is truly a miracle and I still pinch myself for fear that I am dreaming! Most importantly though, I have gained a newfound confidence that comes not only from the beauty of clear skin for the first time in 30 years, but from a personal victory like none other.