

1:10 PM, MAY 3 2014

The Antidote: The Bespoke Cure-All for What Ails You

by Kari Molvar



Daniela Turley and Shellie Goldstein

Personal trainers. Juicers. Wellness coaches. There are plenty of gurus to help whip you into shape, but I'm doubling up with an acupuncturist and herbalist this spring. Don't have both pros on speed dial yet? Well, to be honest, I had no idea these healers worked in tandem before I met Daniela Turley, a stunningly pretty British herbalist who shares an office with Shellie Goldstein, an acupuncturist well known among a certain breed of elegant, natural beauties. Together, the two recently devised a holistic tune-up, called the Antidote, that promises to overhaul your entire system—from the inside out. Intrigued about what this could mean for my worn-out complexion and equally exhausted body (did I mention I have two babies?), I recently dropped by their discrete studio, in the Flatiron.

I'm greeted with a detoxing cup of green tea and a nine-page survey to fill out, about my diet and lifestyle. It seems I'm hooked on sugar, unskilled at cooking any form of fresh produce, and prone to poor circulation, not to mention dull skin. That's just on paper, though. To get a more accurate read on me, Turley flicks on her electrodermal screening machine and starts poking my index finger with a metal wand, which sends currents through the body to target food intolerances and blocked meridian points. I nervously watch the blips on the screen, as a clearer picture of my health emerges: It appears I'm lacking in trace minerals from leafy greens, omega fatty acids from fish (sushi: where have you gone from my life?), and collagen, which



Turley informs me is often depleted after pregnancy. I also have a slight intolerance to dairy—but then, who doesn't? I politely choose to ignore that finding, since life without yogurt, butter, and cheese would be too heartbreaking to contemplate.

While Turley further analyzes my test results, I'm whisked off to Goldstein's private room for a chat about my skin, and we examine the areas where my thirtysomething face has started a downward descent. (I take comfort in the fact that gravity is partially to blame.) Then she commences in a microcurrent AcuFacial, which emits variable amounts of electric current to stimulate and "re-educate" the facial muscles, helping to tighten up slack areas. "It's like taking your face to the gym," Goldstein says as she glides a U-shaped prong over my skin, warning me that I might notice a subtle "metallic taste" (it sounds worse than it is). But as far as non-invasive procedures go, the treatment is virtually painless, and it encourages your face to look the way it did in your twenties—lifted, toned, rested. Caveat: like any muscle group, the face needs regular training to stay firm, so devotees usually book facials every few weeks, until they get to the monthly-maintenance stage. Lastly, Goldstein bathes my skin in LED light (a combination of blue, yellow, red, and green) to brighten and boost radiance, and finishes by inserting acupuncture needles over my entire body to improve blood flow, leaving me in a pin-cushion-like state for 10 minutes.

My session wraps up with a customized skin-care regimen, designed by Goldstein, and an herbal tincture, from Turley, with ultra-concentrated botanicals. There's butcher's-broom to pick up my circulation, horse chestnut to strengthen my veins, Siberian ginseng to restore energy, and licorice to balance cortisol and increase absorption of trace minerals. As for replenishing lost collagen, Turley sends me off with a recipe for "bone broth," a nutrient-rich soup that I'm fairly certain my Korean mother-in-law once cooked for me, but that I turned up my nose to (and will now humbly beg for).

Three and a half hours later (!), I discover that the Antidote system is not for the uncommitted, and there is a price to pay for it: \$750, to be exact. Yet do the math, and individual visits with Goldstein and Turley would cost at least \$900. I learn that follow-up appointments are booked à la carte, depending on your needs. For example, if you continue with AcuFacials, you can purchase a series of five for about \$400 each. Subsequent visits with Turley range from \$195 to \$250.

The question is: Are the results truly stellar? A day after my appointment, my face looks more youthful, and yes, "lifted," than it has in months. I can attest that my herbal elixir tastes awful, and is hard to stomach three times a day, but after two weeks, it really has made a difference in my energy. Full of the nutrients I was once lacking, my body now craves less sugar, and my skin tone is rosier too. My husband even commented, "Hey, you look pretty." I believe I need more of this Antidote.

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