



JCI Spotlight: Dr. Judith de Niet, RCC Owner, Vita Vitalis Counselling & Esthetics JCI Body Spa and Esthetics Graduate

What is your favourite part about your job?

I love that my job is diverse, allowing me to meet different, interesting people every day. I believe in a holistic approach to health and my goal is to have people leave my practice feeling both physically and emotionally recharged. I am passionate about helping clients feel energized, healthy and balanced - inside and out!

What inspired you to pursue a career in esthetics?

My dream was to open my own practice combining counselling and esthetics. I am passionate about esthetics because I believe that pampering our most vital organ, our skin, is important for our health and is relaxing and uplifting for the body and mind. I enjoy helping clients reach their wellness goals and pampering them!

Any advice for anyone looking to pursue a spa career?

Follow your heart! Choose a spa in which you believe in the products and services.

For students looking into the Body Spa Program: if you are passionate about the spa industry and you like to work with people and improve people's well-being, this is the right place for you! If you are passionate about the spa industry, you will be motivated to work hard to get your Body Spa diploma.

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What was your experience like attending the spa program at JCI?

The Body Spa Program at JCI is very well set-up and organized. I liked how the program was divided into theory and practice. We were able to practice what we had learned on each other and on clients. I also made friends with other students and am still in contact with them to this day.



Do you have any recommendations on spa services, treatments or products for the fall/winter season?

Our skin can use some extra pampering after exposure to the sun, entering a season with dryer and colder weather. I would recommend restoring and energizing treatments, such as a facial or body exfoliation and hydration. I use wild organic seaweed products (Seaflora) which are great to restore skin cells and are packed with vitamins and nutrients that provide your skin with the best of care.

How would you approach a customer who is new to the spa scene?

I would make my new customer feel comfortable by sitting down with them to explain every step of the esthetic service and answer any questions they might have. I would also tell the client more about the products that I use, making sure that they understand that the service is meant to make them feel relaxed and rejuvenated!

For more information about Vita Vitalis or Dr. Judith de Niet, RCC, Esthetician, please visit www.vitavitalis.ca

For information about the JCI Body Spa and Esthetics program, please contact us at 604-688-0328 or info@jcainstitute.com. www.borntodothis.com