Biohacking and Beauty

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Recently, Jeanette Pinnace, a writer for Real Health, covered an event in New York City that focused on biohacking, a tool many women are now using to empower themselves. But what is biohacking?

Simply stated, this activity involves paying careful attention to our bodies and minds and what effect everything we do has on the temple that each of us inhabits.

Recently, Drs. Emily Splichal, a well-known celebrity podiatrist and fitness expert, and Emily Kiberd, a chiropractor and luxury wellness media expert and the founder of Urban Wellness Clinic in New York City, convened an interactive panel discussion to talk about the ways in which women perceive the science of aging, based on their own experiences and interpretations concerning what works for them.

The two doctors were joined at the biohacking beauty event by Erin Sharoni, a moderator from Inside Tracker, a biotech startup company, and Lauren Berlingeri and Katie Kaps, founders of HigherDOSE, an infrared sauna center, with two locations in Manhattan.

The discussion focused more on wellness and the experts on the panel spoke about their experiences and what they did to maintain their overall health. They stressed that individuals should listen and tune into their bodies. This includes paying attention to the activities that make you feel well and when anything—from what you eat, think and do—makes you feel less than your best.

A result of all this tinkering with ourselves is that biohacking beauty experiences become a very individual activity. Indeed, there are no studies, per se, that offer findings on this very targeted effort by individuals to be the very best people they can be. There are no hard and fast principles to apply to different population groups that place folks into neat little categories. This is probably why the term continues to be so mysterious and elusive. But isn’t that the way life is sometimes?

I think what we can all come away with from this event is that biohacking, especially for women, is a journey that each of us can undertake to discover different activities, actions, beliefs, tools to use—whatever they may be—that motivate us to feel beautiful, healthy and really good about ourselves in mind, body and spirit.

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