

Renata K. Ciszek, APN-BC, CNS Board-Certified Adult Nurse Practitioner with cardiology subspecialty, owner of Re-Medispa

Get to know Renata Ciszek , APN-BC, CNS.



New York City, New York Nov 6, 2023 ([Issuewire.com](https://www.issuewire.com)) - Renata is a board-certified Adult Nurse Practitioner with Full Practice Authority in the state of Illinois. She has been working in the healthcare industry for over 20 years. For the past 8 years, Renata has been the owner of Re-Medispa which has 2 locations in Illinois: Arlington Heights and Harwood Heights. Her desire to improve people's appearance started after she met her good friend for lunch and she noticed that her friend had ducky lips that did not

look good. Renata knew that it had to be an injection technique and not the filler itself as she did not believe that any company would produce filler that would make people look worse instead of better. Her friend defended her own lips and said to Renata “If you are so smart, why don’t you do it yourself?” That was the day when Renata made a decision to go for training to test her theory. One training led to another and another and another... Renata trains a lot in the US as well as internationally. She has been trained by the best in the world in Dubai, Canada, England, Spain, and Poland. Out of all of these trainings, she developed her own technique of injection where she delivers the best results for her clients. She loves injecting lips and under-eye fillers.

She is very passionate about making people look better and feel better. More confidence makes people more successful and happier in life. And that's what Renata likes to hear, that people are happy and doing good in life. In many cases, she provides emotional support for her clients. She motivates them to keep going if they feel stuck. Clients know that they can always call her if they need any support.

For her work in aesthetic medicine, Renata was awarded the top injector of 2023 in Aesthetic Medicine. Her results are very natural. Her clients get compliments that they look rested and fresh. And that is what aesthetic medicine is all about.

From 1999 to 2003, Renata completed her Nursing degree at Illinois State University-Mennonite College of Nursing. She then pursued a Master’s degree at Loyola University-Chicago where she graduated with a major in Adult Nurse Practitioner with a cardiology subspecialty. She was working as a heart failure Nurse Practitioner at Midwest Heart Specialists for 5 years before she decided to switch to general medicine for more flexible hours. Renata at that time decided to start a family and her priorities had changed.

In 2015, Renata graduated from the National Laser Institute in Aesthetics where she learned to operate facial lasers and Dermapen. She almost always starts the clients on laser first, making their skin fresh, younger looking, tight, and lifted. After that, she injects Botox and fillers. She noticed that by utilizing lasers first, clients need fewer injectables (botox, fillers) which gives them more natural results. Her cardiology experience contributes to her approach to aesthetic medicine. Instead of recommending 3 treatments with the same lasers as most medspas do, she does 3 treatments with 3 different modalities and every treatment does something different for the skin. Just like in cardiology, the best outcome for the heart is to give 2-3 drugs from 3 different drug families that do completely different things for the heart. As a result of this approach, the heart has the best chance of improving after a heart attack.

Her favorite laser is the Pixel RF which removes dead skin, stimulates collagen, and cleanses the skin from imperfections. Photofacial removes broken capillaries, and sun discoloration and makes the skin tight. Retinol peel is the last treatment she does, and it further stimulates the collagen and cleanses the skin from imperfections.

Renata was also personally trained by the inventor of the Vampire treatments (Platelet Rich Plasma-PRP), Dr. Runels in Alabama. These treatments require a practitioner to collect blood from the client in order to regenerate the skin using platelet-rich plasma. However, the best outcome for skin regeneration she gets from using lasers.

Renata has always believed that every woman can be made beautiful and that there are no ugly women in this world. She loves the saying, “There are no ugly women, just poor women.” For that reason, she tries to make her treatments affordable to everyone.

Beyond her professional endeavors, Renata has a deep passion for the piano, having graduated from a

music school in Poland. A strong advocate for community involvement, Renata particularly supports initiatives that benefit children. She is a sponsor of the AAC Eagles Chicago Soccer Academy which provides travel soccer programming for the Chicago area youth. She is also a sponsor of 2 local Catholic schools: Our Lady of the Wayside School in Arlington Heights, IL, and Notre Dame College Prep in Niles, IL where her 2 twin sons are currently attending. She is a very positive person and always tries to find a positive lesson, even in the most challenging situations.

Learn More about Renata K. Ciszek:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82097289-Renata-Ciszek-Family-Practitioner> or through Re-Medispa, <http://re-medispa.com/about/>

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