

ABOUT

# KANNA FUJITA

**Beauty & Wellness Entrepreneur | Integrative Health &  
Regenerative Wellness Innovator  
| Founder of ContourTox™ Method  
CEO of | Reforma MedSpa and Wellness | Kirei House |  
Femly Labo**

## **Revolutionizing Beauty & Wellness Through Science & Innovation**

Kanna Fujita is a visionary leader in beauty, wellness, and regenerative health, specializing in medspa innovations, integrative health, and hormone balance solutions. As the Founder of Reforma and Kirei House and the CEO of Femly Labo, she pioneers science-backed beauty and wellness treatments that empower individuals to look and feel their best. With expertise in aesthetics, anti-aging medicine, and holistic wellness, Kanna integrates cutting-edge medical treatments with traditional wellness philosophies, redefining the future of self-care.

She is the driving force behind Reforma, a medspa and wellness center that provides science-backed regenerative treatments, seamlessly integrating beauty with holistic health solutions. Kirei House, located inside The Core Club, specializes in luxury Japanese beauty artistry, bringing high-quality Japanese techniques to New York, including our trademarked Perfect Fill-In method—a non-toxic, clean approach to Japanese gel nails for long-lasting, natural nail health.

As the CEO of Femly Labo, Kanna leads the U.S. expansion of this Femtech Award-winning innovation—an at-home vaginal therapy for hormone balance and menopause wellness. Formulated with stem cells, NMN, and a patent-pending equol formulation, Femly Labo is designed to support women's health during menopause through a unique, science-driven approach.



Beyond her work in beauty and wellness, Kanna is also a columnist for a Japanese newspaper, where she shares expert insights on health, beauty, wellness, and love, with a special focus on menopause and women over 40. Her writing reflects her deep expertise in science-backed beauty solutions, regenerative health, and holistic self-care for women navigating hormonal changes.

## **Commitment to Science-Backed Beauty & Wellness**

Driven by a passion for holistic wellness, Kanna seamlessly integrates advanced medical science with traditional healing approaches to create transformative beauty and health solutions. She is a Certified Integrative Health Coach (IIN), KAATSU Specialist, and an AAICT (American Academy of Integrative Cell Therapy) certified specialist. As a member of A4M (American Academy of Anti-Aging Medicine), she reinforces her dedication to evidence-based regenerative health.

Grew up in Tokyo, Japan, Kanna's entrepreneurial journey is deeply influenced by her heritage and profound understanding of Japanese beauty and wellness philosophies. Through Reforma's Integrated Wellness Programs, she redefines beauty by combining aesthetics, scientific health assessments, gut health optimization, and regenerative treatments.

## **Innovating the Future of Beauty & Anti-Aging**

With a relentless drive for excellence, Kanna continues to shape the beauty and wellness industry, pioneering science-driven, holistic treatments that enhance overall well-being. Her work bridges the fields of medical aesthetics, regenerative health, and holistic wellness, positioning her as a trailblazer in the future of wellness-driven beauty.

BASED IN NEW YORK | TOKYO | MIAMI

🌐 [REFORMA NYC](#) | 🌐 [KIREI HOUSE](#) | 🌐 [FEMLY LABO](#) | 🌐 [NYSEIKATSU](#)

# SIGNATURE TREATMENTS & WELLNESS PROGRAMS

## **ContourTox™ KAATSU Beauty & Fitness Therapy**

A trademarked method founded by Kanna, ContourTox™ combining KAATSU with a specialized technique to enhance circulation, skin elasticity, and muscle tone—exclusive to NYC. Research shows that KAATSU can help alleviate symptoms such as headaches, muscle weakness, and hormonal imbalances by improving blood flow, bone density, and muscle strength. Additionally, KAATSU has been scientifically proven to significantly increase growth hormone (GH) levels, reaching levels comparable to or even greater than high-intensity exercise. This elevated GH secretion plays a key role in muscle regeneration, fat metabolism, skin elasticity, and overall anti-aging effects, making KAATSU a powerful alternative to traditional high-intensity training. Research also suggests that KAATSU positively influences inflammatory markers (NRG-1 and IL-6), further supporting physical and hormonal well-being. ContourTox™, based on the science of KAATSU, is an ideal solution for older individuals and menopausal women, as it enhances muscle strength and circulation without the need for heavy weights, while also supporting joint health and providing the extra push needed for hormonal balance and overall vitality.

## **Hormone Rebalance & Regenerative Therapy**

A cutting-edge, science-backed approach to restoring internal balance and vitality. This program integrates stem cell therapy, NMN, exosome treatments, and targeted hormone-supporting nutrients to promote optimal cellular function, longevity, and skin rejuvenation.

Designed to enhance energy levels, cognitive clarity, and overall well-being, it also incorporates anti-inflammatory therapies and metabolic support strategies to naturally restore hormonal equilibrium.

## **Personalized Anti-Aging & Wellness Programs**

A holistic, science-backed, and non-invasive approach to aging well and optimizing health. This program integrates stem cell, exosome therapy, targeted vitamins (including brain-supporting nutrients), and anti-inflammatory treatments to help manage joint discomfort, cognitive function, and overall vitality. In addition to cutting-edge therapies, it includes acupuncture, stretching, and physical treatments such as ContourTox™ to enhance circulation and muscle tone, along with tailored lifestyle coaching to support long-term well-being. Unlike restrictive plans, this program provides non-calorie-counting nutrition guidance, focusing on nourishment, metabolic support, and sustainable health practices.

## **Advanced Facial Rejuvenation & Sculpting Massage**

Whether you love Botox and want to extend its effects or prefer a natural approach to enhance facial structure, this specialized massage works where injectables don't. Designed to target facial muscles, improve circulation, and stimulate lymphatic drainage, it helps maintain skin elasticity, facial contour, and radiance between Botox sessions. Unlike injectables, this technique tones and lifts through deep-tissue sculpting, acupressure, and circulation-boosting massage, delivering an instant glow and long-term skin health benefits.

## **Medical-Grade Head Spa & Scalp Health Restoration**

A specialized therapy designed to rejuvenate the scalp, enhance circulation, and support optimal hair health. This treatment helps address changes in scalp sensitivity, dryness, and hair vitality that often occur due to shifts in the body's internal balance. By stimulating blood flow and oxygenation, it promotes stronger, healthier hair growth while also relieving tension-related discomfort and fostering deep relaxation and overall well-being.