

Mon Chère Introduces 360° Remote Longevity Program Led by Janette Holland-West

Remote program combines diagnostics, integrative care and botanical-somatic support for skin longevity and whole-body wellness.

NEW YORK, NY, UNITED STATES, September 22, 2026 /EINPresswire.com/ -- [Mon Chère](#) has introduced the [Mon Chère 360° Longevity Program](#), a remote longevity program led by founder and lead practitioner Janette Holland-West. The program is designed to educate and support adults who want a more comprehensive approach to aging, skin health and long-term wellness, delivered entirely through remote care with no clinic visits required.

Created for men and women in their 30s to 50s who are noticing early signs of aging, experiencing filler fatigue, or who have exhausted conventional approaches, the program follows a decode-then-intervene framework.

"We do not treat the symptom. We decode the system," said Holland-West.



Janette Holland-West

Each client begins with a personalized assessment. From there, Holland-West works across a three-layer method that addresses the systemic layer, including cellular health, energy, digestion and hormonal rhythms; the somatic layer, which focuses on the nervous system and what the body is holding; and the visible layer, where skin, hair and nails are read as outward signs of underlying patterns. The method is intended to support root-cause skin health, skin longevity and regenerative longevity rather than surface-level correction.

The diagnostic layer may include Bioresonance Feedback scanning, biological skin mapping, TCM face mapping, and mitochondrial and genetic testing. These tools give Holland-West a detailed picture of a client's wellness and lifestyle patterns before any recommendations are made.

The integrative layer draws on European cell therapy in the Dr. Niehans lineage, Ayurvedic nutrition, Gua Sha and nervous system regulation. Botanical and somatic support includes

somatic trauma release, herbalism, aromatherapy and essential-oil education.

Holland-West's professional training includes certification as a European Cell Therapy Specialist, Bioresonance Feedback Practitioner, Genetic Blueprint Practitioner, TCM Gua Sha Practitioner, Ayurveda Counselor, Detoxification Specialist and Herbalist, along with training in Aromatherapy Emotional Release, the Chemistry of Essential Oils and holistic esthetics.

The program brings precision wellness and cellular skin regeneration together in a structured remote experience that includes consultations, personalized guidance, monthly tracking and ongoing virtual support. For clients in New York and beyond who are looking for a holistic alternative to a conventional longevity clinic or med spa, it offers an educational, whole-person approach to skin and overall vitality.

About Mon Chère

Mon Chère is a premium holistic wellness and longevity brand. Founded by Janette Holland-West, the brand focuses on personalized wellness education, natural approaches to healthy aging and long-term practices for clients seeking alternatives to conventional beauty routines.

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