Glen Carbon Doctor Celebrates 18 Years of Ooh La La Spa, Shares Philosophy for Healthy Aging

by Sydney Sinks, News Reporter
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GLEN CARBON - Ooh La La Spa, Anti-Aging & Wellness offers solutions to help community members feel and look their best with the help of an aesthetic physician.

Dr. Kristen M. Jacobs is celebrating the 18th year of Ooh La La Spa, Anti-Aging & Wellness in Glen Carbon, and she is proud of the work they do to support community members in their aging journey. From microneedling and injectables to laser hair removal and skin resurfacing, Jacobs can help you feel better with a variety of services.

“What we do is we help others feel better about themselves. We’re not trying to change anything; we’re just trying to teach them what healthy aging is. That’s really what my philosophy is,” Jacobs said. “It’s just an amazing thing to make people feel better about themselves.”

As one of the only aesthetic physicians in the area, Jacobs has medical expertise as well as aesthetic experience that allows her to be on the cutting edge of the industry. She offers a comprehensive approach to beauty, wellness and aging.

She noted that each client is different, but her philosophy is to think “SCIN Plus Body.” SCIN stands for skincare, collagen stimulation, injectables, and nutrition.

Jacobs also offers body treatments and prefers to “look at the person as a whole.” She works with clients to determine what they want to focus on, and they collaborate to achieve the results they desire.

Some appointments are more like “counseling sessions,” and Jacobs is always eager to sit with clients and help them determine what would be most helpful for them. A lot of her work focuses on education.

She regularly helps clients determine what skincare products would work best for them, and then they might talk about other procedures or practices that could be helpful. Everything she does is customizable to your needs and budget.

Eighteen years after opening Ooh La La Spa, Anti-Aging & Wellness, Jacobs couldn't be prouder of the work she's doing. She shared that some of her patients have been with her since the beginning, which is "humbling."

"It's such a nice feeling, just knowing that I've touched so many lives, and they've touched my lives," she said. "I've learned so much from them."

She has also made a commitment to her community. As a board member of the Edwardsville CEO program, she sees firsthand the benefits of investing in young people and giving back to the Edwardsville/Glen Carbon community.

Jacobs also helps other aesthetic physicians or aspiring aesthetic practitioners to learn through her Aesthetic Resource and Training Academy. With an upcoming training scheduled for Nov. 20, 2026, she hopes many people come out to learn.

You can find out more about Jacobs's work with Ooh La La Spa, Anti-Aging & Wellness at her official website. This is also the best way to order her book, or learn more about the training opportunities she offers.

"I love, love, love what I do," she added. "I don't like to call it a job, but it's such a rewarding job that I have."


KRISTEN M. JACOBS, M.D.

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