

Where are they NOW?

Introducing Janelle Alphonse First Nations Role Model 2008



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Since graduating WL Secondary School in 2008, Janelle Alphonse moved to Vancouver, BC where she enrolled into the world renowned Blanche Macdonald for Esthetics & Spa Therapy where she received her Diploma after 12 months. For the next four years Janelle gained experience in the spa industry working doing massage, nails, facials, body wraps, waxing and all other treatment essentials mastering her craft. The passion for the philosophy of beauty, pushed Alphonse to further her education and attended the BC Academy of Medical Aesthetics & Skin Care Inc. in Port Coquitlam.

Upon calibrating her certification Janelle accepted a position at Urban Body Laser, where she thrived professionally. Within 3 years of dedication she was promoted to the head technician, helping manage the clinic and train the staff. After six years of establishing herself as a Laser professional it was time to focus on the personal, Miss Alphonse decided to change her lifestyle and hire a nutritionists coach and start her bikini body building prep.

Through 5 months of intense prep she gained confidence to compete in the 2015 Vancouver Pro/Amateur show. Placing 4th qualified Janelle to compete in the BC Cup the following year. Against all of British Columbia she placed 2nd and earned a sponsorship by All Max Nutrition and a spot in the IFBB Pro Qualifier. This competition was held in Moncton, New Brunswick against all of Canada where only 3 women from each Province would advance to the finals. Not only was this a huge achievement to make it this far, Janelle Alphonse would be the only competitor of Indigenous decent. She was proud to bring home 12th place overall and represent her native heritage. Years later Janelle continue to remind everybody that your body is capable of some pretty amazing stuff, you just have to push and don't let anybody tell you that you can't. She's the proof of what dedication and hard work can do.

Continuing her healthy living she elevated her business with a different understanding of the body. All this new energy and views she was scouted by a doctor of a private medical clinic to run the Laser program. Within this new roll Janelle attended the "Cool Sculpting" University in Washington DC for a Medical Invasive treatment course. Extending her knowledge she's now responsible for all laser resurfacing, internal and hair removal treatments at her clinic. Alphonse's plans are to grow her technique with this clinic and study from the established doctor and colleagues are only surpassed by her desire to master her craft, understanding of the business and grow the industry as a whole.

Janelle Alphonse currently resides in the up and coming city of Port Coquitlam, happily with her partner and fur baby, Nacho.