The Inside-Out Skin & Wellness Edit

Care for your skin in the studio—and support yourself in the everyday moments between visits.

Your routine should support the care we create together.

I'm Lindsay. Your one-on-one facials are where I assess your skin, personalize your treatment and refine your plan. Home care is the daily follow-through: thoughtful skincare, realistic habits and products that suit you. This edit is here to help you choose with intention, not buy everything on the list.

More than 18 years of hands-on care

01 / MAKE DAILY SKIN CARE YOUR FOUNDATION.

A gentle cleanse, moisturizer and broad-spectrum SPF 30+ make a practical starting point. Reapply sunscreen about every two hours outdoors. We can tailor textures and active products to your skin instead of layering every new purchase.

02 / CHOOSE DNA SKINCARE WITH A PURPOSE.

My original edit includes Peptide Revive, Phyto Collagen, Super Phyto Rich, Mixed Berry Polish and Lift & Firm. These are choices to discuss with me—not a routine that requires every product. Your skin, treatment plan and tolerance guide the selection.

03 / SUPPORT YOURSELF BEYOND THE MIRROR.

Build meals around foods you enjoy and adequate protein, drink water regularly, make room for movement and protect your sleep. Consistent habits support overall wellbeing; no single supplement replaces them.

Personalized care starts with Lindsay.

New clients can begin with Coastal Glow: a 60-minute, $200 facial that gives us time to understand your skin and plan your care.

BOOK COASTAL GLOW →

Explore DNA skincare: coastalfaceandbody.com/shop-skincare

A considered wellness shelf.

Lindsay’s wellness shortlist. Choose around your goals, diet and everyday routine.

Astaxanthin

Deva Vegan Astaxanthin is my plant-based pick to explore in this category. Keep your selection focused on a clear personal goal.

Omega-3

Nordic Naturals Algae Omega is an algae-based option for clients exploring omega-3 supplements. Consider it alongside the foods you already eat.

Creatine

Momentous Creatine is a fitness-related option to consider alongside your movement and strength-training goals.

Vitamin C, D3 + K2

Choose these around your diet and individual needs. A focused selection keeps your wellness routine practical and personal.

Fiber

Tomorrow’s Nutrition Sunfiber is the fiber option on my shortlist. Start with the fiber in your meals and consider whether an addition would be useful.

Bring your current supplement list to your clinician or pharmacist when choosing additions, especially if you take medication. Lindsay can personalize your skincare and facial plan; supplement needs deserve their own review.

Explore the edit. Keep your plan personal.

BROWSE FULLSCRIPT →

BOOK WITH LINDSAY →

Coastal Face & Body | (714) 501-2393 100 West Coast Highway, Suite 205, Newport Beach, CA 92663