

# SBLS

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THE ART OF SELF-CARE

# Taylor made...

*TAYLOR PAIGE INTEGRATIVE SKINCARE OFFERS EVERYTHING FROM NUTRITION CONSULTATIONS TO FACIAL MASSAGE TO MAKE YOUR SKIN GLOW FROM THE INSIDE OUT*

BY *Nicole Johnson*

A relocated, renovated Taylor Paige Integrative Skincare breathes new life into a stucco, Spanish-style studio tucked behind the Arlington Theater. The entrance’s pair of matte-black French doors, framed by glowing angular sconces, invite a sleek Restoration Hardware sophistication, while a set of olive trees in sand-stroked terracotta vases below evoke a Mediterranean muse. The space imparts a certain warmth exclusive to an upscale resort spa: recessed archways with floating, low-lit shelves display an array of select serums, and each treatment nook is intimately sealed by a sumptuous, dark chocolate door. In each corner, leather-leaved rubber trees act as natural humidifiers by absorbing airborne toxins—yes, even Taylor’s decorative finishes are skin-centric.

The Arlington oasis is a physical testament to the six-year-old clinic’s recent metamorphosis, and Taylor’s team of aestheticians have the accolades to show for it. As recent graduates of the Institute for Integrative Nutrition, the trio—Taylor, Kaylee, and Ari—have doubled down

on the holistic framework of their skincare philosophy: that internal alignment generates external beauty. Cultivating congruence between the gut and skin chiefly involves fine-tuning our fuel; alongside specialized facial treatments on the surface level, Taylor’s team can now routinize clients’ nutrient intake to invigorate cellular health at its origin.

“This was a long time coming: I noticed early on in the treatment room that I could not treat the skin with topicals alone. People with textbook perfect skincare routines were coming to see me, yet had chronic inflammatory conditions, such as acne, rosacea, and eczema,” Taylor explains. “There are so many social media outlets that can teach us about health and wellness, but when I was recommending diet and lifestyle changes to my clients, there needed to be that credibility element, hence getting our health coach certifications.”

Take care of your inner biome according to Taylor and company’s nutritive advice; and their

trailblazing modalities to enliven the exterior will handle the rest. The clinic’s claim to fame was introducing Santa Barbara to the Hydrafacial, a nurturing exfoliant and serum infuser, in 2017—now, that technology doesn’t even scratch the surface of their offerings. Among them are microcurrent therapy, an elasticity-invigorating stimulant for prevention and reversal of fine lines, and oxygen infusion, which optimizes cellular wellness. JetPro infusion, a non-invasive jet propulsion to transdermally apply topicals, immediately plumps the skin and enduringly promotes collagen stimulation.

Taylor’s newest innovation? A set of customizable massage focused treatments interweave the cleansing depth of a facial with lymphatic drainage techniques, deeply manipulating tissue throughout the body to deswell and detoxify below the surface. The hybrid of healing therapies are as revitalizing for skin as they are for the interconnected immune, circulatory, and nervous systems. It’s in the name: Taylor’s truly integrative approach harnesses regenerative skin health processes from all angles.

It’s no wonder the eminent aesthetician has amassed a cult following of sorts: Taylor and her staff have treated

thousands of clients, some of whom bear familiar names—Katy Perry, Behati Prinsloo, and Liv Tyler, to mention a few—and they foster intimate personal connections with each one.

“There’s that saying about hair stylists knowing all their clients’ secrets: I would argue it’s aestheticians,” Taylor laughs. “Clients become really vulnerable laying there because their eyes are closed—people open up with a lack of eye contact, just like how therapists will have patients lay down and talk. I’m so dedicated to checking in with people and opening this line of communication.”

A mandatory 105-minute new patient consultation, wherein Taylor washes and interacts with clients’ skin, immerses herself in their lifestyle choices, and workshops a bespoke treatment plan, evidences her scrupulous clarity of care. Each aesthetician genuinely gets under the skin—in a good way—and does so for an all-encompassing range of patients.

Fundamental treatments allow younger, wellness-conscious clients to relish in their youth, enjoying their figurative moment in the sun (and slathering on SPF when it’s literal). More notably, Taylor’s aestheticians also customize corrective and preventative care to a range of older patients who missed the memo on skin-care dos and don’ts. “My Gen Z clients are very savvy to wellness—it’s trending, which is really powerful. They’re limiting their alcohol consumption, eating healthy, and meditating,” Taylor gushes. “But on the flip side of that, my more mature demographic was throwing baby oil all over their body before we knew the sun was bad. I wanted to create a space that catered to everyone, because at the end of the day there is no amount of green juice that is going to fix 30 years of Santa Barbara sun damage.”

Embracingly tailor-made for all, Taylor’s treatment process articulates real-time product applications at the cellular level, making clients an intimate, active participant in their skin’s rejuvenation. Bridging gaps between convoluted science and the audience, who is often eager to speak Taylor’s specialized language, is made all the more effortlessly by an immersive, spiritually serene environment.

“If I’m going to interrupt this relaxing space you’re in, it better be for good reason,” Taylor laughs. “I constantly think about how vulnerable you have to be to get under the brightest light and let me look at your skin; I’m so grateful for people trusting me and my girls with their faces, and for the experience that my job gives me to connect with people.” Finding longevity through human interaction is Taylor’s mantra, positing connectivity—on both physical and emotional planes—as the most integral ingredient to skincare.\*



TAYLOR PAIGE

*taylorpaigeskin.com*