

Who Is Julie Lindh?

World-renowned aesthetician Julie Lindh has undoubtedly become one of the most renowned skin care experts of our time. With her uniquely composed four-phase approach towards skin care, Julie has helped hundreds of clients achieve and maintain clear, glowing and radiant skin, making it easy to understand why some of her devotees call her “the healer”. Julie’s expertise and approach have commanded industry attention and have quickly elevated her to expert status. Though based in New York and Sweden, Julie often travels the world to cater to her clientele, which includes A-list celebrities, socialites and high-end day spas.



Early Beginnings

Julie credits her Javanese and Swedish background as the source of inspiration for her disciplined yet spiritual approach to beauty and skin care. At an early age, her Asian background taught her the importance of developing a balance between spiritual and physical well-being, while her grandfather (a well-known healer) introduced her to the power of ancient herbal remedies. When Julie moved to Sweden, her Swedish father (a physicist) contributed to her inspiration from a more clinical perspective. It was at the age of 15 while living in Sweden that Lindh experienced her first European facial. She knew right then that she had just discovered her life’s passion: skincare.

The Spa Era

As a licensed Medical Aesthetician, Julie has developed skin care programs at numerous world-class spas including Acqua Beauty Bar and Townhouse Spa in New York City, where she introduced her signature approach to skincare. Julie was invited to join conceptual high-end Exhale Spa, where she was quickly promoted to the position of National Skin Care Director. In this role, she created the treatment protocol, menu and training program for all locations and helped to transition Exhale Spa from a yoga center into a luxurious spa.

Beliefs

Julie firmly believes in two things: ‘you are what you eat’ and ‘beauty is skin deep’. These beliefs are carried throughout her product line and every service she provides. All of Julie’s products use ingredients that work on the upper layers of the skin, as well as the deeper muscle foundation. By focusing on facial muscle fitness and sticking to a nutritionally balanced diet, Julie believes anyone can have healthy, radiant skin.

Approach

Recently, Julie developed a four-phase skin care approach, which acts as an alternative to Botox® and/or cosmetic plastic surgery.

The four basic phases are:

- 1) Correct
- 2) Repair
- 3) Rejuvenate
- 4) Preserve

While most skin care therapies focus only on rejuvenation, they miss out on the other benefits. By combining these four methods, Julie targets each of the four layers of skin. By doing so, collagen levels are improved, wrinkles are reduced and pigmentation effects are brought to a regularized level. This results in a fresher, healthier glow that cannot be achieved through other skincare methods.

Commitment

Julie has worked hard to earn the respect and loyalty of her customers. Part of why she works so hard is because she loves what she does, and this commitment shines through in her work. According to a client ‘she’s not just a skin care expert, but she knows how soothe the mind and soul as well’.

Contact Julie today at jlskinfitness@gmail.com or 646.340.5016