

# Autumn's Aesthetic Transformation: Haute Beauty Experts Weigh In On Seasonal Trends

[hauteliving.com/hautebeauty/662514/haute-beauty-experts-weigh-in-on-seasonal-aesthetic-trends](https://hauteliving.com/hautebeauty/662514/haute-beauty-experts-weigh-in-on-seasonal-aesthetic-trends)

September 26, 2023

As we embark on the seasonal transition, shifting our fall wardrobes to the forefront of our closets and embracing the refreshing coolness of the autumn breeze, have you considered venturing beyond the realm of clothing choices? While it may not be an immediate thought, it's worth contemplating how skincare, aesthetic treatments, and plastic surgery options can be influenced by the changing season. To get the best answer, we've engaged our Haute Beauty experts from a diverse range of specialties to speak on the trends in their respective fields for the fall season. Are there particular procedures that harmonize with this time of year, and what unique seasonal factors should be taken into account as you explore these possibilities? Let's find out.

## **Dr. Jason Bloom | Face | Philadelphia**

Fall is one of the busiest times of the year for aesthetic procedures and facial plastic surgery, in general. As summer comes to an end and patients are out of the direct sun all the time with the change in season and temperature, there are a number of procedures that see an increase in our practice. Some of the procedures that seasonally rise in popularity in the fall are the skin resurfacing and rejuvenation treatments that we offer. Laser skin resurfacing with HALO by Sciton, Clear & Brilliant by Solta and some of the fractionated and fully ablative CO2 and Erbium resurfacing devices that we have in our office like the eCO2 by Lutronic & ProFractional and Contour TRL by Sciton always are more popular this time of year. Patients have had some sun damage over the summer and now come in looking for repair and rejuvenation of their skin in the fall. This is really a great time to work on the skin and improve the damage that has been caused during the summer months. Additionally, patients are much better suited to recover from a skin resurfacing procedure like this in the fall and protect themselves from the sun's harmful rays.

For more information, visit Dr. Bloom's [website](#), [Instagram](#), or [Facebook](#)!

## **Dr. Nilay Shah | Breast | New York, NY**

Plastic surgery trends often transcend seasons, as they're driven by personal preferences rather than seasonal changes. However, some procedures may see increased interest in the fall due to cooler weather and more time for recovery indoors. Non-invasive treatments like chemical peels and laser skin rejuvenation can address summer sun damage. Additionally, facelift/neck lift, breast augmentation/breast lift, abdominoplasty, and liposuction may be popular, as patients can recover discreetly under layers of

clothing. Still, it's essential to prioritize personal goals and consult with a board-certified surgeon before any procedure, as individual needs and desires should guide plastic surgery choices rather than seasonal trends.

For more information, visit Dr. Shah's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Rafael Emerick Salas | Body Expert | Miami, FL**

---

During the fall, plastic surgery is all the rage, and in my practice, it's the body procedures that steal the spotlight. Many people prefer to have their surgeries and treatments during this season, allowing them to recover and shine just in time for their year-end holiday parties. Since my practice is located in Miami, we must consider the weather's impact on the recovery process. Comfort is key, and the cooler autumn weather makes it much more comfortable to wear compression garments, especially for procedures like liposculpture or abdominoplasty (tummy tuck). As a result, many patients opt for these procedures during this season.

For more information, visit Dr. Salas's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Jay Arora | Vision | Scottsdale, AZ**

---

As the Fall settles in, the focus surely shifts toward the Holiday Season and that's when people want to look their best and brightest. In our specialty of oculoplastics, we have patients looking to brighten their faces and ready themselves for numerous holiday parties, photos, and chances to dazzle their friends and family with their appearance. The eyes are the window to the soul, but they're also one of the main focuses of a lasting impression- and blepharoplasty procedures (surgery to remove excess skin above the eyelids) help to achieve bigger, brighter eyes that make for better Christmas cards and New Year's Dates!

For more information, visit Dr. Arora's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. S. Alexander Earle | Body | Miami, FL**

---

Every season is plastic surgery season, but for many patients fall is most conducive to having facial procedures, such as brow lifts and face lifts – which have recently seen a resurgence with patients in their 40s – because staying directly out of the sun and wearing hats or other SPF-protective clothing is easier to maneuver.

For the body, many want to have safe ultrasound-guided Brazilian Butt Lifts (BBLs) and high-definition liposuction-360 procedures in the fall when the kids are back in school, and moms have a bit of flexibility in time. Autumn is also popular for those who want to make sure they are healed to turn up during “hot girl summer”. This season is a great time for body procedures as some find the post-operative care requirement to wear garments, such as fajas and protective pieces, like foam boards more comfortable when the weather is cooler.

As we enter into fall 2023, many of our patients are focused on finally ridding their bodies of cellulite using Avéli™, a minimally invasive device that treats the dimples associated with cellulite on the butt and thighs. This is the first cellulite treatment PURE Plastic Surgery and PURE Aesthetic Center believes in because we have seen a level of results that no device has ever produced in the past. To combat any sun damage that may have occurred during the summer, we see patients opting for Morpheus8, non-surgical advanced needling treatments, to reduce brown and red spots on the face. And of course, overdoing it on alfresco dining and drinking during summer vacation brings patients in for Semaglutide for weight loss to snap their waist back into action while they practice self-care and clean eating before Thanksgiving.

For more information, visit Dr. Earle's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Amir Mortazavi | Medical Spa | Orange County, CA**

---

As the warmth of summer recedes, our skin often bears the hallmarks of prolonged sun exposure. The emergence of sunspots, uneven tan lines, and other subtle signs of wear like those pesky little freckles become increasingly evident. In the realm of post-summer skin rejuvenation, laser skin treatments have risen to the forefront, providing targeted and efficient solutions. At Plump Medical Spa, our signature CO2 Coolaser Peel distinguishes itself as a state-of-the-art treatment, proficiently addressing sun-induced damage and refining the skin's texture with minimal downtime. To further enhance the effects of the CO2 Coolaser Peel, incorporating a medical-grade serum into one's skincare regimen is highly recommended. The Botanic Noir Illuminate Brightening Serum fits the bill perfectly. Crafted to synergize with professional treatments, this serum aids in amplifying the skin's brightness and ensuring its sustained radiance. This combination has become a favorite duo at Plump Medical Spa. As we transition into the cooler months, we should let our skin live its best post-summer life by rejuvenating it to its former glory.

For more information, visit Dr. Mortazavi's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Susan B. Fox | Medical Aesthetics | Fort Lauderdale, FL**

---

If I could pick two popular trends for fall, I would say they are lasers and microneedling with radiofrequency. Lasers will help rid the skin of summer sun damage, help with discolorations, help refine fine lines and wrinkles, and improve the overall texture of the skin. Micro-needling with radiofrequency is all the rage. We love the Virtue RF as it is very customizable. We have three handpieces and can increase or decrease the depth and strength of the radio frequency as needed. As well we can fractionate the pulses to help decrease discomfort. The deep RF is for the stomach, neck, knees, arms, neck, and jowls. This helps tighten the skin and improve the appearance of sagging skin in the neck and jowl area. We use it for c-section scars and to help with skin laxity around the knees and arms. The Exact RF helps with eye bags, festoons, and skin laxity around the eyes. It will help tighten and improve the bagging under the eyes and tighten the skin above and below as well. For the face and other areas, we use Smart RF. This is not as deep as the

deep RF but helps build collagen and elastin. It helps refine scars, especially acne scars, and helps with fine lines and wrinkles. So the buzzwords this year are laser and microneedling with RF.

For more information, visit Dr. Fox's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Ella Faktorovich | Vision | San Francisco**

---

Non-surgical treatments remain very popular. Patients are getting back to their offices, so procedures with fast results and minimal downtime are preferred. Lasers to reduce pigmentation and blood vessels around the eyes are popular, especially BBL treatments. BBL also works very well to treat dry eyes caused by the unstable tear film. With increased work on various devices, patients with unstable tear film may experience dryness and blurriness, and their eyes may feel tired toward the end of the day. Treatment with advanced IPL technologies, such as BBL, can improve tear film stability and help patients feel more comfortable when working on computer devices. The treatment has minimal downtime and allows patients to resume their normal work schedule soon after the procedure. To treat fine lines and wrinkles around the eyes, the Halo laser remains popular. Downtime is minimal and allows patients to resume normal activities shortly after the procedure. The skin around the eyes can be tightened with a non-laser treatment, such as Morpheus8, for example. This device combines radio frequency and microneedling to improve and rejuvenate the skin around the eyes. Laser and radiofrequency treatments can be combined with mesotherapy and/or PRP to further enhance the appearance of peri-ocular skin.

For more information on Dr. Faktorovich visit his [website](#), [Instagram](#), or [Facebook](#)!

### **Fillir | Medical Spa | Pittsburgh, PA**

---

Fall is laser season, possibly the best time of the year! It's a fantastic time of year to repair any summertime sun damage or to begin preparing your skin for the upcoming winter. Chemical peels and microneedling are this fall's most popular skin trends. Many people pick up or begin laser hair removal in the fall since they are out of the sun and can dedicate the winter to becoming hair-free for the following summer. Seasonal considerations are important for any laser procedure or peel, and avoiding the sun's rays and sunless tanning are two of the most important ones which is why these treatments pick up in the fall. Fall cosmetic treatments will have you glowing just in time for the holidays!

For more information, visit Fillir's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Jeffrey Lee | Breast | Boston**

---

As we head into the fall, we start seeing more laser treatments being scheduled and performed. With our resurfacing laser, it is important to stay out of the sun before and after treatments so the summer generally is not a great time. As a Boston plastic surgeon, I understand that we have a short summer and many patients do not want to have

downtime during this time. Laser resurfacing treatments like the **Coolpeel** are really a fantastic treatment for many patients which is why it ramps up once the summer starts to wind down. It can treat sun damage, sun spots, and fine lines, and gives your skin an overall refresh.

For more information, visit Dr. Lee's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Alton Ingram | Body | Nashville, TN**

---

Fall ushers in many changes: the vibrant foliage, cooler weather, and for many, a renewed focus on self-improvement. One notable trend that gains traction during the autumn season is plastic surgery. As the sweltering days of summer fade and outdoor water activities become less frequent, individuals look to make desired changes to their bodies, with recovery made easier by the cooler climate. This period sees a surge in the popularity of procedures such as Breast Augmentation, Tummy Tucks, and Brazilian Butt Lifts. Seasonal factors can significantly impact the ease and success of the postoperative recovery process. Autumn, with its cooler climate and lifestyle shift away from beach activities, presents an opportune moment for these transformative procedures.

For more information, visit Dr. Ingram's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Sam Rizk | Face | Manhattan, NY**

---

I'm definitely seeing a shift in the age of my patients, especially when it comes to the deep plane facelift. This procedure used to be associated with women and men of a certain age, but that's simply not the case anymore; in fact, most of my patients are quite young—think 40s and 50s. The reason for this is two-fold. First, people are realizing that middle age is actually the best time to get significant work done. Not only will the initial change be far less dramatic and noticeable than it would be for a 60 or 70-year-old, but studies have shown that by getting in front of the aging process early, there will be less maintenance down the road. A subtle, natural result that reflects the nuances of each patient is always my goal, and early maintenance deep plane facelifts are one of the best ways to achieve just that. The second reason is that technological advances have made it possible for patients to have a very easy recovery. I've personally developed a technique with minimal scarring or swelling that allows patients to resume normal activities within a week and be completely camera-ready in two. Superior sun protection is an integral part of recovery, which makes summer a little bit of a tricky time for a procedure like this. Fall is much better. Not only is the sun less strong, but it's a time of year when people are taking fewer vacations and staying closer to home.

For more information, visit Dr. Rizk's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Bertha Baum | Skin | Miami, FL**

---

This season we are very excited about the new technology from Candela, the platform is called Matrix System and it has the ability to correct, maintain, and restore the skin with the Sublime (which is mainly radiofrequency and is a red carpet treatment) the Sublative

which is the resurfacing aspect of the machine and does have some down time (the skin can get red or cause small mends on the skin) and the Matrix Pro aspect which is the microneedling radiofrequency application of the machine is designed to resurface and treat wrinkles while stimulating collagen. This is a device for all skin types and it has depth intelligence technology which means you get real-time feedback on the delivery of results to your patients.

For more information, visit Dr. Baum's [website](#), [Instagram](#), or [Facebook](#)!

## **Dr. Ken Anderson of The Anderson Center for Hair | Hair Restoration | Atlanta, GA**

---

No matter what season it is, hair loss can be emotionally distressing, whether you're personally experiencing it or supporting a loved one who is. Many individuals might not be ready for surgical interventions, and the good news is that recent advancements in regenerative medicine provide an effective non-surgical solution. Exosomes, a stem cell-derived technology, offer hope to those dealing with hair loss. This procedure doesn't involve surgery; it consists of exosome injections, a clinically proven treatment for both men and women in the earlier stages of hair loss. Exosome therapy kickstarts natural hair growth within 1 to 3 months, with continued progress over a year.

Exosomes are not living cells; they're tiny fat droplets produced by stem cells, packed with millions of growth factors vital for tissue regeneration. This one-hour procedure has minimal post-treatment restrictions, excluding NSAID medications (like aspirin or Motrin). Unlike PRP injections, there's no need for blood drawing, a relief for many patients. Exosomes effectively combat various types of hair loss, including male- and female-pattern hair loss, post-COVID hair loss, and stress-induced hair loss. Say goodbye to the emotional burden of hair loss with this innovative, non-surgical solution.

For more information, visit The Anderson Center for Hair's [website](#), [Instagram](#), or [Facebook](#)!

## **The Wellness Lab | Health & Wellness | Naples, FL**

---

After traveling and enjoying summer vacations, we are all ready to get back into a routine for fall. Getting back into the swing of work and school, we hear from many clients that they are looking for some kind of detox or IV therapy that will help with cognitive function. We offer Phosphatidylcholine (PTC) IV therapy, which is a necessary nutrient found naturally in the body of all cells. It serves as the building block of cell membranes. PTC is traditionally used to help improve brain health and liver function, and aid in normalizing cholesterol levels. Research has shown that PTC can reduce lipids that can lead to fatty liver disease. PTC has been researched to have positive effects on helping to relieve symptoms of dementia and Alzheimer's patients. PTC given intravenously is 99% bioavailable to you versus much less when taken orally. Celebrities such as Kourtney Kardashian and Gwyneth Paltrow tout the benefits of PTC as they are avid users of the supplement.

For more information, visit The Wellness Lab's [website](#), [Instagram](#), or [Facebook](#)!

## **Refine Health | Medical Aesthetics | Coral Gables, FL & Miami, FL**

---

Fall is here, meaning one thing only: it's chemical peels season! After soaking in the sun all summer long, Refine Health offers a variety of peels to treat sun-damaged skin, dark spots, hyperpigmentation, and more before the holiday season officially begins. It's time to address fine lines and wrinkles and enhance the quality of your skin! Fall is a great time for chemical peels as the UV levels are lower and you must avoid the sun as best as possible for proper healing. Refine Health recommends a series of at least 3 peels 3-4 weeks apart and at-home care topical creams that help with removing melasma, dark spots, and more: hydroquinone, tretinoin, kojic, and retinol.

For more information, visit Refine Health's [website](#), [Instagram](#), or [Facebook](#)!

## **Dr. Paul Durand, Careaga Plastic Surgery | Body | Miami, FL**

---

Fall is a great time for patients to get some wanted improvements in their appearance and be camera-ready for their holiday photos. Recovery from surgery is often easier when the weather is less warm and there is less sun exposure. It is for this reason that we see an increase in all procedures particularly those involving the face. For those who have already gotten surgery, fall is often a great time to do some maintenance work with injectables and other minimally invasive treatments.

For more information, visit Careaga Plastic Surgery's [website](#), [Instagram](#), or [Facebook](#)!

## **Gregory M. Fedele, MD | Breast | Cleveland, OH**

---

As autumn leaves begin to fall and kids head back to school, many adults are turning their attention to enhancing their appearance for the upcoming holiday season. Fall is the perfect time to consider cosmetic procedures, with several trends emerging in the world of plastic surgery.

- **Facial Laser Resurfacing:** One of the hottest trends this fall is facial laser resurfacing. This minimally invasive procedure uses laser technology to improve skin texture, reduce fine lines, and diminish age spots. As the cooler weather sets in, it's an ideal time to undergo this treatment, as it requires limited sun exposure during recovery.
- **Eyelid Lifts:** Eyelid lifts, also known as blepharoplasty, are gaining popularity this season. This procedure can refresh your eyes and make you look more youthful and well-rested. With kids back in school and the holidays approaching, this is the perfect time for this quick and effective procedure with minimal downtime to achieve a more vibrant appearance.
- **Facial Rejuvenation:** Fall is the perfect season for facial rejuvenation treatments like Botox and dermal fillers. These non-surgical procedures can smooth out wrinkles, add volume to the face, and provide a more youthful look without the need for extended downtime.

As the leaves change color, consider embracing these fall trends in plastic surgery to look and feel your best for the upcoming holiday festivities!

For more information on Dr. Fedele visit his [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Stephen T. Greenberg | Face | Long Island, NY**

---

Expect a refreshed look with natural results where everyone will notice but no one will know. Looking for a non-surgical way to refresh your face for fall and the upcoming holiday season? A Liquid Facelift will smooth wrinkles, restore volume, and improve facial contour using cosmetic injectables, such as Restylane®, Botox Cosmetic®, and Juvéderm®. Using cutting-edge technology, Dr. Greenberg's licensed medical aestheticians reverse sun damage, improve skin tone and texture, as well as remodel collagen, and restore elasticity to the skin. Correcting and preventing jowls, folds, lines, wrinkles, scars, stretch marks, and crepey skin on the face and body not only ensures healthy skin but is key to an effective anti-aging regimen. Morpheus8, Legend Pro, and Cool Peel are high-tech devices used to reverse the signs of aging and to stimulate the formation of new healthy skin cells for youthful glowing skin.

For more information, visit Dr. Greenberg's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Vineet Sandhu | Concierge Medicine | New York, NY**

---

Cosmetic treatment trends can vary by season, but some popular options for fall typically include:

- **Skin Rejuvenation:** As the weather cools, people often focus on repairing any sun damage from the summer. Procedures like chemical peels, microdermabrasion, and laser skin resurfacing are popular.
- **Injectables:** Treatments like Botox and dermal fillers remain popular year-round. In the fall, some individuals opt for these to refresh their appearance before the holiday season.
- **Hair Removal:** Fall is a good time to start laser hair removal treatments, as skin should be less tanned and sun exposure is reduced.
- **Body Contouring:** Procedures like CoolSculpting or liposuction may be considered in the fall to achieve desired body contours in time for winter events.
- **Skincare:** Updating your skincare routine for the season is essential. Consider adding more hydrating products to combat cooler, drier air.
- **Lip Enhancements:** Lip fillers are a popular choice to achieve fuller lips, and they can be done in preparation for fall and winter when dry lips are more common.

Seasonal considerations often involve being mindful of sun exposure, as many treatments can make the skin more sensitive to sunlight. Fall is a great time for treatments that require some downtime, as people tend to spend more time indoors during cooler months. Always consult with a qualified provider to discuss your specific needs and any seasonal concerns before undergoing cosmetic treatments.



For more information, visit Dr. Sandhu's [website](#) or [Instagram](#)!

## **Dr. Anna Chacon | Skin | Miami, FL**

---

As the seasons change, so do the trends in cosmetic treatments. Fall is a particularly exciting time for those looking to refresh their appearance, with several popular trends emerging:

- **Skin Rejuvenation:** Fall is an ideal season for skin rejuvenation procedures such as chemical peels and microdermabrasion. These treatments can help repair summer sun damage and prepare your skin for the upcoming winter.
- **Non-Surgical Facelifts:** Non-invasive procedures like Botox and dermal fillers continue to be in high demand. They can help smooth out fine lines and restore facial volume, providing a more youthful look without the need for surgery.
- **Laser Hair Removal:** With less sun exposure during fall, it's an excellent time to start laser hair removal treatments. Multiple sessions are often needed, and cooler weather ensures that treated areas remain protected from the sun.
- **Body Contouring:** Fall is the perfect season to consider body contouring procedures like liposuction or CoolSculpting. These treatments can help you achieve your desired body shape in time for winter.

Seasonal considerations:

- **Sun Protection:** Even in the fall, sun protection remains essential. Be diligent about using sunscreen and protective clothing to shield your skin from harmful UV rays.
- **Recovery Time:** Some treatments may require downtime or temporary side effects like redness or swelling. Ensure you have the time to recover comfortably.
- **Consultation:** Before any cosmetic treatment, consult with a qualified healthcare provider or aesthetic specialist to discuss your goals and ensure the chosen procedure is suitable for your needs.

Remember that the best cosmetic treatment plan is personalized to your unique goals and needs. Consultation with a healthcare professional is the first step to achieving the results you desire while considering seasonal factors.

For more information, visit Dr. Chacon's [website](#), [Instagram](#), or [Facebook](#)!

## **Julia Bifulco, Bellagena Med Spa | Day Spa | Bradenton, FL**

---

Cosmetic treatment trends can vary by region, but there are some general trends that tend to emerge for the fall season. Here are some popular cosmetic treatment trends for fall:

- **Skin Rejuvenation:** Fall is a popular time for skin rejuvenation treatments such as chemical peels, microdermabrasion, and laser skin resurfacing.

- **Hair Removal:** Fall is a great time for laser hair removal because it's essential to avoid sun exposure before and after the procedure. Cooler weather and longer clothing coverage also make it more convenient.

Seasonal considerations:

- **Sun Exposure:** It's easier to avoid excessive sun exposure in the fall, which is crucial for post-treatment recovery and minimizing the risk of complications.
- **Recovery Time:** Some procedures may require downtime or recovery, so consider your schedule with events, holidays, or vacations that might interfere with the healing process.
- **Hydration:** Cooler, drier fall weather can impact your skin's hydration levels, so be sure to moisturize and maintain a proper skincare routine, especially after procedures that may leave your skin more sensitive.

Remember that cosmetic treatments should be chosen based on your individual concerns and preferences rather than seasonal trends. Prioritize your health and safety when considering any cosmetic procedure.

For more information, visit Bellagena Med Spa's [website](#), [Instagram](#), or [Facebook](#)!