

Green Is The New Glam: Expert Picks For A Planet-Friendly Routine

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The future is green, and your beauty routine should be, too. This Earth Day, we're celebrating the products and treatments that prove sustainability and style can coexist. At Haute Beauty, we know that looking good and doing good for the planet can go hand in hand, so we asked our experts to dish on their favorite sustainable or eco-conscious products and treatments that help reduce waste without sacrificing results. Whether it's packaging that's kind to the environment or clean ingredients that love your skin and the Earth, these picks are proof that going green is always in style.

Dr. Sam Rizk | Face | Upper East Side

By minimizing the need for artificial materials and promoting natural healing, Dr. Rizk's vertical deep plane facelift offers patients a uniquely sustainable approach to surgery. Unlike traditional facelifts that utilize plastic drains for healing, his innovative technique relies instead on surgical glue, a highly superior alternative that reduces waste and ensures a less invasive recovery process. Perhaps more importantly, as drains can increase the risk of infection by providing a pathway for bacteria to enter the body, the use of surgical glue helps ensure a cleaner healing process with minimal risk of complications. Additionally, by lifting and repositioning deep facial structures rather than relying on temporary fillers, Rizk's method successfully enhances and restores natural contours without the need for ongoing maintenance or synthetic enhancements. Not only does Rizk's revolutionary approach deliver long-lasting, natural-looking results, but it also aligns with patients' growing desire for holistic solutions.

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

S. Manjula Jegasothy, MD, FAAD | Skin | Coral Gables, FL

Skin tightening radio frequency (RF) treatments are not only effective but also 100% sustainable. Einstein's principle of energy conservation tells us that energy cannot be created or destroyed—only transformed. This means the electrical energy used in our Viora RF device is constantly recycled, making it an eco-friendly beauty solution. Our advanced technology stimulates collagen production using minimal electricity, reducing waste while delivering powerful results.

Our Viora RF technology operates with minimal electricity. These gentle yet powerful waves

penetrate the skin, stimulating collagen production without excess energy waste. Unlike other cosmetic procedures that rely on consumable materials or generate waste, RF treatments are clean, efficient, and endlessly reusable—aligning beauty with sustainability.

In fact, our Viora RF device operates much like the long-frequency radio waves that bring music to your car—efficient, low-energy, and effective over long distances. The only difference? Instead of playing your favorite tunes, it's tightening and rejuvenating your skin. But don't worry, we won't comment on how "green" your car may or may not be!

Dr. Husam Almunajed | Smile | Midtown, NY

Looking for a gentle, natural way to elevate your oral routine? Enter organic coconut oil pulling—a centuries-old practice making a modern comeback for those who care about both their health and the planet. Swishing just a tablespoon of pure coconut oil for 5-10 minutes a day can do wonders for your smile. It naturally reduces inflammation, soothes irritated gums, and supports healing in the mouth, perfect after minor procedures or during sensitive moments. Thanks to its antibacterial powers, it also tackles bad breath at the source, leaving you feeling truly clean without the burn of alcohol-based rinses. And the best part? It's completely chemical-free. No synthetic additives, no artificial flavors, just one clean, powerful ingredient. Easily found in grocery stores and supermarkets, look for coconut oil packaged in glass jars and derived from a sustainable crop; coconut oil is as kind to the earth as it is to your mouth. It's simple: scoop, swish, and smile. Whether you're looking for a beauty boost or a holistic step in your dental care, this natural ritual is an easy, affordable, and effective way to elevate your daily routine, with absolutely no downside. This has been our secret weapon, tested and tried in my clinical practice for over 15 years. So go ahead—pull, rinse, and let your smile shine, naturally.

Aesthetic Island NYC | Medical Spa | Brooklyn, NY

At Aesthetic Island, we believe in beauty that doesn't compromise the planet. That's why we've invested in the Solaria CO₂ laser by InMode, offering transformative skin treatments with minimal environmental impact. It's our way of ensuring that as we rejuvenate skin, we also respect and protect the Earth.

PA Reana Myers, Careaga Plastic Surgery | Body | Miami, FL

One product I always recommend, year-round, is sunscreen. But not just any sunscreen. Mineral or physical sunscreens are a much better option, both for your skin and the environment.

These types of sunscreens use zinc oxide or titanium dioxide to protect your skin by physically blocking UV rays. They're gentle, effective, and unlike many chemical sunscreens, they don't contain ingredients that can harm coral reefs or marine life. That's a big deal,

especially if you're spending time at the beach or just want to make a more eco-conscious choice in your routine.

Switching to a mineral sunscreen is a simple step that really adds up. It's a way to care for yourself while also doing something good for the planet.

Dr. Anna Chacon | Skin | Miami, FL

One sustainable beauty treatment I recommend is LED light therapy for skin rejuvenation. It's non-invasive, energy-efficient, and reusable, making it a long-term, eco-friendly option. LED therapy helps boost collagen, reduce inflammation, and improve skin tone without relying on single-use products or chemicals.

For skincare, I also suggest choosing brands that offer refillable packaging or biodegradable materials to reduce waste. Additionally, mineral-based sunscreens with non-nano zinc oxide are a great way to protect both the skin and marine ecosystems.

Sustainability in beauty is all about mindful choices that create a lasting impact. I appreciate the opportunity to share these insights!

Renata Almeida, Medical Aesthetician, Naples Aesthetic Institute | Body | Naples, FL

As we celebrate Earth Day, it's a great opportunity to reflect on beauty practices that are kind to both our skin and the planet. At Naples Aesthetic Institute, one of our favorite eco-conscious treatments is dermaplaning—a gentle, chemical-free exfoliation that removes dead skin cells and peach fuzz using a single reusable blade. This treatment not only reveals smoother, brighter skin but also minimizes the need for heavy product use by enhancing absorption and effectiveness.

For post-treatment care, we recommend SkinCeuticals Phyto Corrective Gel, a lightweight botanical-based serum ideal for calming and hydrating the skin. Its plant-powered formula supports a cleaner skincare routine, and SkinCeuticals' commitment to sustainability through recyclable packaging and responsible sourcing makes it a smart, planet-friendly choice.

At Naples Aesthetic Institute, we believe that effective skincare can be both results-driven and environmentally responsible. By opting for treatments and products that reduce waste and rely on clean, plant-based ingredients, patients can take meaningful steps toward a more sustainable beauty routine.

Heather Merlo, Sei Tu Bella Aesthetics | Medical Spa | Tampa, FL

This Earth Day, we're proud to spotlight EPICUTIS, a sustainable, science-backed skincare line redefining clean beauty. One standout is their new Arctigenin Brightening Treatment, a 2025 NewBeauty Award-winning innovation that delivers powerful results using only the

cleanest, clinically studied ingredients.

EPICUTIS products are crafted with 100% non-toxic, high-quality actives and formulated without fillers, synthetic fragrances, or harsh chemicals. They are GMO-free, cruelty-free, fragrance-free, and designed for all skin types—even the most sensitive. As an EWG-verified and Proposition 65-compliant line, EPICUTIS meets the most rigorous global standards, including approval for the European market.

Their skincare philosophy centers around transparency and integrity, offering medical-grade products that are both sustainable and effective, never compromising skin health or environmental safety. From seed to skin, every step of their process honors eco-conscious sourcing and mindful manufacturing.

Featured in Forbes, COSMOPOLITAN, BeautyMatter, and NewBeauty, EPICUTIS is raising the bar in luxury green beauty—and we're proud to offer it at Sei Tu Bella Aesthetics.

Victoria A. Cirillo-Hyland, MD, FAAD | Skin | Philadelphia, PA

I recommend ISDIN's Fusion Mineral Body 100% Mineral Sunscreen. It was the officially licensed product of the 37TH America's Cup in Barcelona 2024. It contains Zinc Oxide, a physical sunscreen ingredient known to be safe to marine life and to act as a physical barrier that reflects and scatters harmful UVA and UVB rays. Zinc Oxide is also less likely to cause skin irritation than active ingredients found in chemical sunscreens. It also contains Aloe Barbadosensis Leaf Juice Powder that has antioxidant and anti-inflammatory properties. Aloe enhances the protective mechanisms of the skin while softening, calming, and soothing. The hydrating ingredients Allantoin and Bisabolol minimize signs of aging as they soothe the skin and improve overall texture. Vitamin E is an antioxidant that helps to protect the body from free radicals that can cause skin damage and oxidative stress. Key benefits include increasing skin hydration by 30% in 15 minutes, reducing transepidermal water loss by 23% in 15 minutes, and reducing pollution-induced free radicals by 85%. ISDIN's Fusion Mineral Body 100% Mineral Sunscreen does all of this without being sticky and white. You can hit the beach or pool without looking like a ghost!

Dr. Jay Arora | Vision | Scottsdale, AZ

One sustainable beauty product I genuinely love recommending—both as a doctor and someone who cares about conscious living—is a reusable heated eye mask made from natural materials like flaxseed or organic cotton. It's such a simple switch, but incredibly effective when it comes to treating dry eye and Meibomian gland dysfunction, which are issues I see all the time in practice.

These masks deliver consistent, therapeutic warmth to the eyelids, helping to unclog the oil glands and improve tear film quality. But what makes them really special is the sustainability factor. Instead of relying on single-use warm compresses or disposable wipes, you've got

something that's effective, eco-friendly, and actually feels good to use—almost like a mini spa moment for your eyes.

I always tell patients that eye care can be part of your wellness ritual—it doesn't have to feel clinical. And when you can support your health while also making a greener choice, that's a win in my book. These masks last for months, require no electricity or batteries, and often come in beautiful, minimal packaging. It's a small gesture, but one that reflects a more mindful approach to beauty and health.

Dr. Sarah Khan, ARA Med Spa | Medical Spa | Los Angeles, CA

Sustainable beauty prioritizes the health of the consumer and the health of the planet by using safe, non-toxic ingredients and eco-friendly packaging.

Awareness of these practices empowers consumers to make informed choices. An example of one such brand is OSEA, a clean, naturally derived beauty brand which is infused with seaweed, best known for its nutrient-dense, vitamin and mineral-rich properties.

The brand has many wonderful initiatives in place to protect the environment. They support the climate by working to reduce carbon emissions in their own manufacturing and investing in carbon credits to offset the carbon created. They support coastal restoration projects in California, Kenya, Cambodia, and Indonesia, which extract atmospheric carbon. They have replaced plastic pumps with alternative materials, use smaller packaging containers, and more post-consumer material in their boxes. In addition, they have an in-store recycling program at their Venice Skincare Studio.

A cult favorite, best-selling OSEA summertime product is The Undaria Algae Body Oil, which has scents of grapefruit, lime, and cypress with mango and mandarin notes. Suitable for any skin type, it also comes in a fragrance-free, dermatologist-tested, hypoallergenic version for sensitive skin. It has firming, softening, and moisturizing properties, which offer a toned, sculpted look. You may even see seaweed sediment floating in the bottle, which is considered normal due to the natural production process!