


Wellness in Motion: Top Seasonal Treatments

 hauteliving.com/hautebeauty/673455/top-seasonal-treatments-and-procedures-patients-rely-on-as-temperatures-drop-and-the-seasons-change

Haute Beauty

November 19, 2025



Photo Credit: Adobe Firefly

Dr. Sam S. Rizk | Facial Plastic & Reconstructive Surgeon | Upper East Side, NY

As winter settles in, many patients choose this season for facelifts and rhinoplasties — and with good reason. Cooler temperatures, lower humidity, and reduced sun exposure create conditions that support smoother healing and more comfortable recovery. After more than two decades in practice, with over 4,000 facelifts and 7,500 rhinoplasties performed, I have seen how timing can meaningfully influence results.

Winter's environment naturally helps limit swelling and irritation, while shorter, darker days reduce UV exposure, one of the most common threats to post-operative healing. Sunlight can darken scars and delay recovery, so bundling up in hats and scarves becomes an advantage.

The season also provides built-in downtime. Many patients already take time off around the holidays, giving them the privacy and rest needed to heal before returning to work looking refreshed for the new year.

Experience remains the most important factor in achieving natural, balanced results. About half of my current facelift and rhinoplasty cases are revision procedures, reflecting the precision required in facial surgery and the importance of technique. I believe in enhancing rather than altering, restoring harmony while maintaining each patient's natural character.

Not everyone is an immediate candidate for surgery. I decline about 20 percent of consultations due to unrealistic expectations or limited skin elasticity. In those cases, I advise patients to wait or consider non-surgical alternatives. For ideal candidates, winter offers a true advantage. By spring, swelling has settled, incisions have softened, and results appear refined and natural.

For more information, visit **Dr. Sam S. Rizk's** [website](#) / [Instagram](#)

Dr. Kiran Gill | Plastic & Reconstructive Surgeon | Naples, FL

As temperatures drop and the seasons change, many patients look for ways to refresh and rejuvenate their skin after summer sun exposure. One of the most popular treatments we recommend during this time is the Helix Laser CoolPeel. This advanced, non-invasive procedure uses cutting-edge laser technology to gently resurface the skin, improving texture, reducing fine lines, and minimizing sun damage without significant downtime. The CoolPeel's precise energy delivery promotes natural collagen production, leaving skin smoother, brighter, and more youthful. It's an ideal seasonal reset helping patients restore their skin's health and glow just in time for the cooler months ahead.

Dr. Anna Chacon | Dermatologist | Miami, FL

As we move into the cooler months, many patients begin to notice changes in their skin: particularly increased dryness, irritation, and flare-ups of conditions like eczema and psoriasis. I often recommend transitioning to richer, barrier-supportive moisturizers with ceramides or hyaluronic acid, along with gentle, non-foaming cleansers to avoid stripping essential oils.

This season is also an ideal time for in-office treatments such as hydrating facials, gentle chemical peels, and microneedling, as reduced sun exposure lowers the risk of post-treatment pigmentation. For chronic inflammatory conditions, I frequently adjust topical regimens and encourage the use of humidifiers to help stabilize the skin barrier.

Even as temperatures drop, I remind patients that sun protection remains essential year-round: daily SPF application is still a non-negotiable part of a healthy skin routine.

Dr. Victoria A. Cirillo-Hyland | Dermatologist | Bryn Mawr, PA

Winter is upon us — the perfect season to rejuvenate your skin and prepare for summer! At Cirillo Cosmetic Dermatology Spa, we recommend beginning your ablative fractional laser resurfacing with the CO2 or Erbium YAG laser hair removal treatments now, when sun

exposure is at its lowest. Cooler months allow your skin to heal and renew safely, revealing a smoother, brighter, and more radiant complexion.

Laser hair removal is most effective when started in winter, giving you plenty of time to complete your treatment series before swimsuit season. Whether you're looking to refresh your skin's texture and tone or achieve long-lasting hair reduction, our advanced laser technologies and personalized care ensure beautiful, natural-looking results.

Be glowing, carefree, and hair-free by summer 2026: your most confident skin starts this winter.

For more information, visit **Dr. Victoria A. Cirillo-Hyland's website / instagram**

Dr. S. Manjula Jegasothy | Dermatologist | Coral Gables, FL

Cooler temperatures in South Florida mean less sun exposure — and that's great news for your skin! With fewer UV rays to compete with, fall and winter are the ideal seasons to refresh, renew, and restore your complexion using our most advanced laser technologies. Whether you're ready to sweep away the sins of summer (goodbye, brown spots and sun damage!) or want to lift and tighten skin from head to toe, now is the perfect time to indulge in your favorite treatments. Patients love Fraxel® for resurfacing and brightening, Ulthera® for deep lifting and contouring, Viora® for overall tightening, and VBeam® for calming redness and restoring balance. Together, these treatments resurface, tone, and rejuvenate the skin — helping you look fresh, radiant, and camera-ready for the cooler months ahead.

At Miami Skin Institute, Dr. Manjula Jegasothy customizes each laser protocol to your skin type, goals, and lifestyle for the most natural, luminous results. Our modern, combination-based approach allows you to “stack” treatments every two months for greater efficiency, smoother texture, and longer-lasting firmness. By strengthening collagen and improving elasticity, these customized sessions deliver lifted, youthful skin — all without anesthesia, surgery, or downtime. With Dr. Jegasothy's expert eye and today's most advanced laser technology, glowing, rejuvenated skin has never been easier (or more comfortable) to achieve. Cooler weather means it's officially time to glow up — and we're here to make that happen.

Dr. Jason Bloom | Facial Plastic & Reconstructive Surgeon | Bryn Mawr, PA

As temperatures begin to drop, winter is the perfect window to schedule your transformative CO₂ laser treatments. You may ask yourself, “What are the benefits of prioritizing skin treatments in the winter, as opposed to in the summer?” The answer is simple: colder months provide optimal conditions for CO₂ laser resurfacing, offering reduced UV exposure and a comfortable recovery period; thus, winter has been medically deemed the season for CO₂ laser resurfacing!

Bloom Facial Plastic Surgery has recently seen increased demand for our CO₂ devices, largely due to cooler temperatures that alleviate discomfort and expedite healing. This type of laser works best when used in tandem with injectables, such as SkinVive, which will ultimately hydrate your skin just as much as your daily moisturizer will!

Pre-book your treatments now to ensure your skin is glowing by the time you sit down for holiday dinners, leaving your loved ones eager to know all your skincare secrets.

Dr. Stephen T. Greenberg | Cosmetic Surgeon | New York, NY

When colder weather arrives, so do some of the best opportunities for rejuvenation. With reduced sun exposure, more time spent indoors, and a natural shift in skincare needs, fall and winter become the ideal seasons for a refresh. Below are the most commonly recommended treatments this time of year:

Laser Skin Resurfacing: Cooler months create optimal conditions for corrective laser work, including fractional laser resurfacing to address fine lines and texture, IPL photofacials for sun damage and uneven tone, and RF microneedling to firm, smooth, and stimulate collagen.

Rejuvenating Injectable Treatments: Low-downtime options such as hyaluronic acid fillers for restoring volume and definition, along with neuromodulators like Botox to soften expression lines, remain popular heading into holiday gatherings.

Face, Breast and Body Contouring: Because bulkier clothing helps conceal temporary swelling, many patients schedule fall and winter procedures like facelifts, eyelid lifts, neck lifts, breast augmentation, reduction and lift surgery, as well as tummy tucks, liposuction and cellulite treatments.

Patients enjoy refreshed results throughout the winter and enter spring looking and feeling renewed.

Marissa Dalla Rizza | Aesthetician | Miami, FL

As temperatures drop and the seasons change, it's the ideal time to get more corrective with skincare. With less intense sun exposure, I often recommend starting a microneedling or microchanneling series to elevate collagen production, refine overall skin texture, and visibly soften acne scarring.

It's also a great season for chemical peels, like the Vivant ProPeel, for clients who are pre-conditioned. These treatments help reverse summer sun damage, minimize breakouts, and brighten dull skin from the summer months.

Lastly, for holiday prep, our most popular glow treatments are Hydrafacials and JetPeels paired with dermaplaning. These treatments leave the skin ultra-smooth, hydrated, and radiant, making them ideal before events, travel, photos, and holiday parties.

Dr. Purvi Parikh | Allergist and Immunologist | New York, NY

As temperatures drop, the air becomes much drier, which can cause flares of eczema (a chronic, itchy skin condition) as well as asthma and allergies.

I recommend increasing hydration not only for your body but also for your skin. The best way to do this is to choose gentle, deeply hydrating moisturizers such as CeraVe or Vanicream, both of which are effective, non-irritating, and free of common allergens.

If cold or dry air triggers your asthma or allergies, make sure you're on the most appropriate preventative regimen by speaking with your physician. Also, aim to make your bedroom as allergen-free as possible. Mattress and box-spring encasements, clean heating ducts and filters, and regular maintenance can make a significant difference.

A humidifier may help if you're prone to dry skin or airway irritation, but be sure to clean it consistently because improper care can allow mold or dust mites to develop.

Dr. Dmitry Schwarzburg | Cosmetic Surgeon | Upper East Side, NY

As temperatures drop and the air becomes drier, patients tend to shift their focus from maintenance treatments to skin renewal and restorative procedures. The colder months are ideal for treatments that require minimal sun exposure and a bit of downtime.

One of the most popular options this season is Fraxel laser resurfacing, which improves texture, tone, and pigmentation caused by sun damage during the summer. It's also an excellent time for Ellacor — a minimally invasive micro-coring procedure that tightens skin and reduces fine lines without surgery. These treatments help rejuvenate and reset the skin before the holidays, when patients want to look refreshed yet natural.

Neurotoxin touch-ups and subtle filler enhancements also remain popular, but I always emphasize moderation and balance to maintain harmony in facial features. Winter is about strategic correction and preparation for the year ahead — building a foundation for healthy, radiant skin rather than chasing quick fixes.

My recommendation is always to plan your treatments seasonally. When performed thoughtfully, this rhythm ensures long-term results and skin that looks consistently refined and healthy year-round.

Irina Schwarzburg | Co-Founder & Partner | Upper East Side, NY

As the seasons change, our clients at Skinly Aesthetics naturally transition from body-contouring and outdoor-friendly treatments to skin rejuvenation and repair. Fall and winter are perfect for procedures that rebuild and restore — it's a time for self-care, refinement, and investing in treatments with visible, lasting benefits.

We notice a clear rise in laser treatments, collagen-stimulating procedures, and combination protocols designed to reverse summer damage. Patients often choose Fraxel, Ellacor, or light chemical peels to refresh their skin before the holiday season. From a business and lifestyle perspective, this time of year is also about balance and reset — people are slowing down, prioritizing wellness, and preparing to enter the new year looking and feeling renewed.

I love seeing how our clients treat these months as an opportunity to focus inward. It's not just about beauty — it's about recharging confidence and investing in themselves. Our goal is to create an experience that blends science, comfort, and artistry, so every visit feels like an elevated form of self-care. In that sense, wellness in motion truly becomes a way of life, no matter the season.

Dr. Siamak Agha | Plastic & Reconstructive Surgeon | Newport Beach, CA

As temperatures drop, I find many patients turning to body contouring procedures that require a bit more recovery time. The cooler months are ideal for surgeries such as tummy tucks, lower body lifts, thigh lifts, and breast lifts. With more time spent indoors and layers of clothing for comfort, patients can recover discreetly and be fully healed for the bikini season.

This season also tends to bring a reflective mindset—patients often view it as a time to complete the transformation they've been planning. Whether it's restoring shape after weight loss or refining proportions for balance, the focus is on renewal. Winter gives both the body and the mind a chance to reset before the year ahead.

Dr. Husam Almunajed | Cosmetic Dentist | New York, NY

As the temperatures drop and we transition into a new season, many people naturally shift their attention to self-care, refreshing their skin routine, nourishing their bodies, and preparing for the busy months ahead. What many may overlook is that this is also an ideal time to focus on oral wellness. A healthy, clean, bright smile is one of the most powerful beauty accessories you can wear, especially during the holidays.

One of the most popular and beneficial treatments I recommend this time of year is a comprehensive checkup and professional cleaning. Seasonal changes often bring shifts in habits, stress levels, and diet, all of which can impact oral health. A thorough cleaning removes buildup that at-home care simply can't reach, while a detailed exam ensures your gums and teeth stay healthy, stable, and protected as we move into colder weather. Patients love that "fresh start" feeling, along with clean, smooth teeth and peace of mind that everything is in great shape.

This season is also a great time for whitening. With holiday gatherings, family photos, and end-of-year celebrations approaching, patients often want their smile to look its brightest. Professional whitening offers safe, controlled, long-lasting results that instantly elevate your appearance. Even subtle brightening can boost confidence and make you feel more polished, refreshed, and photo-ready.

Ultimately, embracing seasonal wellness is not only about looking good, but also about feeling good from the inside out. By pairing routine preventive care with cosmetic enhancements like whitening, patients enter the new season healthier, more confident, and ready to shine. A radiant smile sets the tone for the months ahead.

Heather Merlo, Sei Tu Bella Aesthetics | Nurse Practitioner | Tampa, FL

As temperatures drop and we enter what we call “laser season,” I always encourage patients to take advantage of the cooler months for deeper corrective work. With less sun exposure, fall and winter provide the ideal conditions for treatments like CO₂ skin resurfacing with the INMODE Solaria. The Solaria is incredibly versatile: it can be completely non-ablative for lighter rejuvenation, or fully ablative for deeper correction. When we’re working at those more intensive levels, we don’t want UV rays working against us, which is why this season is perfect for maximizing and protecting your investment. Energy-based treatments such as radiofrequency skin tightening and RF microneedling are also popular now, as they stimulate collagen, refine pores, and restore firmness, allowing the skin to safely recover without excessive sun exposure.

Chemical peels and combination therapy plans round out the most requested treatments of the season. Medical-grade peels help brighten, even tone, and smooth dull or tired skin, and they pair *beautifully* with Hydrafacial, PRP, or RF-based therapies for a complete skin reset. Overall, the fall and winter months allow us to correct sun damage, rebuild the skin at a deeper level, and create long-lasting improvements so that patients emerge in spring with smoother, clearer, healthier-looking skin.