

The New Year Preview: As we look ahead to the new year, which procedures, practices, or products do you anticipate gaining meaningful momentum in your field?

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Haute Beauty

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

As we move into the new year, I anticipate that the deep plane vertical facelift will continue its rise. The momentum behind it is accelerating at a pace I haven't seen in years, and it's resonating with both men and women seeking meaningful, lasting change.

A few trends are driving this shift. First, patients have become increasingly skeptical of "maintenance-heavy" cosmetic routines. The constant cycle of fillers, Botox®, threads, and energy-based devices can feel overwhelming—financially, emotionally, and aesthetically. Many people are looking for a reset rather than another layer of upkeep, and the deep plane delivers exactly that: a transformative yet natural-looking result that doesn't require ongoing intervention.

We're also living in a moment of heightened visual awareness. Between HD cameras, remote work, and our daily presence on social platforms, people are seeing themselves more often and more clearly than ever before. Add to that the influence of a celebrity landscape where youthful, lifted yet undetectable results are increasingly visible—even if not openly discussed—and patients have become highly savvy observers of facial aesthetics. They understand that injectables can refresh but not truly lift descended tissue. A deep plane approach, on the other hand, restores structure by repositioning the deeper layers, which is why the results look so natural and hold up so well over time.

And that longevity is the final, major factor. Today's patients want treatments with staying power—investments that make sense over the long term. A well-performed deep plane facelift can last a decade or more, which appeals to individuals who prefer one definitive, durable solution over a series of temporary fixes.

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

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

Biostimulatory Injectables & Regenerative Aesthetics: Regeneration, not augmentation or over-inflation, continues to dominate. Collagen- and elastin-stimulating injectables such as Sculptra® and Radiesse®, used in hyperdilute concentrations, boost the skin's own collagen and elastin production for natural results. They can also be combined with energy-based devices (lasers, microneedling, RF, ultrasound) for enhanced outcomes.

Next-Generation Regenerative Topicals: Exosomes and polynucleotide-based topicals are gaining popularity. While more controlled studies are needed, early data show great improvements in overall skin health.

Energy-Based Devices With Limited Downtime: These devices, with minimal downtime, remain in high demand. The Total Skin Solution, combining RF microneedling with a non-ablative Thulium laser in a single session, remains an excellent option for improving texture and pigment in all skin types, with minimal downtime and year-round safety.

Growing Demand for Hair Restoration: Hair restoration remains one of the most requested treatments. Regenerative options, including PRP, PRF, and polynucleotides, are becoming more refined, giving patients more ways to support hair growth. Advances in oral and topical stimulators and low-level laser therapy (LLLT) continue, and office treatments such as KeraLase™, a non-invasive laser therapy, integrate easily into comprehensive hair restoration plans.

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

As we look ahead to 2026, one of the biggest shifts in aesthetic medicine is the growing popularity of treatment plans that blend surgical procedures with smart, modern technology. Patients want results that look natural, feel personalized, and don't require long recovery times, and this is driving a move toward combination approaches.

Renuvion is one treatment expected to gain even more momentum. It's increasingly used to enhance facelifts and tighten the neck, delivering a noticeable boost in firmness through very small incisions. Whether paired with surgery or used on its own for mild-to-moderate tightening, Renuvion helps refine contours and give patients a more lifted, refreshed appearance with minimal downtime.

Laser technology is also rising, especially newer platforms like the **Helix laser**. Helix can smooth, brighten, and rejuvenate the skin, making it an ideal finishing touch for facial or neck treatments. When combined with procedures like a facelift or with Renuvion for added tightening it creates a more complete, polished result by improving both skin quality and tone.

As we move into 2026, the trend is clear: blending advanced tools such as Renuvion and Helix lasers with traditional techniques will continue to shape the future of aesthetic care, delivering more natural, meaningful results in less time.

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

Looking ahead, we anticipate a continued shift toward procedures and products that enhance natural structure rather than create dramatic change. Subtle, long-lasting rejuvenation will continue to take center stage. Regenerative treatments, such as biostimulatory fillers, skin-quality injectables, and collagen-building technologies, are seeing significant growth, focusing on improving the face from within, rather than simply masking volume loss.

On the surgical side, demand is rising for refined, 'less-done' rhinoplasty and lower face revitalization, including deep-plane techniques, as patients increasingly prioritize results that age gracefully and gain beauty over time. We're also noticing a growing interest in upper and lower blepharoplasties; subtle enhancements that leave no trace of surgical intervention.

Ultimately, the trend is clear: treatments that enhance natural beauty and improve over time, rather than those that offer instant but fleeting results, are shaping the future of facial aesthetics.

Dr. Mimi Yeung | Cosmetic Dentist | New York, NY

As both a cosmetic and medical dentist, my approach is rooted in function first, because when the bite, jaw, and muscles work in harmony, facial esthetics naturally improve. One area I am especially focused on expanding is comprehensive facial and TMJ pain management. Many patients do not realize that chronic jaw tension, headaches, or facial discomfort are often tied to misalignment and occlusal imbalance. Through treatments such as Invisalign or clear aligners, custom orthotics, Emface, and full smile reconstruction with precise bite and occlusion adjustments, we can relieve pain while enhancing facial balance and overall appearance.

Teeth whitening remains one of the simplest yet most impactful ways to refresh a smile. When done professionally, it is safe, effective, and can dramatically boost confidence with minimal time commitment.

Equally important is maintaining a consistent preventive routine. Biannual check-ups and professional cleanings help us catch issues early, preserve oral health, and ensure that cosmetic or functional treatments remain long-lasting. Dentistry is not just about teeth; it is about supporting whole-face wellness and long-term health.

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

The discovery that excites me most heading into 2026 is that we can now reliably reverse hair loss and stimulate hair growth in adults of all genders, ages, and ethnicities without surgery.

By combining nutritional supplements, daily at-home topical hair-growth medications, and in-office exosome and red-light therapies, we are achieving results I never thought possible without hair-transplant surgery just 10 years ago. It is also worth remembering that dermatologists are the board-certified experts in skin, nails, and hair.

Like dental care, hair growth and maintenance are not one-and-done and require ongoing commitment to current science. But isn't preserving a youthful, healthy, full head of hair worth it?

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

As we look ahead to the new year, the ongoing emphasis on self-improvement will continue to shape patient priorities. Many individuals are seeking treatments that help them feel healthier, more confident, and refreshed as they enter a new chapter.

As a result, procedures focused on weight loss, advanced skin care, and overall health optimization are expected to gain meaningful momentum. Patients are increasingly drawn to comprehensive, personalized approaches that not only enhance appearance but also support long-term wellness and quality of life.

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

Plastic surgery procedures expected to see an upswing include fat grafting to the buttocks (formerly known as the BBL), which is seeing a resurgence for more natural volume and athletic-looking results, along with non-surgical options such as AlloClae.

GLP-1–influenced body contouring is also gaining momentum, with procedures like liposuction and tummy tucks, as well as facial balancing through facelifts and dermal fillers, following significant weight loss.

Smaller, more natural breast enhancements are on the rise, achieved through modest implants or fat grafting to create the increasingly popular “ballerina” aesthetic.

Preemptive facelifts and full-face rejuvenation, including CO₂ laser resurfacing, are sought by younger patients seeking subtle, long-term results.

Energy-based skin-tightening and combination therapies, such as RF microneedling, ultrasound, and laser treatments, continue to grow in demand for minimally invasive lifting and rejuvenation.

Finally, injectable minimalism and micro-dosing are trending, with patients favoring natural-looking results that avoid an overly “done” appearance.

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

As we move into 2026, beauty is no longer defined solely by skincare or cosmetic enhancements. It has evolved into a holistic expression of health, confidence, and longevity, with dental and oral health increasingly recognized as a true foundation of overall wellness.

Advancements in dentistry continue to accelerate, making treatments more precise, comfortable, and effective than ever before. From preventive care to restorative and aesthetic solutions, modern dentistry now offers gentler, longer-lasting, and more personalized options, making it easier for patients to prioritize their oral health.

Toward the end of 2025, we observed a meaningful shift in patient behavior. More individuals are incorporating oral wellness into their regular beauty and self-care routines. Instead of limiting visits to once or twice a year, many patients are now choosing three to four annual visits for cleanings and checkups to maintain gum health, prevent inflammation, and preserve enamel.

The benefits of oral health extend far beyond the mouth. Strong oral hygiene is closely linked to systemic health, including heart health, metabolic balance, reduced inflammation, and cognitive function. A healthy smile also remains one of the most powerful confidence tools, influencing how people communicate and present themselves personally and professionally.

In 2026 and beyond, dental care is preventive, personalized, and deeply connected to long-term wellness. A healthy smile is not just a reflection of beauty, but of intention, vitality, and longevity.