

Spring Reset: Aesthetic Trends for Renewal

hauteliving.com/hautebeauty/674270/spring-reset-as-we-enter-a-new-season-how-are-patients-using-aesthetic-treatments-for-renewal-and-which-procedures-best-reflect-that-spring-refresh-mindset

Haute Beauty

March 20, 2026



Photo Credit: Shutterstock

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

If spring is the season of renewal, one woman embraced it wholeheartedly—refreshing her look with a lower face deep plane facelift, neck lift, and lower lid laser resurfacing performed by Sam Rizk, MD, FACS. The result is a natural, luminous confidence that feels perfectly in step with the season.

In her early 40s, the [mother of two](#) wasn't seeking a dramatic transformation so much as a reset. Having openly documented much of her personal journey over the years, she approached this decision with the same transparency.

"I've shared fertility struggles, pregnancy complications, postpartum changes. Why would this be any different? Now in my 40s, I feel like I'm stepping into my next chapter," she says. "I wanted to feel confident and comfortable in my own skin—something I know so many women my age will recognize."

That mindset aligns closely with Dr. Rizk's philosophy of subtle, structural refinement and patient-centered care. "Procedures like the lower deep plane facelift reposition deeper structures rather than simply tightening the surface," he explains. "But equally important is supporting patients through the process so they're able to embrace the best, most confident version of themselves."

Reflecting on the experience, she says, "This felt like a celebration of me. Choosing yourself isn't selfish—it's empowering."

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

Dr. Anna Chacon | Dermatologist | Coral Gables, FL

Spring is all about fresh starts and renewal, and patients are bringing that same mindset to their aesthetic routines. Instead of dramatic overhauls, the focus is on subtle, natural enhancements that leave skin glowing, features refreshed, and confidence renewed—think a "springtime glow-up" rather than a transformation.

Top treatments this season reflect that light, rejuvenated energy: injectables like neuromodulators and soft dermal fillers smooth lines and restore gentle contours, creating a rested, radiant appearance. Skin rejuvenation—through chemical peels, microneedling, or light-based therapies—brightens, smooths, and revitalizes, delivering that fresh-faced glow synonymous with spring. Even non-invasive body contouring and skin tightening have become part of seasonal self-care, helping patients feel renewed from head to toe without interrupting their routines.

The overarching trend is subtlety with impact: enhancing natural beauty while embracing a mindset of self-care, confidence, and seasonal reset. For many, spring isn't just about flowers blooming: it's about stepping into the new season looking as refreshed and vibrant as it feels.

Celebration | Regenerative Medicine | Sunny Isles & Miami Beach, FL

As we enter spring, we're seeing patients move away from isolated treatments and toward systems that restore the body and skin at multiple levels. At Celebration, we don't approach aesthetics as surface-level correction—we see it as a reflection of internal balance, cellular function, and the skin's microbiome.

That's where peptides like GHK-Cu come in. As a powerful cellular signaling molecule, GHK-Cu supports collagen production, tissue repair, and overall skin quality. But on its own, signaling isn't enough. The skin also needs the right environment—and the right biological balance—to respond.

This is why we integrate probiotic therapies into our protocols. The skin and gut microbiome play a critical role in inflammation, sensitivity, and overall skin behavior. By supporting beneficial bacteria, we help stabilize the skin's ecosystem so it can properly receive and respond to regenerative signals.

At the same time, we optimize the internal and external environment through oxygenation, circulation support, and energy-based therapies. When you combine all of this with targeted delivery systems—like microneedling, exosomes, or advanced facials—you're not just treating the skin, you're retraining it to function differently.

This is what the “spring reset” really represents for us: not a quick refresh, but a full biological reset.

The treatments that best reflect this approach are those that work together:

- Peptide-based protocols (like GHK-Cu) for cellular signaling
- Probiotic and microbiome-supporting treatments to regulate inflammation and skin balance
- Microneedling + exosomes or Mezo delivery for precision targeting
- Cold plasma, oxygen, and light therapies to optimize the cellular environment
- Regenerative facials that integrate multiple modalities in one session

Xanadu Med Spa

Spring represents a psychological pivot point in aesthetic medicine. Winter is typically a time for corrective treatments that offer resurfacing, deeper repair, and aggressive interventions. Spring, however, signals re-emergence.

Patients are no longer hiding under layers or recovering indoors. They're preparing to be seen. As a result, we see a shift from intensity to illumination.

The procedures that resonate most during this season share three characteristics:

1. They enhance skin quality.
2. They respect natural expression.
3. They support long-term tissue health rather than short-term dramatic change.

Energy-based treatments like BBL and low-downtime collagen stimulators align particularly well because they improve clarity and structural integrity without overt signs of intervention.

There's also a strong movement toward “subtle maintenance.” Rather than asking, “What can we fix?” patients are asking, “How can we optimize?”

Even injectables reflect this shift. Spring neuromodulator appointments often focus on balance and softening rather than full correction. Filler conversations lean toward refinement rather than augmentation.

In many ways, spring aesthetics mirrors the season itself: lighter, brighter, forward-looking.

The refresh mindset isn't about reinvention, it's about recalibration.

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

Patients often seek noninvasive ways to rejuvenate their skin as the days grow longer. They want to reduce winter dullness and revitalize their appearance for their upcoming spring social events.

Spring is an ideal time for skin renewal treatments:

- **Post-Winter Recovery:** It has been a cold and dry winter! The combination of cold temperatures and indoor dry heating damage the skin barrier leading to excessive dryness, vascular dilation and uneven tone.
- **Pre-Summer Preparation:** It is a good time to clear pigmentation, reduce redness and improve texture before UV exposure increases.
- **Spring Downtime:** Spring is a time with moderate sunlight, an optimal time for light-based treatments before UV exposure increases in the summer.

Intense Pulsed Light (IPL) is the quintessential “Spring Refresh” treatment. IPL is one of the most popular and effective noninvasive procedures for spring rejuvenation. Its broad-spectrum light wavelengths target pigment and vascular irregularities, fine lines, and enlarged pores, leading to a more luminous complexion with little downtime.

While IPL provides great results as a stand-alone therapy, we often combine it with other treatments to achieve even better results. We often combine with:

- Superficial chemical peels for delicate exfoliation and youthful glow.
- Non-ablative fractional lasers (e.g. Thulium) to increase collagen production and further reduce textural issues.
- LED phototherapy mask use at home after an IPL treatment to reduce inflammation and minimize downtime.

In summary, **IPL** embodies the spirit of spring renewal by brightening, calming and revitalizing the skin after a harsh winter. IPL is a versatile, minimal downtime treatment that provides natural and immediately noticeable results. Please remember to wear your sunscreen daily to maintain results and avoid new UV exposure damage!

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

As a facial plastic surgeon based in the heart of the Main Line, just outside Philadelphia, I always notice a clear shift in mindset this time of year. Spring brings a sense of renewal, and my patients reflect that in the treatments they choose. I see firsthand how the change in season inspires patients to think about renewal. They aren't typically seeking dramatic transformation; they want to look refreshed, rested, and lighter. Non-surgical treatments tend to surge first. Neuromodulators and soft, conservative fillers help smooth lines and restore subtle volume after the stress of winter. Skin quality becomes a major focus as well. Patients gravitate toward resurfacing treatments, light chemical peels, and energy-based devices that improve tone, texture, and luminosity. After months of dry indoor heat and limited sun exposure, they're ready for their skin to look vibrant again.

For surgical patients, spring is about thoughtful refinement. Procedures like upper blepharoplasty or a refreshed, natural facelift align beautifully with that “spring reset” mindset, with strategic improvements that offer manageable downtime before summer events and travel begin.

Ultimately, a spring refresh isn’t about looking different. It’s about ensuring your outer appearance reflects how energized and renewed you feel inside. As we step into the new season, we strive to look as vibrant and renewed as we feel.

Dr. Sep Pouresa | Cosmetic Dentist | Beverly Hills, CA

As we enter spring, many patients begin thinking about renewal in a very holistic way. After the winter months people often feel ready for a reset, not only in their lifestyle but also in how they look and feel. In aesthetic dentistry and facial aesthetics we see a noticeable shift during this season. Patients are not necessarily seeking dramatic transformations. Instead they are interested in treatments that make them appear **refreshed, rested, and naturally confident**.

One of the most common requests in the spring is smile brightening. Professional whitening remains one of the most impactful yet conservative ways to rejuvenate a person’s appearance. A brighter smile instantly makes someone look healthier and more vibrant, which aligns perfectly with the energy of the season. We also see increased interest in subtle smile refinements such as conservative veneer cases, enamel contouring, and minor bonding. These treatments allow us to enhance symmetry, improve proportions, and refine the overall smile while still preserving the patient’s natural character.

Another trend that reflects this spring refresh mindset is the growing focus on **facial harmony**. Patients increasingly understand that the smile, lips, jawline, and facial structure all work together to create a balanced aesthetic. Treatments such as jawline refinement or masseter relaxation can soften tension in the lower face and create a more elegant facial contour. When these procedures are approached conservatively, they enhance the smile and overall facial expression without looking artificial.

What is particularly interesting is that today’s patients are very educated about aesthetics. They are not asking for trends. They are asking for results that look timeless and effortless. The goal is to look like the **best version of yourself**. Spring tends to inspire that mindset because it symbolizes renewal and lightness. When someone brightens their smile, refines small imperfections, and restores balance to their facial features, the result often feels like a personal reset. It is less about changing how you look and more about revealing a healthier, more confident version of yourself.

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

As we step into spring, I often see patients inspired by the season’s sense of renewal. This time of year, many people are looking for refreshed, natural results that help them feel like the best version of themselves: rested, radiant, and confident. It is a moment when many individuals take stock of how they feel both inside and out, and begin thinking about subtle ways to rejuvenate their appearance after the colder months.

For some, that means subtle, non-surgical treatments such as neuromodulators to soften expression lines, dermal fillers to restore youthful volume, or Ultherapy for face and body to gently lift and tighten skin with no downtime. These treatments are popular because they offer visible yet understated improvements that fit seamlessly into busy lifestyles. Others focus on improving tone and texture with laser resurfacing or medical-grade skincare, which can help revive dull winter skin and create a smoother, brighter complexion heading into the sunnier months.

Spring is also a popular time to plan ahead for summer events, making it ideal for body contouring, facial procedures, or advanced options like Preservé by Motiva for beautifully natural-looking breast enhancement. Many patients appreciate using this window of time to prepare for weddings, vacations, and social gatherings when they want to look and feel their best.

Ultimately, a “spring reset” is about thoughtful, personalized treatments that enhance not change your natural beauty. When performed with a tailored approach, these treatments can help patients step into the new season feeling refreshed, confident, and ready to enjoy everything spring and summer have to offer.

Heather Merlo | Nurse Practitioner | Tampa, FL

As patients transition into spring, many are seeking treatments that focus on **skin renewal, repair, and radiance** after months of environmental stress. The shift in aesthetic medicine has moved beyond aggressive correction toward **regenerative treatments that restore the skin’s natural vitality**, making spring the perfect time for a clinical “reset.”

At **Sei Tu Bella Aesthetics**, spring protocols often combine **gentle resurfacing with regenerative therapies** to improve skin tone, texture, and luminosity while stimulating long-term collagen production.

One of the most exciting innovations this season comes from **Toskani Med**, known globally for its advanced regenerative formulations. Their **new generation of professional chemical peels** offer a refined approach to resurfacing, designed to **brighten, exfoliate, and stimulate cellular renewal while maintaining skin integrity**.

For the delicate eye area, regenerative treatments such as **ECPR and Lumicen** provide what many consider the **ultimate eye reset**—helping improve dark circles, crepey skin, and early signs of fatigue by stimulating collagen and improving tissue quality.

These protocols are supported by research and clinical guidance from **Shino Bay Aguilera**, a world-renowned dermatologist and regenerative medicine pioneer known for advancing the integration of regenerative therapies into aesthetic medicine.

When paired with **polynucleotides (PN), PDRN, and regenerative serums**, these treatments support cellular repair, enhance hydration, and improve overall skin resilience. Patients often see improvements in **pigmentation, uneven tone, dullness, and early aging**, revealing the fresh, luminous complexion that defines a true spring refresh.

Dr. Victoria Veytsman | Cosmetic Dentist | Manhattan, NY

As the season shifts, patients are embracing the “Spring Reset”—a renewed focus on clarity and brightness that mirrors the vibrancy of nature. Victoria Rose Veytsman, celebrity cosmetic dentist and founder of Cosmetic Dental Studios in New York, Los Angeles, and Dubai, notes a significant uptick in patients seeking Smile Design as a powerful tool for personal renewal.

“Spring is the season of fresh starts,” says Dr. Veytsman. “It’s about holistic rejuvenation that aligns with a refreshed, youthful version of oneself.”

To achieve this seasonal glow, patients are prioritizing three key treatments:

- **Bespoke Porcelain Veneers:** Using advanced Smile Design technology, these are tailored to a patient’s unique facial architecture. The focus is on “subtle realism”—veneers that possess the translucency of natural enamel for an undetectable finish.
- **Conservative Reshaping:** Think of this as the “polishing” step of spring cleaning. Cosmetic bonding and contouring address minor chips or uneven edges, creating harmony without invasive work.
- **Longevity Maintenance:** A wellness-first mindset integrates professional cleanings and remineralization to ensure the “new” smile remains resilient over time.

“The goal shouldn’t be to look ‘done,’” Dr. Veytsman explains. “It’s about looking rested, healthy, and vibrant, which is vital for any season.”

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

At Empire Dental Aesthetics, we see spring as the ideal time to return to the basics of oral health and start with a thorough cleaning of the teeth and gums. It’s one of the most effective ways to refresh the smile after a long season of buildup, improve breath, support gum health, and help patients feel healthier and more confident overall. This seasonal reset also gives patients an opportunity to reestablish consistent at-home habits and become more mindful of their daily oral care routines. Just as importantly, preventive care helps address concerns early and reduce the risk of future issues, allowing for more conservative and effective treatment when needed.

We believe a healthy foundation always comes first—because once the teeth and gums are healthy, patients can maintain that wellness and, if they wish, they can consider other aesthetic treatments from a biologically sound baseline.

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

Quick Fix versus Real Fix: When it comes to enhancing your smile, the choice often comes down to immediacy versus longevity. Veneers offer a true “quick fix,” delivering a dramatic transformation in just a few visits. They can instantly improve the color, shape, and alignment of teeth, making them an appealing option for patients seeking fast, camera-ready results. However, this approach typically requires altering the natural tooth structure, as a thin layer of enamel must be removed to accommodate the veneers.

On the other hand, orthodontic treatment represents more of a “real fix.” While it requires patience and a longer timeline, it works by gradually moving your natural teeth into proper alignment without compromising their integrity. This preserves the enamel and supports long-term oral health, addressing the root cause rather than simply masking it. Ultimately, the best choice depends on each patient’s goals, timeline, and commitment to maintaining their natural smile.