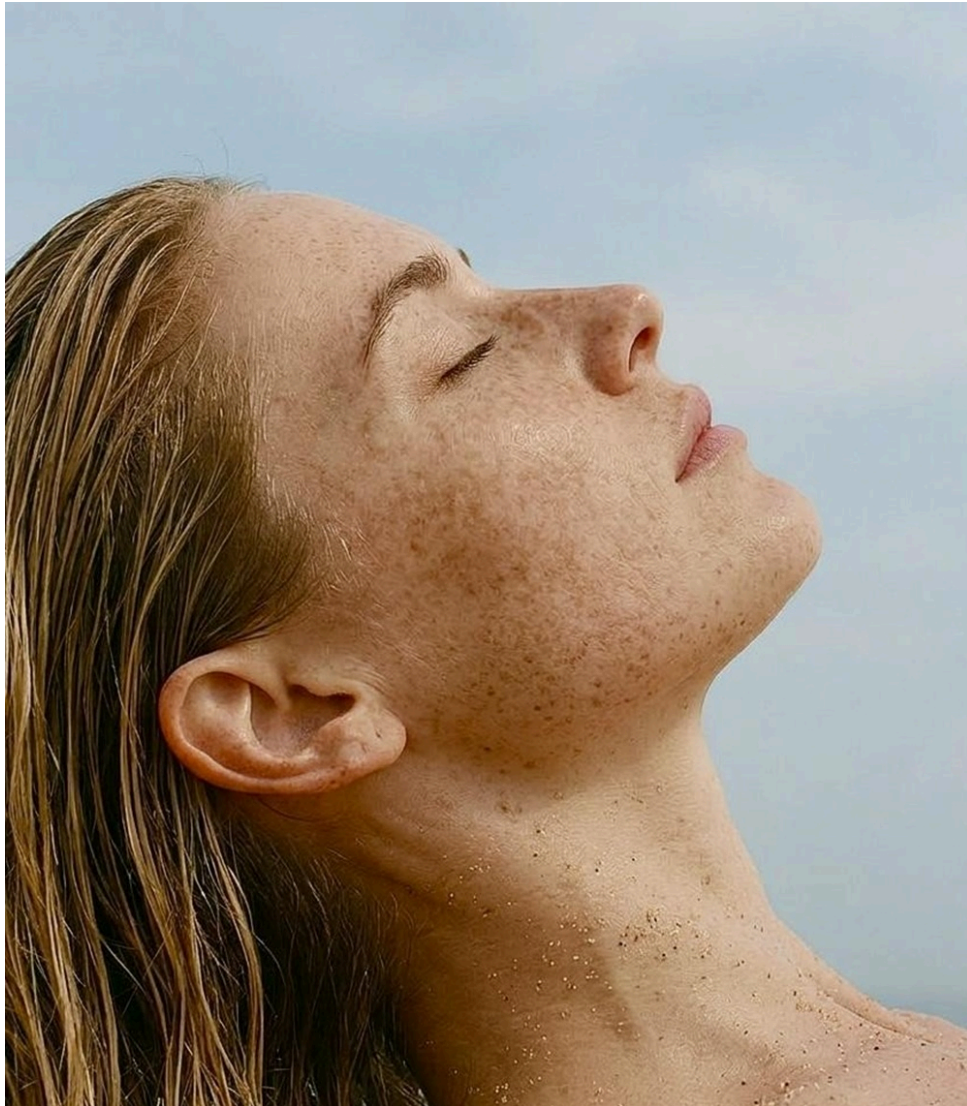


Early Summer Skin Strategy: Best Treatments for Healthy Skin

hauteliving.com/hautebeauty/674979/early-summer-skin-strategy-as-sun-exposure-increases-how-are-you-helping-patients-balance-correction-with-prevention-and-which-treatments-are-safest-and-most-effective-this-time-of-year

Haute Beauty

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

Summer is when patients start thinking more seriously about their skin, but the healthiest skin is built through consistency year-round, not just seasonal fixes. I always tell patients that correction and prevention should happen together. That means staying diligent with medical-grade skincare and sun protection, while also choosing treatments that improve skin quality without compromising the skin barrier during months with higher UV exposure.

In my practice, I lean heavily into regenerative treatments this time of year. I often combine laser resurfacing with stem cell nanofat and microfat grafting to address pigmentation, texture, fine lines, and overall skin quality in a way that still looks natural and healthy. The goal is not to chase overly aggressive treatments, but to restore stronger, more radiant skin from within. These regenerative techniques help stimulate collagen, improve elasticity, and support healing, which makes them especially appealing for patients who want that fresh, confident glow without looking overdone.

To me, great skin is never just a summer goal. The best results come from treating skin health as an ongoing investment, regardless of the season.

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

Dr. Anna Chacon | Dermatologist | Miami, FL

As early summer approaches, I focus on balancing active correction with strengthened prevention so patients continue progress without increasing inflammation or pigment risk. Sun exposure rises, so prevention becomes the foundation of every regimen. I emphasize broad-spectrum SPF 50+ with strict reapplication, plus antioxidant support such as vitamin C, niacinamide, and polyphenol-rich serums to reduce oxidative stress.

Active treatments like retinoids, azelaic acid, and tranexamic acid are maintained but often reduced in frequency to improve tolerance during higher UV months. In-office procedures shift toward low-downtime options, while deeper resurfacing and aggressive peels are typically deferred due to an increased risk of post-inflammatory hyperpigmentation. I prioritize barrier repair, gentle maintenance, and procedural caution to keep results safe throughout the season.

Overall, the goal is continuity: preserving correction while reinforcing prevention so skin remains resilient, protected, and stable throughout increased sun exposure. This strategy helps patients avoid setbacks while still achieving visible improvement, even during peak summer months when UV exposure is highest, and skin sensitivity is more pronounced. Careful adjustment is always key.

Dr. Victoria A. Cirillo-Hyland | Dermatologist | Philadelphia, PA

The skin is the largest organ in your body. It is imperative that you take care of it, especially during the summer months, when ultraviolet radiation (UVR) exposure increases significantly. UVR is a proven human carcinogen and increases your risk of skin cancer. 1 in 5 Americans will develop skin cancer by the age of 70. More than 2 people die of skin cancer in the US every hour. Having 5 or more sunburns doubles your risk of melanoma. An estimated 8,510 people will die of melanoma in 2026. Furthermore, cumulative UVR damage prematurely ages your skin and increases your risk of cataracts and macular degeneration. More than 24 million Americans over the age of 40 have cataracts.

You don't have to stay out of the sun to be safe. Just remember to:

- Slip on protective clothing.
- Slop on sunscreen with SPF 30+.
- Slap on a wide-brimmed hat to shade the head, face, ears, and neck.
- Seek shade or shelter, especially during midday hours (10 AM--4 PM).
- Slide on wrap-around sunglasses.
- Swallow Heliocare® / Heliocare® Advanced.

Besides sunscreen, topical antioxidants like vitamins C and E and ferulic acid help neutralize oxidative stress and synergistically enhance UV protection.

We recommend mild peels and only low-fluence lasers during the summer months. Microneedling is also a safe option. Remember, you can't skimp on photoprotection!!

Xanadu Med Spa | Fort Collins, CO

Summer does not mean pausing your skin treatments. It means approaching them more intelligently. At Xanadu Med Spa, the season is viewed as a strategic shift rather than a slowdown, with the focus moving away from aggressive correction and toward collagen stimulation, overall skin health, and controlled refinement. Treatments are selected to work with increased sun exposure, not against it.

During the summer months, the most effective options are those that support and strengthen the skin without creating unnecessary sensitivity. Hydrafacials and advanced skin infusions help maintain barrier function, hydration, and clarity, which are essential for optimal skin performance. Gentle laser treatments, such as Laser Genesis and other forms of low-intensity laser toning, improve redness, refine pore size, and enhance texture while stimulating collagen without significant surface disruption. Radiofrequency-based skin tightening treatments, including Sofwave, Exion, and similar devices, work beneath the skin to build firmness and elasticity safely year-round, while injectables like neuromodulators and biostimulatory fillers help maintain structure and prevent deeper lines, independent of sun exposure.

More aggressive resurfacing and pigment-targeting treatments are typically adjusted or postponed during the summer to account for increased sun exposure and minimize risk. Ultimately, the most effective approach is not defined by the calendar, but by how thoughtfully your treatment plan is designed.

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

As sun exposure increases in early summer, the approach shifts from aggressive correction to a more balanced strategy that prioritizes prevention, skin health, and long-term results. Rather than over-treating when the skin is more vulnerable to UV damage,

the focus is on maintaining results while supporting the skin barrier. This same philosophy of individualized, conservative care also applies to concerns like TMJ, where managing inflammation and muscle tension contributes to both comfort and overall facial balance.

The most effective treatments this time of year are low-risk, non-invasive, and supportive rather than disruptive. Hydrating facials, gentle laser therapies, and collagen-stimulating treatments help improve tone, texture, and firmness without significant downtime or increased sensitivity. Injectables, including neuromodulators, also play an important role by maintaining structure and, in some cases, relieving jaw tension associated with TMJ, all without being affected by sun exposure.

More aggressive resurfacing and pigment-targeting treatments are typically adjusted or postponed to minimize risk. Ultimately, a successful early summer strategy is about thoughtful planning, balancing subtle correction with prevention to keep skin healthy, resilient, and consistently improving.

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

As sun exposure intensifies in early summer, I emphasize a balanced approach that prioritizes both correction and prevention. Daily broad-spectrum SPF, antioxidants like vitamin C, and protective habits form the foundation of healthy, resilient skin during this time of year. Patients often focus on reversing existing sun damage, but preventing further damage is just as important for maintaining long-term skin quality and overall skin health.

For correction, I favor gentle, non-photosensitizing treatments such as light chemical peels, hydrating facials, and non-ablative laser therapies that target pigmentation, uneven tone, and texture without significantly increasing sun sensitivity or downtime. I also recommend medical-grade skincare to safely support and maintain results at home, especially products designed to brighten, hydrate, and strengthen the skin barrier.

The goal is to enhance skin health while minimizing risk, ensuring patients achieve visible improvements without compromising protection during peak UV months. Consistency, customization, and a thoughtful treatment plan tailored to each patient's skin type and lifestyle are key to achieving optimal, lasting outcomes.

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

As we move into early summer, our approach is all about balancing correction with prevention. Patients are spending more time outdoors, traveling, and exposing their skin to increased UV damage, so this is the season where treatment selection and customization is especially important. We always remind our patients that summer is not the time to stop investing in your skin - it's about choosing treatments that are both safe and effective for the warmer months, while also protecting the results long term.

One of my favorite treatments this time of year is XERF because it provides collagen stimulation, skin tightening, and rejuvenation with essentially no downtime. Patients love that they can return to work, social events, or travel immediately after their treatment while still seeing gradual, natural-looking improvement in skin quality and firmness. It's an excellent option for maintaining healthy, youthful skin without the concern of harsh UV damage or aggressive downtime.

We also offer a VISIA skin analysis as part of every customized consultation. VISIA allows us to evaluate underlying sun damage, pigmentation, redness, texture changes, and vascular concerns that may not yet be visible to the naked eye. Your results are displayed digitally in real time, allowing your provider to review each skin category with you in detail and create a personalized treatment plan based on your unique skin needs. From there, one of our providers develops a highly personalized treatment plan and recommends the best laser or energy-based treatment based on the patient's specific skin type, concerns, and summer lifestyle. Not all skin is the same, and there is never a one-size-fits-all approach when it comes to aesthetic medicine - especially during sunnier months when safety and precision matter most. A qualified provider will always begin with a thorough consultation to determine which laser treatment is safest and most effective for your specific skin type and concerns.

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

For some patients, sun exposure can trigger what are known as photosensitive or photoallergic reactions. In certain cases, individuals can even appear to be "allergic to the sun," where direct exposure leads to an uncomfortable, itchy rash that can develop shortly after being outdoors. For others, the reaction is not caused by sunlight alone but occurs when sun exposure interacts with a specific substance on the skin. A well-known example is phytophotodermatitis, which can happen after contact with citrus fruits like limes or lime juice, followed by sun exposure, resulting in redness, blistering, or streak-like rashes.

Prevention is key in managing these conditions. I typically recommend a broad-spectrum sunscreen of SPF 50 or higher that contains zinc oxide, as it provides a strong physical barrier while also complementing chemical UV protection. Protective clothing, shade, and avoiding peak sun hours can also help reduce risk. For patients with more severe or recurrent reactions, preventative medications may be considered, along with prescription treatments to manage inflammation or itching when a flare occurs.

In addition, consistent moisturization plays an important supportive role. Dryness and heat can worsen irritation and make the skin more reactive, so maintaining a healthy skin barrier can help reduce the severity of symptoms and support overall skin resilience.

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

Early Summer Skin Strategy: As sun exposure increases during the summer months, we encourage patients to think beyond skin alone and consider how the season also impacts oral health and smile aesthetics. Increased UV exposure, dehydration, acidic beverages, and dry mouth can all accelerate aging of the smile — contributing to enamel wear, staining, inflammation, sensitivity, and even chronic bad breath.

We focus on prevention just as much as correction. Early summer is an ideal time for professional cleanings, gentle Airflow polishing, hydration-focused oral care, and enamel-strengthening treatments that help protect the teeth while keeping the smile bright, fresh, and healthy throughout the season.

One topic we educate patients on often is the connection between dehydration and oral health. Many people don't realize that increased sun exposure, travel, coffee, cocktails, and sparkling waters can reduce saliva flow and create an environment that increases staining, sensitivity, and cavity risk. Saliva is one of the body's most important natural defenses for maintaining a healthy mouth.

For patients looking to refresh their smile safely during summer, we typically recommend minimally invasive treatments such as professional whitening, comprehensive gum care, and preventive therapies that maintain a youthful, natural appearance. The goal is always to preserve health, vitality, and confidence in a way that feels effortless, elegant, and long-lasting.

Dr. Stephen T. Greenberg | Plastic & Reconstructive Surgeon | Long Island, NY

Summer brings longer days, outdoor activities, and a healthy glow—but it also presents unique challenges for your skin. Increased sun exposure, heat, humidity, and environmental stressors can accelerate aging, trigger breakouts, and worsen pigmentation if not managed properly. With the right approach, however, summer can be one of the best seasons for maintaining radiant, healthy skin.

Sun exposure is the leading cause of premature aging, hyperpigmentation, and skin cancer. While a tan may appear healthy, it is actually a sign of skin damage. Use a broad-spectrum SPF 30 or higher every day, even on cloudy days. Reapply sunscreen every two hours, and after swimming or sweating. Heat and sun exposure increase water loss through the skin.

Drink adequate water throughout the day and eat water-rich foods like cucumbers, watermelon, citrus fruits, and leafy greens. Sun exposure is the biggest trigger for dark spots and melasma flare-ups. In addition to strict sun protection, treatments such as medical-grade skincare, chemical peels, or laser treatments may help even skin tone.

While some aggressive procedures are best reserved for fall or winter, many treatments are perfectly safe during summer when performed under professional guidance:

- Medical-grade facials and light peels
- Acne treatments and chemical exfoliation
- Injectables such as Botox and dermal fillers
- Targeted laser treatments with proper sun avoidance protocols.
- Ultherapy to lift and tighten skin is a great choice this time of year.

Summer is about balance, protection, nourishment, and simplification when needed. Healthy summer skin isn't about doing more; it's about doing what's right for your skin during a season of increased exposure. Sun protection, smart skincare choices, hydration, and professional guidance are the foundation of glowing, resilient skin all summer long.