

Summer Beauty Guide: Haute Beauty Experts Share Their Favorite Products And Treatments Of The Season

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As the summer sun shines brightly, it's essential to adjust our beauty routines to keep our skin healthy, glowing, and protected. We reached out to our Haute Beauty experts to find out their favorite summer products and treatments. From innovative skincare solutions to luxurious spa treatments, these professionals share their top recommendations and the reasons behind their choices, helping you make informed decisions for your summer beauty regimen.

Dr. Sam Rizk | Face | Upper East Side

As a facial plastic surgeon, my favorite summer treatment is the vertical facelift. I recommend it to patients because it offers the most natural and lasting results, truly defying the effects of time. The vertical facelift has advanced far beyond the traditional techniques used in the past. Unlike horizontal lifts that can stretch the skin and cause a "pulled" appearance, the vertical facelift repositions facial tissues vertically, restoring youthful contours without any tightness.

I've mastered this technique to ensure minimal scarring and swift recovery times. Utilizing the deep plane method, I lift the skin and SMAS layer together, which not only enhances the natural look but also significantly reduces recovery time. My patients often return to their regular activities within a week and look camera-ready in two.

The beauty of the vertical facelift is that it addresses multiple signs of aging in one procedure, from smoothing wrinkles to restoring volume in the cheeks and temples. This comprehensive approach eliminates the need for temporary fixes like fillers, providing long-lasting results. It's a game-changer for those looking to maintain their best appearance with minimal downtime and maximal effect.

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

Heather Merlo, [Sei Tu Bella Aesthetics](#) | Medical Spa | Tampa, FL

Summer is the perfect time to start getting ready for the holiday season. Everyone wants to look their best for events and family gatherings, but I often see clients waiting until the last minute and missing the opportunity to get the results they want. That's why I recommend the Morpheus8 treatment, a top-notch radio frequency microneedling series that works wonders over several sessions. Starting in the summer gives your skin enough time to rejuvenate, tighten, and restore collagen by the holidays. The gradual improvement in texture, tone, and firmness makes it ideal for those wanting noticeable, long-lasting results. After the treatment series, I like to fine-tune and polish the results with fillers to achieve optimal facial balance.

For summer skincare, I always suggest using a high-quality, broad-spectrum sunscreen. It's crucial to protect your skin from harmful UV rays, especially when the sun is strongest. A good sunscreen not only prevents sunburn but also helps maintain the results of treatments like Morpheus8, keeping your skin healthy, youthful, and protected. Think of sunscreen as essential as car insurance—it's the protection for your investment in RF microneedling.

For more information, visit Sei Tu Bella Aesthetics' [website](#), [Instagram](#), or [Facebook](#)!

One of my favorite summer treatments, and one the most requested treatments from my patients, is the all-natural, EZGEL injections for volumization and skin rejuvenation. EZGEL is a 100% natural, regenerative, and bio-stimulating gel that is derived from your own blood platelets.

As the days get longer and temperatures rise, no one wants to deal with heavy, greasy makeup that tends to smudge within a few hours. That's where EZGEL comes in: it offers the ultimate summer skin rejuvenation option to simplify your summer skincare routine and put your hydrated, and glowing skin on full display all summer long. The ideal canvas for any summer 'no-makeup makeup' look, EZGEL is used to increase skin volume and improve skin quality in the treated area, with results typically lasting for up to four months.

Unlike traditional dermal fillers, EZGEL is composed of your body's own growth factors, derived from your own blood, spun in a centrifuge, and then heated and cooled at precise temperatures to form a gel that is injected in areas of concern for not only instant volumization but also longterm improvement of skin quality. EZGEL's bio-regenerative properties stimulate collagen and elastin production over time, setting this exciting new

injectable apart from traditional fillers, as it can greatly improve skin texture and elasticity.

Whether you're attending a serene garden wedding or relaxing on a tropical island getaway, this autologous, bio-stimulating injectable is perfect for achieving flawless glass skin. EZGEL has proven to be effective for various concerns including cheek contouring, lip enhancement, eradicating dark under-eye circles, softening smile lines, and giving your skin a healthy, hydrated glow. Trade in those layers of makeup and frequent touch-ups this summer, for effortlessly radiant skin that you'll want to show off all summer long.

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

Dr. S. Alexander Earle | Body | Miami, FL

Summer is all about enjoying the sun and feeling confident in your skin, which is why I highly recommend the Avéli and Morpheus8 treatments for a quick Booty Makeover Express. Avéli effectively targets cellulite, reducing those pesky dimples, while Morpheus8 uses microneedling combined with radiofrequency to improve the skin's quality on the buttocks and thighs. Both treatments are minimally invasive with rapid recovery times, making them perfect for summer. Patients can look forward to showcasing smoother, more refined skin in their summer attire!

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

Dr. Amir Mahan Ghaznavi, AMG Plastic Surgery | Body | DMV

As we embrace the summer season, it's important to be mindful of the potential impact of increased sun exposure on our skin. Many people seek effective treatments to maintain a youthful glow during this time of the year, and one I highly recommend is RF microneedling. RF microneedling is not just any skin treatment; it's an advanced procedure that uniquely combines the benefits of microneedling with radiofrequency energy. Microneedling creates micro-injuries in the skin, stimulating collagen production while radiofrequency energy enhances the skin-tightening effects.

Here's why RF microneedling is a great choice for summer:

1. **Effective for Sun-Damaged Skin:** RF microneedling promotes the regeneration of new skin cells, leading to a more even complexion and reduction of sun-induced discoloration.
2. **Minimizes Pore Size:** RF microneedling helps minimize the appearance of enlarged pores caused by sweat, sunscreen, and environmental toxins.
3. **Safe for All Skin Types:** RF microneedling is safe and effective for all skin types, unlike some treatments that may not suit darker skin tones.

I highly encourage anyone looking to enhance their summer skincare routine to consider this innovative treatment. Your skin will thank you, and you'll love the way you look and feel all summer long.

For more information, visit AMG Plastic Surgery's [website](#), [Instagram](#), or [Facebook](#)!

Dr. Bertha Baum | Skin | Miami, FL

As a board-certified dermatologist, I frequently recommend microneedling radio frequency treatments due to their minimal downtime, making them ideal for patients concerned about sun exposure. While it's essential to apply sunscreen post-treatment, the lack of significant recovery time means you can enjoy your usual activities without much interruption. This treatment is one of my top choices because it combines efficacy with convenience.

To enhance the benefits of microneedling radio frequency, I often follow up with an Aquagold treatment. Aquagold is a micro-infusion of nutrients, allowing us to tailor the product mix to meet individual skin needs. The device uses a chamber with tiny microchannels to deliver these nutrients directly into the skin, whether post-procedure or on untreated skin. This treatment also boasts minimal downtime, typically only causing about an hour of redness.

In terms of skincare products, I advise opting for a lighter moisturizer during the summer months, especially if you're frequently exposed to humidity and heat. Maintaining a regimen that includes retinol is beneficial for ongoing skin renewal and health. Of course, sun protection is crucial year-round, but it's especially vital during the summer. I highly recommend a product like Pavise, which not only serves as an effective sunscreen but also offers anti-aging benefits by regenerating the skin and repairing damage.

In summary, by choosing treatments with minimal downtime like microneedling radio frequency and Aquagold, and using targeted skincare products, you can maintain healthy, protected skin throughout the summer.

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

Dr. Jay Arora | Vision | Scottsdale, AZ

Summertime brings about the best of feelings for most people. The warm air, the gorgeous beaches, the long days and late nights, and the beautiful bright sun all contribute to our love for the summer season. The exposure to the sun though comes with its own set of caveats for the eyes. Sunglasses are an absolute necessity as the daytime hours roll on. It's important to choose sunglasses that specifically have UVA and UVB protection. This can help ward off the early onset of cataracts and can prevent dry eyes and ocular surface diseases of the cornea. Preventative protection will help preserve those beautiful sparkling eyes and keep them functioning at their highest levels, so you can continue to experience the world in high-definition as it was intended!

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

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

In the summer months, the skin is challenged by high temperatures, UV exposure and damage, humidity, sweat, and congestion. Hydrafacial is a popular, safe, and effective treatment to have routinely in the summer months to help combat these challenges. The peptides and antioxidants in Hydrafacial neutralize the effects of free radicals and damage to the skin. The hydrafacial gentle exfoliation is perfect for summer, as deeper exfoliation from chemical peels can leave skin exposed and sensitive. Another great reason to use Hydrafacial in the summer is there is zero downtime. This means you won't experience any delays in getting back to a busy social calendar or preparing for upcoming events. A hydrafacial booster or serum is a potent add-on formula packed with active ingredients to treat specific skin concerns, in the summer the commonest skin concern happens to be hyperpigmentation. My two favorite summer hydrafacial serums for hyperpigmentation include Britenol which brightens and balances skin and minimizes the appearance of dark spots and sun spots, as well as Murad Vita-C which accelerates skin surface renewal, minimizes the look of dark spots and hyperpigmentation. Remember to use SPF daily and reapply generously throughout this exciting summer season.

For more information, visit ARA Med Spa's [website](#), [Instagram](#), or [Facebook!](#)

Iani Silveira, Bella Vida Aesthetics & Wellness | Medical Spa | Miami, FL

The Aerolase Neo Elite laser stands out as an ideal summer treatment in aesthetic practices for several compelling reasons. Firstly, its advanced technology delivers highly effective results across a wide range of skin types and concerns, from sunspots and pigmentation issues to hair removal and overall skin rejuvenation. Unlike some other lasers, it is safe and effective for use on tanned skin, making it particularly suitable during the summer months when clients may have varying degrees of sun exposure.

Moreover, the Aerolase Neo Elite is known for its quick treatment sessions and minimal discomfort, which is appealing to clients seeking efficient procedures with minimal downtime. This laser also stimulates collagen production, enhancing skin texture and firmness, which is beneficial after prolonged sun exposure. Its versatility and gentle yet powerful approach make it a preferred choice for both practitioners and clients alike, ensuring optimal results and satisfaction throughout the summer season and beyond.

For more information, visit Bella Vida Aesthetics & Wellness's [website](#), [Instagram](#), or [Facebook!](#)

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

My favorite summer treatment is laser hair removal. Say goodbye to razors, wax, and depilatories—it's time to be carefree and hair-free!

Eradicate unwanted hair effortlessly with laser hair removal, a non-surgical, non-invasive technique. A laser beam passes through your skin, zeroing in on the pigment in each hair. Energy then flows to the follicle's growth cells, inhibiting future hair growth. Most people respond well to laser hair removal unless their hair pigment is too light (gray, blonde, or

red). This is because laser hair removal targets pigment. If you have light skin and dark, coarse hair, you're an ideal candidate for laser hair removal. Just remember being tan is a contraindication to treatment.

We use the Clarity II™ system which seamlessly merges the power of dual-wavelength (755 nm, 1064 nm) capabilities with cutting-edge IntelliTrak technology that allows us to perform laser hair removal with reproducible consistency leading to the best possible results.

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

Dr. Jose Rodríguez-Feliz | Eyelid Surgery & Face | Miami, FL

My summer philosophy revolves around one core principle: protect your skin from the sun. Effective sun protection will benefit you far more than any other treatment. Alongside this, it's important to maintain your basic skincare routines, such as daily product application, monthly facials, and regular neurotoxin and filler treatments.

When I talk about protection, I focus on three main areas: skincare, clothing and accessories, and sun-safe habits.

Skincare: An antioxidant like vitamin C is a powerhouse in any skincare regimen. My go-to product is SkinCeuticals' Phloretin CF, which I use every morning. It shields my skin from free radicals and combats collagen degradation caused by UV light exposure. Equally important is the SkinCeuticals Daily Soothing UV Defense sunblock. It's crucial to apply sunblock every morning as part of your routine, but even more important is reapplying it throughout the day, especially when exposed to direct sunlight. The recommended reapplication interval is every two hours. For women, this can be challenging due to makeup, but powder-based sunscreens are a great option for easy reapplication.

Clothing and Accessories: I always remind my patients that sunglasses and hats can protect about 80% of the face and neck, significantly reducing the risk of sun damage and potential skin cancer. Additionally, there's a growing emphasis on SPF clothing, not just for beach outings but for daily use, including sports and outdoor activities.

Habits: Many patients are unaware that they can control their sun exposure to avoid the most damaging times, which are between 10 AM and 3 PM. For summer activities like exercising or sports, it's better to schedule them early in the morning or late in the afternoon.

By prioritizing these protective measures, you can enjoy the summer season while keeping your skin healthy and radiant.

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

Julia Bifulco, [Bellagena Med Spa](#) | Day Spa | Bradenton, FL

As the summer sun graces us with its brilliance, the Glo2Facial emerges as our spa's crowning jewel. This treatment, beloved for its unparalleled ability to rejuvenate and refresh, is the epitome of luxury and efficacy. The Glo2Facial harnesses the power of advanced skincare technology, delivering oxygen, nutrients, and hydration deep into the skin. This process not only revitalizes the complexion but also imparts a radiant glow that mirrors the summer sunshine.

What sets the Glo2Facial apart is its immediate and lasting results. Clients leave with visibly brighter, smoother skin that feels refreshed and youthful. The infusion of essential vitamins and minerals helps to combat the drying effects of summer heat, while also addressing common skin concerns such as dullness and fine lines.

Moreover, the Glo2Facial is a soothing, indulgent experience, making it a perfect respite from the summer hustle. It's a favorite among our clients not just for the results, but for the serene, pampering experience it provides. Embrace the season with confidence and a luminous complexion, knowing that the Glo2Facial is your secret to summer beauty.

For more information, visit Bellagena Med Spa's [website](#), [Instagram](#), or [Facebook](#)!

Dr. Anna Chacon | Skin | Miami, FL

My top summer recommendation for patients is undoubtedly sunscreen. It is essential for protecting the skin from harmful UV rays, preventing sunburns, premature aging, and reducing the risk of skin cancer. I advocate for a sunscreen with a broad-spectrum SPF of at least 30 for optimal protection. Consistent application, particularly during outdoor activities, is crucial for maintaining healthy skin. I also advise patients to enhance their sun protection routine with protective clothing and by seeking shade during peak sun hours. By prioritizing sunscreen, individuals can fully enjoy the summer while safeguarding their skin's health.

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