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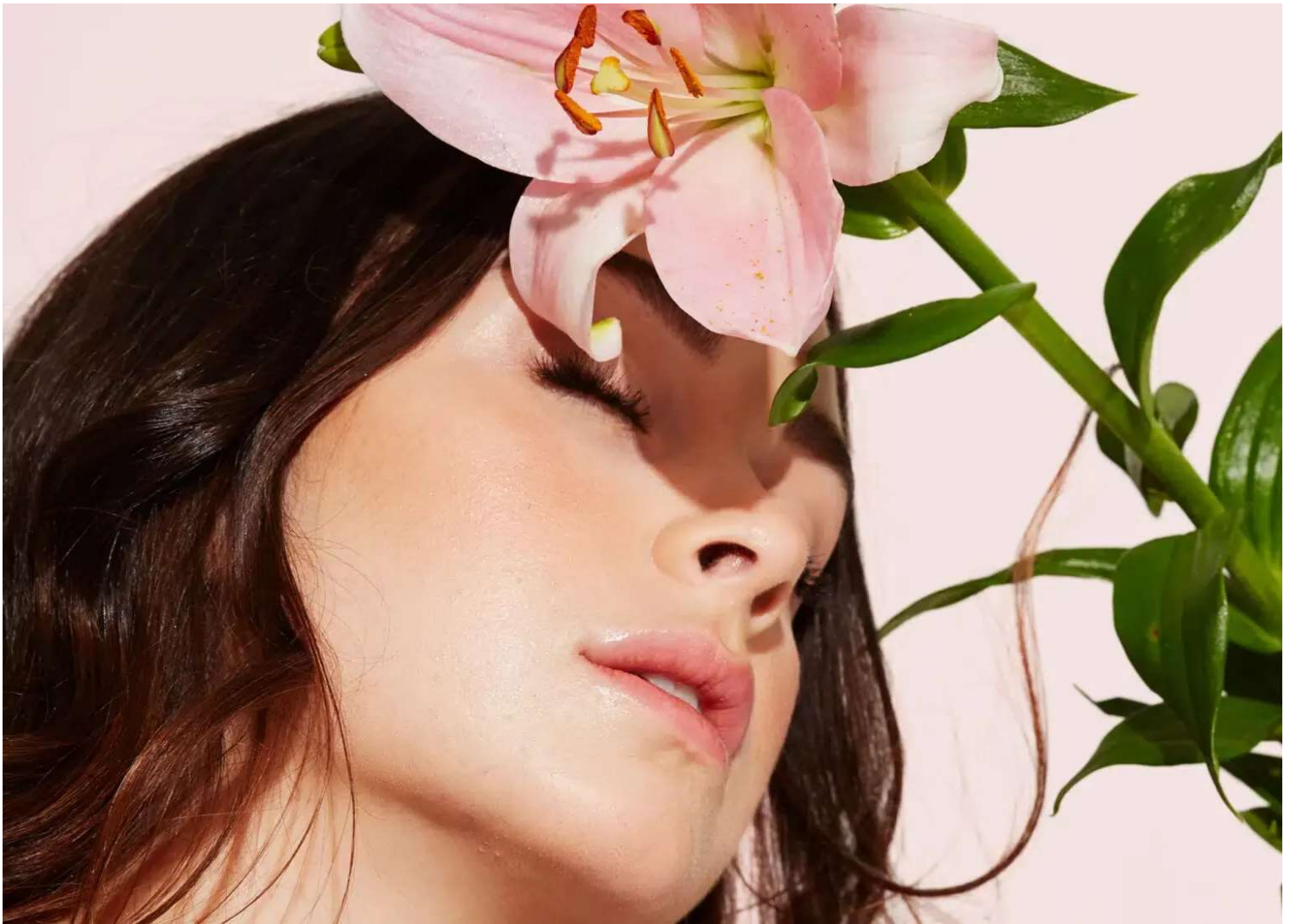
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The Cosmetic Treatments and Products Derms Incorporate Into Their Spring Skin-Care Routines

[Melanie Rud](https://www.realself.com/news/author/melanierud) (https://www.realself.com/news/author/melanierud) • Apr 18, 2023





Your garage and wardrobe aren't the only things that can benefit from a deep clean and refresh this season. Spring skin care is all about giving your skin some extra TLC—a little post-winter reset, as it were. That means addressing things such as dryness, dullness, and discoloration, plus prepping both your face and body for the warmer months ahead. There's no shortage of ways to do exactly that, so we asked sevenRealSelf doctors to share exactly which treatments (and products) they incorporate into their spring skin-care routine. Here, the lasers, peels, and creams they're relying on for a spring skin-care refresh, plus some helpful spring skin-care tips.

CO2 laser (<https://www.realself.com/nonsurgical/co2-laser>)

“During the winter, we're trying to protect our skin from the harsh elements and prevent irritation, dryness, and dehydration. But your spring skin-care routine is the time to shed those old layers through exfoliation. I find that physical scrubs cause problems, so I opt for a mild, brightening laser, like the Fraxis fractional CO2 laser.” —*Dr. Sheryl Clark* (<https://www.realself.com/dr/sheryl-d-clark-new-york-ny>), a board-certified dermatologist in New York City

“Springtime, for me, means a lot of switching between temperatures and activities, so I always like to prep my skin with regular contrast therapy consisting of ice baths or cryotherapy and time spent in the sauna. I’ll be bolstering that with [PRP \(https://www.realself.com/nonsurgical/prp-injections\)](https://www.realself.com/nonsurgical/prp-injections) delivered via a lightly ablative CO2 laser.” —[Dr. Cameron Chestnut \(https://www.realself.com/dr/cameron-chesnut-spokane-wa\)](https://www.realself.com/dr/cameron-chesnut-spokane-wa), a board-certified dermatologist in Spokane, Washington

Jessner peel (<https://www.realself.com/reviews/jessner-peel>)

“My skin tends to get dull and dry during the winter months, so I just freshened it up with a [Jessner peel \(https://www.realself.com/reviews/jessner-peel\)](https://www.realself.com/reviews/jessner-peel). This is a medium-depth peel that helps even out tone, reduce areas of hyperpigmentation, and smooth out fine lines and wrinkles. I did a couple of layers of the peel, so the peeling started at about day two to three and lasted until day seven, but I was only red for a day.” —[Dr. Farah Naz Khan \(https://www.realself.com/dr/farah-naz-khan-dallas-tx\)](https://www.realself.com/dr/farah-naz-khan-dallas-tx), a board-certified plastic surgeon in Dallas

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HydraFacial (<https://www.realself.com/nonsurgical/hydrfacial>)

“I love exfoliating and doing a deep cleanse of my skin as part of my spring skin-care plan. A [HydraFacial \(https://www.realself.com/nonsurgical/hydrfacial\)](https://www.realself.com/nonsurgical/hydrfacial) is basically spring cleaning for your skin and pores, helping to remove sebum and pollutants.” —[Dr. Anil Shah \(https://www.realself.com/dr/anil-r-shah-chicago-il\)](https://www.realself.com/dr/anil-r-shah-chicago-il), a board-certified facial plastic surgeon in Chicago

Pico lasers (<https://www.realself.com/nonsurgical/picosure>)

“I also love [Pico lasers \(https://www.realself.com/nonsurgical/picosure\)](https://www.realself.com/nonsurgical/picosure) to address pigment. There is very little heat generated, making them safe and effective for all skin types, including ethnic skin, whereas traditional lasers and IPL are just not as safe.” — [Dr. Shah \(https://www.realself.com/dr/anil-r-shah-chicago-il\)](https://www.realself.com/dr/anil-r-shah-chicago-il)

CoolTone (<https://www.realself.com/reviews/cooltone>)

“I tend to focus more on my body in the spring because I know summer is right around the corner. I love CoolTone (<https://www.realself.com/reviews/cooltone>), which uses electromagnetic muscle stimulation to tone up my body. The protocol is usually a series of six to eight treatments, done two to three times weekly, then monthly maintenance treatments a month after the initial series is complete.” —Dr. Janet Allenby (<https://www.realself.com/dr/janet-allenby-delray-beach-fl>), a board-certified dermatologist in Delray Beach, Florida

Clear + Brilliant (<https://www.realself.com/nonsurgical/clear-brilliant>)

“I’m all about a spring tune-up with Clear & Brilliant. I pair that laser with PRP and green LED light from [my] MMSphere2GO (<https://mmskinicare.com/products/mmsphere2go-1>); it helps brighten and combat inflammation, leaving you with fresh, rejuvenated skin for spring. I love using it after any in-office procedure.” —Dr. Ellen Marmur, (<https://www.realself.com/dr/ellen-marmur-new-york-ny>), a board-certified dermatologist in New York City

Skin Better Alto Defense Serum (https://store.skinbetter.com/alto-defense-serum-30-ml?utm_source=narrativ&nrtv_cid=.nrtv_plchldr)

“I maintain the results of my PRP and laser treatment with a topical antioxidant serum. I like both this one and SkinCeuticals CE Ferulic (<https://www.skinceuticals.com/skincare/vitamin-c-serums/c-e-ferulic-with-15-l-ascorbic-acid/635494263008.html>)

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—*Dr. Chestnut*

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Isdin IsdinCeutics Mineral Brush (https://www.isdin.com/en-US/sun-care/on-the-go-protection-isdinceutics-mineral-brush-8429420135185.html?utm_source=narrativ&nrtv_cid=.nrtv_plchldr)

“Daily life in the metro NYC area doesn’t entail a lot of sun exposure during the winter, but as soon as March hits, I begin carrying a powder sunscreen with me so that I’m always ready to reapply. I never know when I’ll suddenly want to take off a layer or sit outside for a meal. My favorite is this one, since it’s so sheer.” —Dr. Heidi Waldorf (<https://www.realself.com/dr/heidi-a-waldorf-nanuet-ny>), a board-certified dermatologist in Nanuet, New York

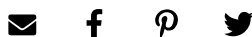
PRX-T33 peel (<https://www.realself.com/review/chemical-peel-prx-t33-revitalization>)

“I also like to do peels, such as this one, as part of my spring skincare. There’s relatively no downtime, and it can be done on any skin type.” —*Dr. Allenby*

Emsculpt (<https://www.realself.com/nonsurgical/emsculpt>)

“I also do four to six sessions of [Emsculpt](https://www.realself.com/nonsurgical/emsculpt), usually two per week, for my arms, legs, and butt. I look better in more-revealing spring clothes, and it helps me build stronger muscles for outdoor athletics.” —*Dr. Waldorf*

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Melanie Rud is a Chicago-based freelance beauty writer and editor. Melanie has held beauty editorial positions at Shape, Good Housekeeping, and Health. She now writes for multiple digital and print publications and also consults and does editorial work for major beauty companies.

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