

Fall Is the Best Time for Aesthetics

As the temperatures drop and the leaves start to change, it's the perfect season to shift your focus to your skin. While summer is all about sun protection and damage control, fall opens the door to real transformation. At [Revalla Plastic Surgery & Medical Aesthetics](#), we see this time of year as a reset - a chance to repair what summer left behind and get ahead of your skin goals before the holidays.

Here's why fall is the ideal season to invest in your aesthetic treatments, and how our services can help you make the most of it.

Your Skin Has Had Enough Sun For One Year

No matter how diligent you were with sunscreen, summer sun exposure adds up. UVA rays can prematurely age skin, causing wrinkles and age spots, while UVB rays are the primary cause of sunburn.^[1] That accumulated damage is exactly what many treatments are designed to correct - and exactly what makes fall the safest, smartest time to do it.

With lower UV levels and shorter days, your skin is naturally less sun-exposed in the fall. That matters because many aesthetic treatments work by creating a controlled response in the skin that can temporarily increase sun sensitivity, and clinicians note a higher risk of hyperpigmentation when skin has been tanned or recently exposed to intense sun.^[2] Less sun exposure in the fall means a lower risk of that kind of complication, and a smoother, more predictable recovery.

Cooler Weather Means Easier, More Comfortable Healing

Recovery matters just as much as the treatment itself. With less time spent sweating, swimming, or in direct sun, it's also easier to stick to the sun protection your skin needs while it heals. This makes fall an especially good time for:

- [BBL® HERO™ Laser](#) - to target sunspots, redness, and uneven tone built up over summer.
- [PCA Chemical Peels](#) - to address sun damage, uneven tone, redness, acne and signs of aging.
- **Perfect Derma™ Peel** - to improve pigmentation, acne, and resurface and even out skin tone.
- [Microneedling](#) - to trigger the skin's natural healing response and stimulate collagen and elastin production, which helps firm and smooth skin over time^[3].

- **Dermaplaning** - to remove built-up dead skin and peach fuzz for an instantly smoother, more radiant look.

Fall Timing Sets Up Bigger, Better Results

Many of our most effective treatments work through a series of sessions spaced several weeks apart, with visible improvement building gradually as new collagen forms.^[3] Starting in the fall gives your skin time to complete a full treatment plan and fully heal before summer sun returns, so you're not scrambling to catch up in the spring. It also means you'll be seeing the benefits right through the holiday season, when you want to look and feel your best.

Prep Now, Glow Through the Holidays and Beyond

Think of fall as your skin's reset button. By addressing summer sun damage now with treatments like our [BBL® HERO™](#), [chemical peel treatments](#), and layering in ongoing care like HydraFacials, [custom facials](#) or [microneedling](#), you're not just fixing what's already there - you're building toward healthier, more resilient skin well into the new year.

Ready to Refresh Your Skin This Fall?

Whether you're dealing with sun damage from summer, looking to smooth texture and fine lines, or simply want a healthy glow before the holidays, our team at Revalla Plastic Surgery is here to help you find the right treatment plan for your skin.

If you are ready to learn more, call **720-283-2500** and let's talk about which of our services is the right fit for your goals!

References

1. American Academy of Dermatology Association. "Sunscreen FAQs." aad.org.
2. Alam, M. "Laser Best Practices for Darker Skin Types." The Hospitalist / Curtis, via mdedge.com.
3. Cleveland Clinic. "Microneedling." my.clevelandclinic.org.