

Skin Theory Aesthetics Releases 2026 Holiday Aesthetic Treatment Planning Guide for Westchester County

Mount Kisco medical spa shares planning windows for injectables and skin treatments ahead of Thanksgiving, December celebrations, and New Year's events.

MOUNT KISCO, NY, UNITED STATES, October 9, 2026 /EINPresswire.com/ -- [Skin Theory Aesthetics](https://www.einpresswire.com/skin-theory-aesthetics) has released a 2026 holiday aesthetic treatment planning guide for Westchester County residents who are considering cosmetic treatments before seasonal gatherings, photographs, travel, and year-end events.



Skin Theory Aesthetics Inside Wall

The guide encourages patients to plan treatment timing around the expected course of each procedure rather than booking immediately before an important occasion. Skin Theory Aesthetics, located at 37 Moore Avenue, 2nd Floor in Mount Kisco, offers Botox and Dysport, dermal fillers, microneedling, chemical peels, and other aesthetic and wellness services. The practice states that every treatment begins with a personalized consultation and is performed by the same board-certified nurse practitioner.

Holiday Treatment Planning Guide

Botox and Dysport

For patients considering a wrinkle relaxer before a major event, the guide recommends leaving a planning buffer rather than treating at the last minute. The clinic shows Botox results at a two-week follow-up, and FDA information notes that botulinum toxin injections can cause temporary injection-site effects such as pain, swelling, redness, or bruising. Individual response varies, so consultation-based timing is important.

Dermal fillers

Patients considering lip, cheek, chin, jawline, or other filler treatments should allow additional time for normal post-treatment changes to settle. The FDA states that common filler side effects include swelling, bruising, redness, pain, tenderness, and itching, and that many resolve within days to weeks. For holiday planning, the guide advises scheduling well enough in advance to accommodate that variability rather than relying on a fixed recovery date.

Microneedling

The guide recommends planning microneedling several weeks, rather than several days, before an important event. Skin Theory notes that visible improvement develops over time, while the FDA lists common short-term effects such as redness, tightness, peeling, bruising, and discomfort. Because treatment response and recovery differ by patient, the appropriate interval should be set during consultation.

Chemical peels

Peel timing depends heavily on peel depth. The American Academy of Dermatology reports a healing time of about 1 to 7 days for a light or “lunchtime” peel and 7 to 14 days for a medium peel, with longer recovery for deeper peels. Patients planning around photographs or social events should therefore build in a recovery margin that reflects the specific peel selected.

A Consultation-First Approach

Skin Theory Aesthetics says holiday planning should begin with the event date, the patient's goals, skin condition, treatment history, and tolerance for visible recovery. The practice emphasizes natural-looking outcomes and individualized treatment plans rather than a one-size-fits-all holiday schedule.

The guide is intended as general planning information, not a guarantee of results or recovery time. Patients should discuss treatment-specific benefits, risks, contraindications, and timing with a qualified health care provider before proceeding.

About Skin Theory Aesthetics

Skin Theory Aesthetics is a medical spa in Mount Kisco, New York, serving patients from across Westchester County, including Chappaqua, Bedford, Armonk, Pleasantville, Katonah, White Plains, and surrounding communities. The practice offers injectable and skin-rejuvenation treatments with a focus on personalized care, clinical assessment, and natural-looking results.

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