

# Refresh - Aesthetics & Wellness Shares 2026 Florida Snowbird Skin Reset Guide

*As winter visitors return to Florida, Refresh outlines skin rejuvenation options, treatment timing and sun-safety considerations across nine clinics.*

FORT LAUDERDALE, FL, UNITED STATES, October 19, 2026 /EINPresswire.com/ -- Refresh - Aesthetics & Wellness, a Florida medical aesthetics and wellness provider with nine locations, has issued its 2026 Florida Snowbird Skin Reset Guide as the state's winter visitor season begins. The seasonal guidance addresses common skin concerns, sun exposure, treatment selection and appointment timing for residents who spend part or all of the year in Florida.

The central message is that an effective aesthetic plan should begin with a clinical assessment, not a seasonal promotion. A patient returning to Florida after months away may be concerned about sun spots, uneven skin tone, fine lines or skin laxity. Each concern calls for a different evaluation, and treatment decisions depend on skin type, recent sun exposure, medical history and available recovery time.

## **\*\*Why Sun Exposure Remains Central to Seasonal Skin Planning\*\***

According to the American Academy of Dermatology, cumulative exposure to ultraviolet radiation contributes to visible signs of photoaging, including age spots, wrinkles and changes in skin texture. Sun protection remains important even during Florida's cooler months and when a patient is considering professional skin treatments.

Refresh advises patients to have changing or suspicious skin lesions assessed by an appropriate medical professional before seeking cosmetic pigment correction. Recent tanning, sunburn, active skin conditions and previous treatments may also affect whether a laser or light-based procedure is suitable.



Microneedling at Refresh

## **\*\*Matching Treatments to Concerns, Not Trends\*\***

For appropriate candidates, treatment options may include intense pulsed light (IPL) photofacials for certain pigmentation and redness concerns; laser skin resurfacing, including CoolPeel and other CO2 technologies, for selected texture and fine-line concerns; and microneedling for specific skin-texture concerns. Ultrasound-based skin tightening, including Sofwave, may be considered for some patients seeking improvement in mild to moderate skin laxity.

Botox and other neuromodulators may be discussed for expression lines, while dermal fillers serve different goals involving facial volume and contour. These approaches are not interchangeable, and no single procedure addresses every sign of sun damage or aging. Device availability also varies by Refresh location.

## **\*\*Planning Before Holiday Events and Seasonal Departures\*\***

The guide emphasizes scheduling consultations well before weddings, holiday gatherings, family photography or return travel. Some procedures involve temporary redness, swelling, bruising or peeling; others require a series of appointments or gradual results over several months. Patients should also account for the ability to return for follow-up care and comply with post-treatment sun precautions.

"For seasonal residents, a thoughtful treatment plan should account for more than appearance. Timing, sun exposure, recovery and continuity of care all matter," said Jay Feinberg, founder and CEO of Refresh - Aesthetics & Wellness.

The broader interest in aesthetic care is reflected in the American Society of Plastic Surgeons' 2025 statistics, which identify neuromodulators, fillers and laser skin treatments among major minimally invasive procedure categories. The report also found a 24 percent increase in cosmetic surgical procedures among



Family Owned



Pre-Tox at Refresh - Aesthetics & Wellness

adults 66 and older in 2025. That national surgical statistic is not a measure of Florida snowbird demand.

### **\*\*Clinical Oversight and Statewide Accessibility\*\***

Clinical care at Refresh operates with medical oversight from Chief Medical Officer Christopher Senger, M.D., and its licensed provider teams. The organization emphasizes personalized consultations, informed consent, realistic expectations and follow-up planning rather than recommending the same procedures to every patient.

Refresh currently lists nine Florida offices: Jupiter, Wellington, Port St. Lucie, Vero Beach, Fort Lauderdale, Tampa, St. Petersburg, Brandon and Palm Harbor. Patients can review Florida locations, available services and consultation options through the organization's website.

### **\*\*About Refresh - Aesthetics & Wellness\*\***

Refresh - Aesthetics & Wellness is a Florida-based provider of medical aesthetics, skin rejuvenation and wellness services. Its offerings include injectable treatments, laser and light-based procedures, non-surgical skin treatments and physician-guided wellness services. Treatment availability, eligibility, recovery and results vary by individual and location. Learn more at [refreshmedical.com](https://refreshmedical.com).

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