

Best Summer Skin Treatments That Are Safe in the Sun

Summer is all about sunshine, vacations, pool days, and spending more time outdoors. While many people assume they have to put their skincare goals on hold until fall, that's not always the case. In fact, many aesthetic treatments can be safely enjoyed during the summer months with the right precautions and guidance from an experienced provider.

At SkinCenter, we create personalized treatment plans based on your lifestyle, skin concerns, and the time of year to help you achieve healthy, radiant skin all year long. Whether you're looking to smooth fine lines, refresh your complexion, or restore volume, there are plenty of options that can fit into your summer schedule.

Botox® and Dysport®: A Summer Favorite

Botox and Dysport remain two of the most popular treatments during the summer, and for good reason. These wrinkle-relaxing injectables help soften expression lines on the forehead, between the eyebrows, and around the eyes without requiring significant downtime.

Following treatment, we generally recommend avoiding strenuous exercise, excessive heat, and prolonged sun exposure for the first 24 hours. After that, you can return to your normal summer activities while continuing to wear sunscreen to protect your skin.

Best for:

- Forehead lines
- Crow's feet
- Frown lines
- Preventative anti-aging

Downtime: Minimal, with most patients returning to normal activities the same day.

Dermal Fillers: Restore Volume with Minimal Downtime

Summer is also a great time for dermal fillers, including Restylane-L and Restylane Defyne. Fillers can restore lost facial volume, soften deeper folds, enhance lips, and create natural-looking definition.

While mild swelling or bruising is common for a few days, patients can typically resume most normal activities immediately. We recommend avoiding excessive sun exposure, hot tubs, and intense workouts for about 24 to 48 hours to allow the treatment area to settle comfortably.

Best for:

- Lip enhancement
- Smile lines
- Cheek volume
- Jawline definition

Downtime: Mild swelling or bruising may occur for several days.

Facials: Keep Your Skin Glowing All Summer

Regular facials are one of the easiest ways to maintain healthy skin during the warmer months. Summer heat, sweat, sunscreen, and increased oil production can lead to congestion and dullness. Professional facials help deeply cleanse, exfoliate, and hydrate the skin while leaving your complexion refreshed.

Most facials require little to no downtime, making them an excellent treatment before vacations, weddings, or special events.

Best for:

- Dry or dehydrated skin
- Congested pores
- Dull complexion
- Maintaining healthy skin year-round

Downtime: Little to none.

Microneedling: Effective with Proper Planning

Microneedling remains one of the most effective treatments for improving skin texture, acne scars, enlarged pores, and fine lines. Although it can absolutely be performed during the summer, timing is important.

Because the skin is more sensitive immediately after treatment, patients should avoid direct sun exposure for several days and be diligent about wearing broad-spectrum SPF every day. If you have a beach vacation or plan to spend extended time outdoors, it's often best to schedule microneedling either before your trip with enough healing time or after you return.

Best for:

- Acne scars
- Fine lines
- Uneven texture
- Large pores

Downtime: Approximately 2–5 days of redness and increased sun sensitivity.

Chemical Peels: Timing Matters

Chemical peels are excellent for improving uneven pigmentation, sun damage, acne, and overall skin tone. However, because peels remove damaged outer layers of skin, your skin becomes more susceptible to UV damage during healing.

Light or superficial peels may still be appropriate during the summer with careful sun protection and limited outdoor exposure. Medium or deeper peels are often better reserved for the fall or winter when UV exposure naturally decreases.

If you're considering a chemical peel during the summer, our providers can recommend the safest option based on your skin type and seasonal plans.

Best for:

- Sun damage
- Hyperpigmentation
- Acne
- Uneven skin tone

Downtime: Varies depending on peel depth, ranging from a few days to over a week.

Don't Forget Your Daily SPF

No matter which treatment you choose, sunscreen is one of the most important steps in protecting your investment. Daily use of a broad-spectrum SPF helps prevent premature aging, pigmentation, and UV damage while supporting your skin's healing process after professional treatments.

Reapply sunscreen every two hours when outdoors, wear protective clothing when possible, and seek shade during peak afternoon sun.

Ready to Refresh Your Skin This Summer?

You don't have to wait until fall to invest in healthy, radiant skin. From Botox and dermal fillers to customized facials, microneedling, and chemical peels, many aesthetic treatments can be safely performed during the summer with the proper aftercare and sun protection.

If you're unsure which treatment is right for your skin or your summer schedule, the experienced providers at SkinCenter are here to help. We'll create a personalized treatment plan tailored to your goals, lifestyle, and skin concerns so you can look and feel your best all season long.

Contact SkinCenter today to schedule your consultation and discover which summer-safe treatments are right for you. Whether you're preparing for a vacation, a special event, or simply want to maintain healthy, glowing skin, we're here to help you achieve natural-looking, confidence-boosting results.