

## 7 Derm-Approved Skin Treatments to Do Before Spring

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As the urge to hibernate full-time officially sets in this month, consider turning those extra hours of Netflix into a beauty advantage. The absence of powerful sunrays and inflammatory heat during the snowiest months makes it the ideal time to book treatments that would require a heavy-duty beach umbrella (and sometimes a full-body caftan) in the summer.

Whether it's scheduling a dreaded laser hair removal session or finally ridding yourself of that once-inspirational tattoo, these treatments are better endured now than later, according to Manhattan's most in-demand dermatologists.

# Laser Hair Removal

The technology in laser hair removal is largely based on skin tone, so having an even, tan-free surface to work with means better, faster results. “Laser hair removal is best to do in the winter because there is less sun exposure than other times of the year,” says New York City dermatologist Paul Jarrod Frank, M.D., who sees permanent results in patients within four sessions, each around three weeks apart. “The laser targets pigment, therefore having the least amount of melanin makes the treatment easier, safer, and most effective.” Andréa Young, co-owner of Manhattan’s Beam Laser Spa, confirms that her practice sees yearly clients who strategically book sessions to coincide with the cooler, darker months.