

## The Best Quick Treatments for a Winter Glow-Up, According to the Pros

One and done glow boosters.

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**A**s the weather cools, so does the perfect opportunity to rejuvenate and refresh your skin. The skin and beauty pros all agree that winter is the ideal time for treatments that brighten dull complexions, restore hydration and target pigmentation—just in time for the holidays. Here, top aesthetic doctors share their favorite winter treatments to help you achieve that sought-after glow with options for every schedule and level of downtime.

### Liquid Gold

New York dermatologist [Paul Jarrod Frank, MD](#) recommends VSEL Aquagold for a no-downtime solution during the busy season. “Using the unique hollow-bored gold needles of the device, we can microneedle laser-activated VSEL PRP into the skin,” he explains. “VSEL cells are essential ‘backup’ stem cells for repair, offering a noninvasive treatment that improves hydration, reduces pore size and refines texture. It takes about 30 minutes, with results visible in five to seven days and lasting up to six months.”