



Fewer Fillers, Skin Cycling and More 2023 Skincare Predictions from Dermatologists

Get ready to take the "less is more" approach in 2023 when it comes to your skincare, as four dermatologists exclusively offered insight into the buzziest beauty trends of 2023.

Alyssa Morin | December 20, 2022



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'Tis the season to make New Year's resolutions that are more than skin-deep.

After all, there's no better time to map out your plans for 2023 than now. So, whether you want to manifest an exciting career opportunity, make improving your health the number one priority or *finally* nail down your skincare routine, it's time to set things into motion.

Between the *many* viral beauty trends to emerge from TikTok and celebs, navigating the skincare space can be overwhelming. But E! News has all of your bases covered.

We spoke to four dermatologists about the skincare trends they predict we'll see everywhere. As it turns out, next year just might be the start of a new beauty era, as skincare experts believe there'll be a move away from over-filled lips, opt for the less is more approach in our routines and a heavier focus on tried and true ingredients in products.

Let's dive into all the ways you can walk with your best face forward in 2023. shall we?

Put Your Best Face Forward:

But even though fillers are on the decline, Dr. Grossman explained that "feel good, look good" treatments will continue to be in demand. Among those are PRP (platelet-rich plasma injections), which uses a patient's own blood to improve skin quality, PRF (platelet-rich fibrin injections), which is similar to PRP but uses a different platelet concentration and **Renuva**, a treatment that restores age-related volume loss in the face and hands and body.

Moreover, the RAF FIVE advisor expects facial muscle stimulation treatments like Emface and triLift to rise in popularity since they "both help replenish the lost volume in the face, as well as stimulate collagen in the skin."

"One of the biggest breakthroughs in the anti-aging space is the new CellSound device," Dr. Gossman continued. "This uses non-focused Ultrasound waves and muscle stimulation, and is the first device in the cellular regeneration space."

As more people continue to choose these options, Dr. Grossman added, "I am so happy to see that the overfilled face and body are beginning to see a decline and I hope this trend continues."

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