

WELCOME TO OUR

March Newsletter

March Skin Resilience: Keep Your Glow Steady

March Skin Resilience: Tips for In-Between Weather

Navigating Dryness, Sensitivity, and Texture Changes

March in the Hudson Valley can feel unpredictable — one day it’s freezing and snowing, and the next the sun is out and there’s no need for your hat and gloves. These swings can leave your skin feeling dry, tight, sensitive, and uneven. This month, our focus is on keeping your skin resilient, balanced, and glowing as the seasons change.

While professional treatments are excellent for maintaining the health and appearance of your skin, at-home care is just as important. Switching between freezing outdoor air and the dry heat of our homes and cars puts stress on the skin, leaving it dry, sensitive, and prone to irritation.

Understanding how these seasonal changes impact your skin is the first step — taking deliberate action is the next. Gentle exfoliation a couple of times per week, staying well-hydrated, using a humidifier to combat indoor dryness, and applying SPF daily are simple yet effective ways to protect and maintain your skin’s health. For an added layer of resilience, consider incorporating serums rich in antioxidants or barrier-strengthening ingredients to keep your complexion soft, smooth, and glowing.



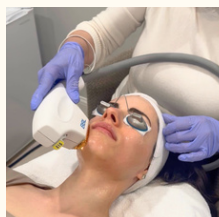
Service Recommendations

RESILIENCE AND BALANCE FOR IN-BETWEEN SEASONS



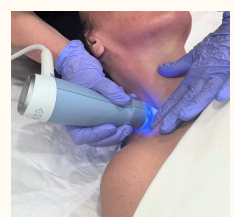
HYDRAFACIAL

Balance & Barrier Support: Keeps skin soft, smooth, and resilient against temperature swings



BBL HERO

Tone & Strength: Maintains even skin tone, reduces redness, and strengthens resilience

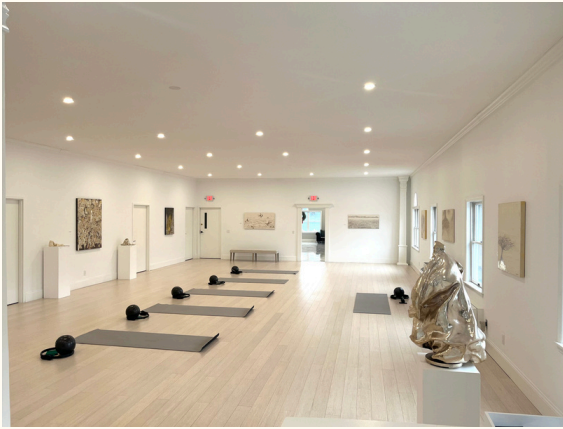


EXION RF MICRONEEDLING

Texture & Resilience: Smooths uneven areas, strengthens skin structure, minimal downtime

Events

At tyte Medispa & Gallery



Pilates | Every Saturday 10am - 11am

Skincare Recommendations

Alastin Restorative Skin Complex

A powerful daily serum that supports skin renewal while improving tone, texture, and overall radiance. Perfect for keeping skin balanced and resilient as we transition into the spring season.



Alastin HA Immerse

A deeply hydrating serum that helps boost the skin's natural hyaluronic acid levels for lasting moisture. Ideal for maintaining soft, smooth skin as we move from dry winter air into spring.



[Shop Online](#)

Alastin Restorative Eye Treatment

A nourishing eye treatment designed to smooth fine lines and improve the appearance of puffiness and dark circles. Helps keep the delicate eye area hydrated and refreshed as the seasons shift.



HAVE QUESTIONS OR NOT SURE WHERE TO START?
OUR TEAM IS ALWAYS HAPPY TO HELP GUIDE YOU

"Do today what your future self will thank you for!"

[Book Here](#)