

"People are "worn out" and "craving a sense of normalcy," says New York City board-certified plastic surgeon Haideh Hirmand. "I hear from patients that they want to lessen the signs of quarantine from their faces — that looking tired and having their lines back reminds them of life's disruption, and it's depressing to them."

With serious carpe-diem vibes, people are "allocating funds and time to self-care and prioritizing things that they may have put on the backburner," she says. Knowing life can change in an instant, the pandemic patient is anything but wishy-washy, Hirmand adds: "They either book something or not — they don't take days or weeks to decide."

"There is a direct link between what we see in the mirror and how we feel," notes Hirmand."