

16 Surprising Things Dermatologists Do to Their Skin

Their personal and unexpected tips for fighting blemishes, brightening dark spots, sealing in a youthful glow and more—plus, how champagne can help.

By Kari Molvar



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She uses face products on more than just her face. When used correctly, [face masks] can do wonders for the hands, as well. Also, using a facial exfoliator on your hands will strip away dead layers of the skin and leave your hands feeling soft and silky.

She's a sugar addict. My favorite natural skincare ingredient is sugar, specifically brown sugar or cane sugar. Either can be combined with a light massage oil, such a grapeseed or coconut oil, and used as a scrub on the skin. Sugar is a great source of glycolic acid, which, when used in chemical peels has been [proven](#) to help correct skin discoloration, remove dead skin cells and reduce sun damage as well as the appearance of fine lines.

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