

16 Surprising Things Dermatologists Do to Their Skin

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Debbie Palmer, DO

She jumps. I do 20 jumping jacks before putting on my makeup in the morning. Doing the jumping jacks gets circulation revved up, which circulates oxygen to every part of your body including your skin—giving your face a healthy flush. (I do this regularly throughout the day, when I'm able, to keep my skin glowing.)

She's big on bacteria. If you know you have a big event or meeting coming up and don't want to be surprised with a breakout, add probiotics (i.e., beneficial bacteria) to your diet at least two weeks (or even longer) before. Research has shown that acne can be a result of inflammation in the body, and that probiotics—found in yogurt, kefir and fermented foods like

sauerkraut and kimchi, as well as in supplements—have anti-inflammatory qualities.

She keeps this cooking essential handy. I soak my hands in extra-virgin olive oil any chance I get. Being a doctor, I wash my hands a lot, which can dry out skin. Olive oil is a staple of the Mediterranean diet because it's chock-full of healthy fats and antioxidants. Olive oil is also an emollient, which means it helps to soften and smooth dry, rough skin and helps to prevent water loss from the skin—which is why it's the perfect treatment for dry hands (it works for dry feet, too!). After soaking, I carefully wipe off excess oil with a soft paper towel—and put on "spa" gloves (which help keep moisture in) if I'm heading to bed. By morning, my hands are supersoft.

Dr. Palmer is a dermatologist at Dermatology Associates of New York in Harrison, NY.

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