

Super Social Derms



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Women's Health

The #1 Thing You Can Do To AMP UP YOUR WORKOUT RESULTS
BONUS: IT'S ACTUALLY FUN!

HOW TO UNLOCK YOUR MOST BRILLIANT IDEA YET
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KELLY ROWLAND'S STRENGTH SONG

DINNER'S (ALREADY!) DONE
The 11-Minute Meal

MAX MOTIVATION
WH'S FIRST-EVER MUSIC ISSUE

MENTAL HEALTH REPORT
Turn gahhhhh Into Growth (IT'S SCIENCE)



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Glowy Skin Go-Tos

Dermatologists are taking their expertise beyond the exam room, and we're here for it.

By Chelsea Traber Burns
Photographed by Corey Maywalt

Even though Sheila Farhang, MD, a dermatologist in Tucson, has the usual lineup of skin checks and condition appointments on her cal, she also takes time for Instagram. Why? To spread “evidence-based skin health and beauty info,” she says, adding that she often sees patients with problems from DIY treatments they saw online.

Take a scroll through Dr. Farhang's feed and you'll find her listing the pros and cons of ingredients like apple cider vinegar and sharing her fave over-the-counter acne fixes. While it may not be *exactly* what she learned in medical school, Dr. Farhang believes that posting legit info can help those who aren't able to see a derm on the reg. Where else is she sharing that insider knowledge? On *WH's* Derm Diaries series at WomensHealthMag.com, where Internet-famous derms spill their regimens. Here, we rounded up their top tips for absolutely stunning skin. Like!

Believe the C Hype

In just about every derm's a.m. routine? A vitamin C serum (after cleansing, before moisturizer).

“The antioxidant helps promote collagen production,” says Caroline Robinson, MD, founder of Tone Dermatology. It can be a *little* finicky when it comes to staying stable, which is why Laura Scott, MD, associate director of the Skin of Color Division at the University of Miami, likes **2) Drunk Elephant's C-Firma Day Serum** (\$80, sephora.com). “The air-tight dispenser protects it better than other packaging might.”

Exfoliate Strategically

For optimal glow, incorporate this step into your routine: “Exfoliating removes dead skin cells that dull your complexion and can prevent products from penetrating,” says Sapna Palep, MD, founder of Spring Street Dermatology. Choose your method: physical (an ingredient like sugar or salt scrubs away dead skin) or chemical (acids dissolve those cells). No matter which way you go—oily skin can handle either—most skin types should do it only a few times a week. Try **3) SkinMedica AHA/BHA Exfoliating Cleanser** (\$47, dermstore.com).

Always Apply a Retinoid

Retinoids are as close as you can get to a miracle skin-care product. “It helps me battle all of my problems—acne, acne scars, and melasma—at once while being one of the most effective anti-aging ingredients,” says Claire Chang, MD, a