

NEWBEAUTY®

5 Plastic Surgeons Share Their All-Time Favorite Hand Creams

Your hands show the first signs of aging, so taking care of them is essential.

Olivia Wohlner | March 11, 2022



Hand care ranks number-one within the body-care products category according to Spate, and it's rising so fast that the brand predicts a 316.4 percent growth between 2022 and 2023.

With so many products on the market, it's difficult to cut through the clutter and find the best of the best. Who better to ask than top plastic surgeons who are constantly washing and scrubbing their hands? We reached out to five experts to share their dry hand-saving picks.

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"I recommend the moisturizing Avène Moisturizing Melt-in Balm (\$27). It has a relaxing fragrance and wraps the skin in a comforting, long-lasting moisturizing effect. This body butter contains an oleo-soothing complex made from three plant oils and Avène thermal spring water. It also has a non-greasy, non-sticky finish to it."



—Dover, OH, facial plastic surgeon David Hartman, MD

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“My all-time favorite hand cream is Lollia (\$26). I love that it’s very hydrating, yet non-greasy. There is a huge selection of fragrances, all of which are heavenly.”

—Houston, TX plastic surgeon Olga Bachilo, MD



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“I like the L’Occitane Shea Butter Hand Cream (\$30). As a surgeon, I’m constantly washing my hands, using hand sanitizer before and after seeing every patient and scrubbing before surgeries, so my hands can get really dry. I’m always looking to use a thicker (and pleasant smelling) cream to keep them soft and smooth.”

—Beverly Hills, CA facial plastic surgeon **Kimberly J. Lee, MD.**



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“I have to be honest, I’m a little biased, but Dr. Speron’s Natural Skin Care Ultra Hydrating Booster (\$250) is the best hand cream available. This hand moisturizer and booster goes on so smoothly. You can’t even feel it there after 10 seconds, so it doesn’t leave you feeling greasy. My hands used to crack all the time from washing them multiple times a day but not anymore, all thanks to this product!”

—Chicago plastic surgeon Sam Speron, MD



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“L’Occitane Shea Butter Intensive Hand Balm (\$38) contains a high concentration of shea butter, which helps keep your hands nice and moisturized.”

—Houston, TX plastic surgeon Courtney El-Zokm, MD



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