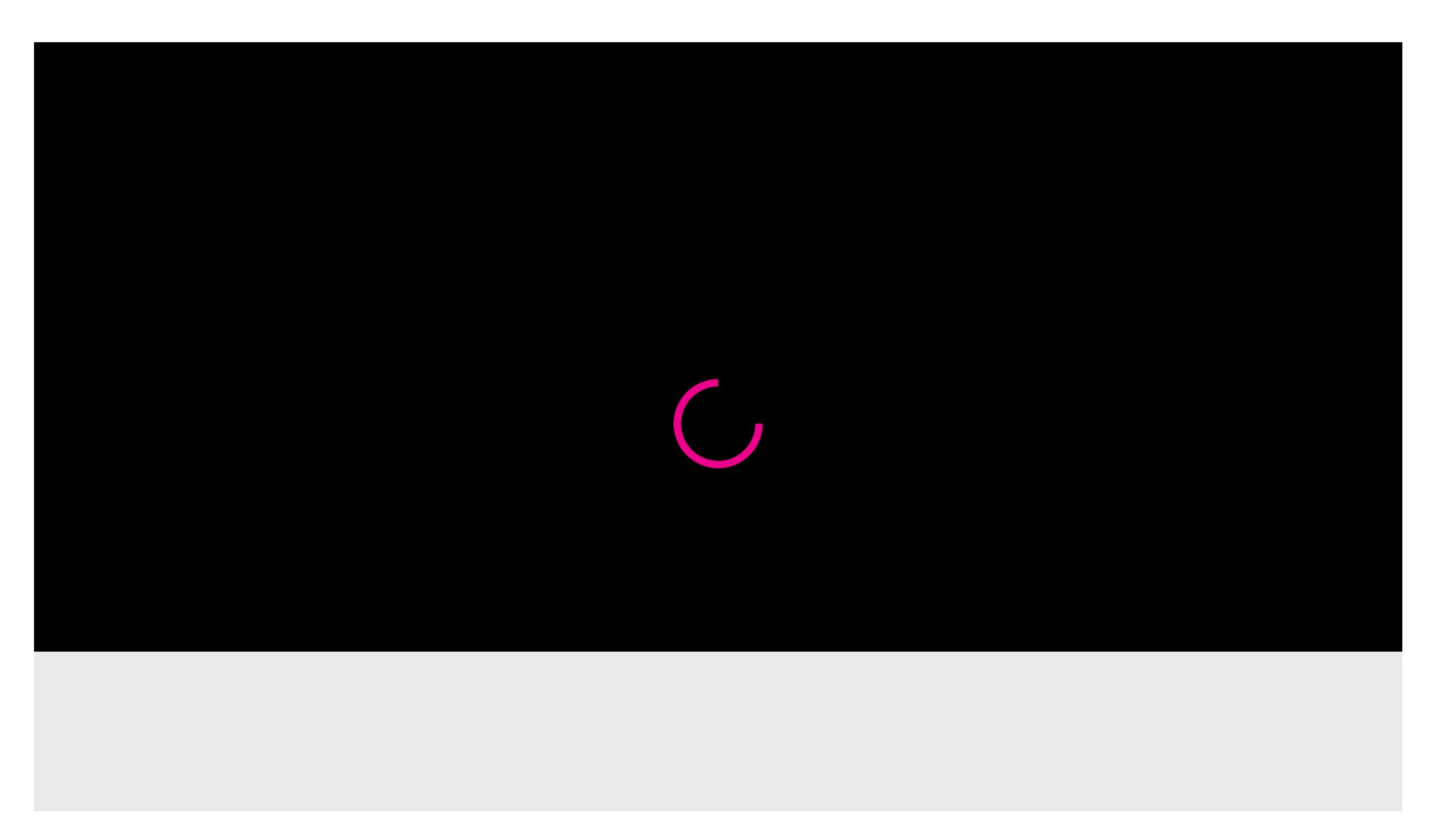
## Dr. Paul Nassif Debunks Some of the Wildest Celebrity Skincare Trends: Watch

By Meg Storm November 2, 2018



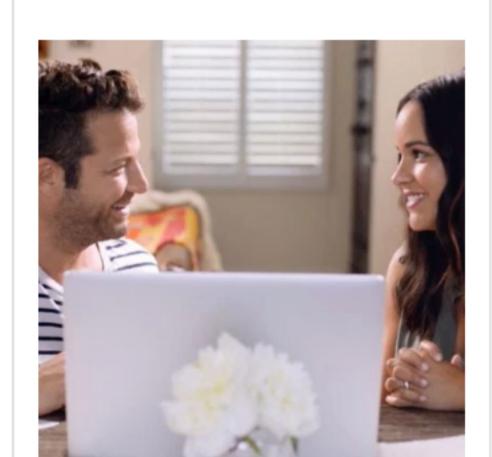




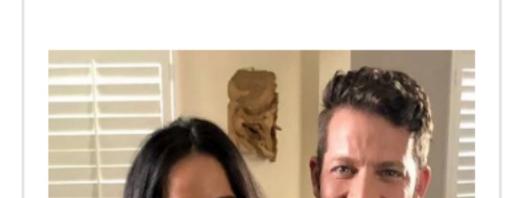


Nate Berkus Looks to

Nate Berkus Looks to Transform Melissa Fumero's Home With 'Really Easy Upgrades'



Nate Berkus Adds Style Into Melissa Fumero's Home With Easy Upgrades



Hemorrhoid cream to decrease under-eye bags? Strawberries as toothpaste? When it comes to beauty, celebrities have some pretty unusual tips and tricks, and *Us Weekly* got to work debunking some of Tinseltown's wildest skincare claims with plastic surgeon, NassifMD founder and star of *Botched Dr. Paul Nassif*. Check out all of the eyebrow-raising "hacks" above (Cindy Crawford's milk-based face mist, anyone?).

There is no denying that Sandra Bullock looks #flawless, but would you be willing to put hemorrhoid cream under your eyes like she has admitted to doing? While Dr. Nassif has heard that the lotion can, in fact, work in a pinch to decrease under-eye bags and puffiness, he wouldn't recommend it for longterm use (oh, and if you have high blood pressure, stay away entirely).

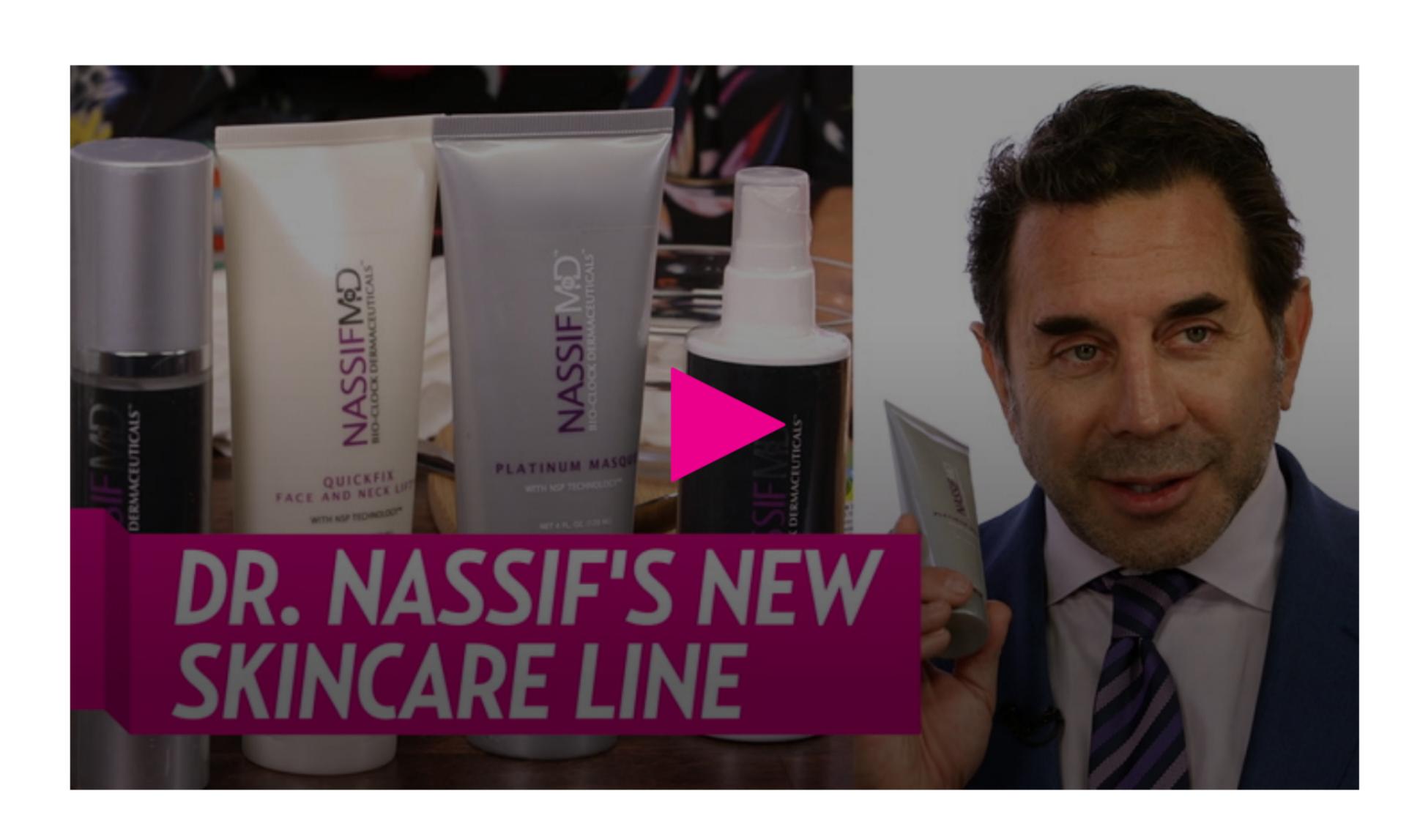
Everything You Need From the Affordable PacSun Kendall + Kylie Holiday 2018 Collection



As it turns out, the cream contains a decongestant called phenylephrine that, when applied topically, the *Botched* star says can take "any little blood vessels in the fat" below the eye and "shrink it in," but "it's probably not the best thing to put on your face all the time." Noted.

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Something that you can apply regularly to boost your complexion? The new products in his NassifMD skincare line. Just in time for the holidays, Dr. Nassif is launching a hydrating hyaluronic acid mist, a quick-fix instant face and neck tightening product, a brightening mask and an antioxidant-rich day cream.

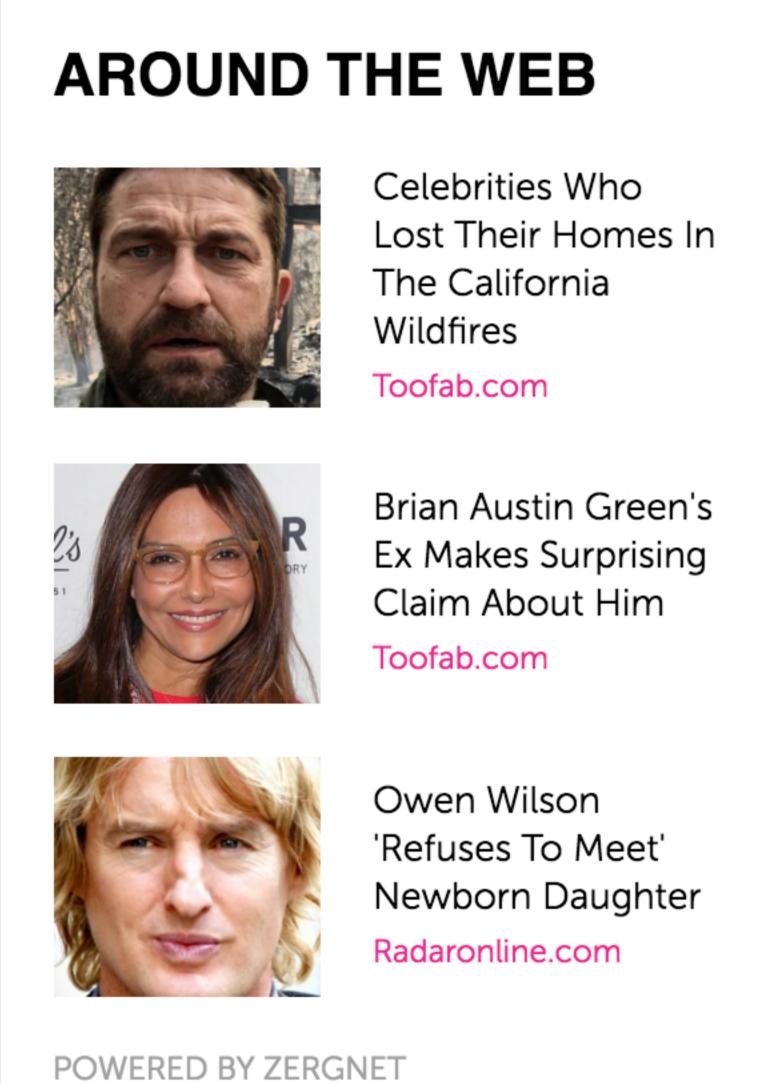


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"You have to take care of your skin," he tells *Us.* "If you want to actually have that elasticity so you don't have to visit the plastic surgeon [and can] maybe have Botox a lot later in life or have a heavy peel later, you want to start this in your twenties."

While his line has products for all skin types and concerns, there is one non-negotiable that he says everyone should be using from as early an age as possible: sunscreen.

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