

SKIN ▫ ANTI-AGING

8 Celebrity Dermatologists on the Advice They'd Give Their Younger Selves

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Hindsight is a wonderful thing. There are so many pearls of wisdom I would love to go back a decade and tell my 24-year-old self. Unfortunately, that's not possible. However, we can all learn from the advice of others at whatever age and, when it comes to skincare advice, who better to ask than the best [dermatologists](#) in the game?

From [Nurse Jamie](#), who has a client list that includes [Khloe Kardashian](#) and [Jessica Alba](#) to [Dr. David Colbert](#), who has tended to Hollywood's elite including Jennifer Lawrence and Naomi Watts ([read one Byrdie editor's review of his facial here](#)), I called on 8 dermatologists to reveal the skincare advice they would gladly jump into a time machine and tell their younger selves.

Keep reading for the advice that will change your skin, whatever your age...

Protect Your Skin Every Day

Who: [Dr. David Colbert, New York Dermatology Group Founder](#)

The Advice: "I would have protected myself better from the sun. Not only because it prevents skin cancer, but also because, as one ages, your skin can look 20 years younger if you protect it sufficiently from a young age. Other repercussions include wrinkling or sagging of the skin, brown spots and skin cancers. It's a simple but crucial step to take."