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Is a Facial Massager the Secret to Firmer, Tighter Skin? We Investigate

In my humble opinion, the best part of a facial, esthetician appointment, or skin treatment is the face massage. There's something simultaneously relaxing and invigorating about it; I always suspected that it was great for my skin, but it turns out that it's even better than I previously thought. Take it from dermatologist Dendy Engelman. "There are many benefits to frequent facial massages. It's a short addition to one's skincare routine that greatly enhances the skin's appearance." Plastic surgeon Melissa Doft agrees: "Facial massage devices can be helpful in increasing blood flow, leading to decreased puffiness and improved circulation," she says. "Patients find that they appear more awake and radiant."

MEET THE EXPERT

- [Melissa Doft, MD](#), is the founder of Doft Plastic Surgery and a clinical assistant professor of surgery at Weill Cornell Medical College.

Direct link: <https://www.byrdie.com/facial-massager-benefits>