

Women's Health

Is “Cortisol Face” Real? Doctors Sound Off On The TikTok Trend

It's not as common as social media is making you think.

BY [DANIELLE JACKSON](#)



Have you noticed your face looking swollen or slightly bloated lately? Don't freak—there are many reasons this can happen, and the effects are usually temporary. But if you've spent any time on TikTok lately, you may be convinced that you have what influencers are calling "cortisol face."

Meet the experts:

[Paul Jarrod Frank, MD](#), is a cosmetic dermatologist and founder of [PFRANKMD](#).

What actually *does* cause facial puffiness?

Aside from this official diagnosis, there are a variety of lifestyle factors that can also give the illusion of a fuller face, including lack of sleep, medications, and poor diet, according to cosmetic dermatologist [Paul Jarrod Frank, MD](#).

Can I lower my cortisol levels?

Of course, but again, don't expect it to change the shape of your face. Some proven ways to regular your levels: "Eat well, sleep well, meditate and exercise," says [Dr. Frank](#). If you regularly work out, you can also try implementing stress-relieving, low-cortisol workouts into your routine, such as walking, swimming, yoga, Pilates, and barre are all examples of the types of exercise that can do that trick and are easier on the joints and muscles.