9 Beauty Treatments Worth Trying in 2019

For those of us who follow beauty trends closer than important life events of our loved ones, it seems like there’s a crazy new treatment or product popping up on Instagram and YouTube every other day. From magnetic cyclashes to "penis facials", there's no end to the imaginations of the people who come up with every viral beauty trend. But knowing which ones are actually worth the hype is the tricky part. A lot of beauty treatments can be expensive, or they might be all flash with no real results. Luckily for you, I’ve rounded up a few of my favorite beauty treatments and products that pretty much anyone can — and should — try in 2019. Read on for my recommendations, and here's to looking #flawless in the new year.

24K Gold Treatments

When you hear the words 24-karat gold, you automatically think luxury. And while beauty products made with the ingredient seem glitzy, the results will make your skin sing. According to Dr. Paul Jarrod Frank, an N.Y.C.-based cosmetic dermatologist, "Gold is used as an anti-aging ingredient, as it can help reduce inflammation, which is a cause of acne and hyperpigmentation. When applied topically, it also helps brighten the skin."