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Tired of Facial Swelling? Here's How I Finally Beat My Puffy Face for Good

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Kiss “cortisol face” goodbye.



I've dealt with facial swelling for as long as I can remember and in various forms. From waking up with a [puffy face in the morning](#) to allergy-induced inflammation, there's no kind of facial swelling I haven't dealt with—or treatment I haven't tried to relieve it.

If you can relate—perhaps you're Googling “cortisol face”—you're in the right place. I'm also happy to assure you there is light at the end of the swollen tunnel. After years of trial and error, I learned that a combination of daily face massage, avoiding food allergies, and learning to manage my [sinus infections](#) has helped keep a [bloated face](#) at bay. However, the best treatment for you may be different. As you'll soon learn, it can vary based on your own personal needs. That's why we asked experts to break down all the options.

Is that the same thing as “cortisol face”?

Kind of. “If we have endocrinologic disease states where there are dramatically increased amounts of cortisol levels, either in our body or outside sources like medicine, we can get a condition called ‘cortisol face’ or ‘moon face’ where our face becomes round,” cosmetic dermatologist [Paul Jarrod Frank, MD](#), tells *Glamour*. Essentially, it's when your internal inflammation starts showing on the outside—and therefore, on your face. “When we don't sleep, don't eat right or drink alcohol, what do we have? We have puffy faces,” he says.

However, *actual* cortisol face or moon face is a medical condition, according to [Dr. Frank](#). “If there are chronic increased levels of cortisol, it can create puffiness and potentially change the shape of the face.”

What causes facial swelling and puffiness, then?

What causes facial swelling and puffiness depends on each individual. “There are several things other than cortisol that can make us feel swollen and puffy: alcohol, a high sodium diet, not sleeping, or general stress as a whole,” says **Dr. Frank**. “It’s not one particular thing, and certainly cortisol isn’t the only thing to blame when our faces feel round and puffy.”

How to prevent facial swelling

Healthy habits.

“You can get rid of cortisol face through lifestyle,” says **Dr. Frank**. “Eat well, meditate, and do things that decrease stress. This is going to manage your internal cortisol levels.”

Exercise.

“Exercise is one of the best ways to depuff and destress ourselves, and keep us looking and feeling our best,” according to **Dr. Frank**, so consider adding some light exercise into your routine. I know that my leisurely morning walks have made a major difference in my facial swelling.