

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 eyelashes](#) 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.

3 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."