

# BALMLABS

## 5 Easy Ways to Lower Your Cortisol Levels



Our Co-Founder and Chief Dermatologist weigh in on their favorite ways to unwind.

We don't need to tell you that stress is no joke. Elevated levels of cortisol (one of the main stress hormones) can wreak havoc on your skin—depleting beneficial oils, weakening the skin barrier and stimulating the overproduction of acne-causing sebum.

Now that the bad news is out of the way, here's the good news: there are lots of easy ways to lower your cortisol levels.

CHILL ME OUT