

TOWN&COUNTRY

The Most Sought After Beauty Gurus Across the Country

The dermatologists, nutritionist, trainers, and mindfulness masters who can make you look—and feel—like your best self.



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DR. ERIKA SCHWARTZ

The Park Avenue hormone concierge.

"My job is to find the core reasons for a patient's symptoms, not just to medicate or refer to other specialists," says Schwartz, an internist who is passionate about bioidentical hormones. "Positive changes come from learning to accept oneself and knowing that health is a process," she says.

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