



Experts Share Their Skin-Care Secrets

Ever wonder about Kate Somerville's favorite skin-care treatment? How Dr. Murad maintains his healthy glow?

It's no longer a secret—these skin-care gurus and other experts divulged their favorite tips and treatments, plus, the latest trends in skin care.



Dangene

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Dangene, Inventor of Skinovation (<http://www.dangene.com>)

Q: What is your favorite skin-care treatment?

A: "Dangene's SRT... cleaning, micro (wet and dry) oxygen and max led... This treatment is absolutely the way of the future. I created this treatment 17 years ago, and no one is even close to this day."

Q: What is your favorite beauty or wellness tip?

A: "SRT every week...and Dr. Paul Kempisty (he is a guru for health, beauty, strength [mind and body] supplements and acupuncture.)"

Q: What do you think is the future of skin-care treatments?

A: "SRT's and lasers."

Image courtesy of Dangene



Celeste Hilling

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Celeste Hilling, CEO, Founder, Product Formulator & Spokesperson, Skin Authority (<http://www.skinauthority.com/>)

Q: What is your favorite skin-care treatment?

A: "I love the Skin Authority Bacial. This inclusive experience keeps me from having to decide between a body treatment and a facial! The Bacial includes a relaxing massage while also giving all of my skin a healthy, effective treatment that has staying power."

Q: What is your favorite beauty or wellness tip?

A: "Know your lifestyle and be consistent. If you only have time to do two skin steps, embrace them and do them well. A beauty routine is like working out – there will be weeks when you are all in and weeks where you are out – know that about yourself and establish steps for which you can commit. As your lifestyle evolves, take an honest assessment of your regimen and adjust to best fit your current needs and future goals."

Q: What do you think is the future of skin-care treatments?

A: "Today's skin care technology enables Skin Authority to create treatments and products that treat multiple conditions and concerns naturally. Through bio-natural technology, we are moving beyond plant-based technology to body-based technology. The beauty of bio-natural technology is that the ingredients are 100% natural to the body. Therefore, they enable the body to address and treat conditions naturally. Skin Authority is introducing products this year in this category. Bio-natural is an exciting new frontier and goes far beyond what is seen on the surface."

Image courtesy of Celeste Hilling

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Howard Murad, M.D.

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Howard Murad, M.D. (<http://www.murad.com/>), Board-Certified Dermatologist, Pharmacist, Best-Selling Author, Holder of 18 Dermatology-Related Patents & More

Q: What is your favorite skin-care treatment?

A: "My favorite skincare treatment is our Sun Undone® Vitamin-C Infusion Facial at our Murad Inclusive Health Spa (<http://muradinclusivehealth.com/spa/treatments/facial-therapies/>) because it's really rich in powerful Vitamin C to the skin, which is really beneficial for all skin types. The treatment was designed to restore clarity, texture, elasticity and firmness, while fading pigmentation and smoothing out fine lines and wrinkles. Massage Envy (<http://www.messageenvy.com/facials.aspx>) also offers a version of this facial, which is wonderful as well."

Q: What is your favorite beauty or wellness tip?

A: "That's actually one of the most frequently asked questions that I get and my answer is always the same, "Smile daily, frown infrequently." Simply smiling is the quickest and easiest way to make yourself look more beautiful and it will make you feel better also!"

Q: What do you think is the future of skin-care treatments?

A: "There will be an even greater push towards treating skincare as healthcare. This is because skincare truly is health care. When we take care of our skin and repair the barrier we are protecting the whole body; but without heart, brain, endocrine and digestive health our skin cannot function. Over the past 20 years I have developed a system which I call inclusive health. It involves improving every cell in the body since ultimately they are all connected. Inclusive Health uses a three-pronged approach:

- Looking better through better topical skincare and professional treatments.
- Living better through proper nutrition and exercise.
- Feeling better through by reducing the stress of modern living which I call Cultural stress.

By dealing with the whole person we see dramatic results in skin health resulting in beautiful skin in a healthy, happy individual."

Image courtesy of Dr. Murad



Kate Somerville

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Kate Somerville (<http://www.katesomerville.com/>), Founder, Kate Somerville Skincare, LLC, Kate Somerville Skin Health Experts Clinic

Q: What is your favorite skin-care treatment?

A: "The DermalQuench Oxygen Treatment at my Clinic on Melrose Place. It's the most sought after treatment in my Clinic especially before a red carpet event. It deeply hydrates by using Hyaluronic Acid and Oxygen, while immediately reducing the appearance of fine lines and wrinkles. Skin is left feeling soft, smooth and glowy!"

Q: What is your favorite beauty or wellness tip?

A: "Drinking warm water with lemon in the morning. It has a detoxing effect and it improves digestion."

Q: What do you think is the future of skin-care treatments?

A: "Products based on Telomere research. A telomere is a region of repetitive DNA at the end of a chromosome, which protects the end of the chromosome from deterioration. When the telomere becomes too short, the chromosome reaches "critical length" and can no longer replicate. This means the cell becomes old and dies. When this happens to skin cells, it causes dryness, wrinkles and sagging – the visible signs of aging. The Telo-5 Technology in my Age Arrest Collection is based on Nobel Prize* winning science on the effects of telomere shortening and is formulated to take a comprehensive anti-aging approach to address the visible signs of aging – targeting wrinkles, roughness and dryness, uneven skin tone and loss of elasticity."

Image courtesy of Kate Somerville