

Health

GREAT HAIR
in seconds

LOSE YOUR BELLY!

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IN 7 DAYS

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TRUE BLOOD'S
Anna Paquin
The fun way she stays so sleek

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JUNE 2011

Age-Proof Your Skin Like a Star

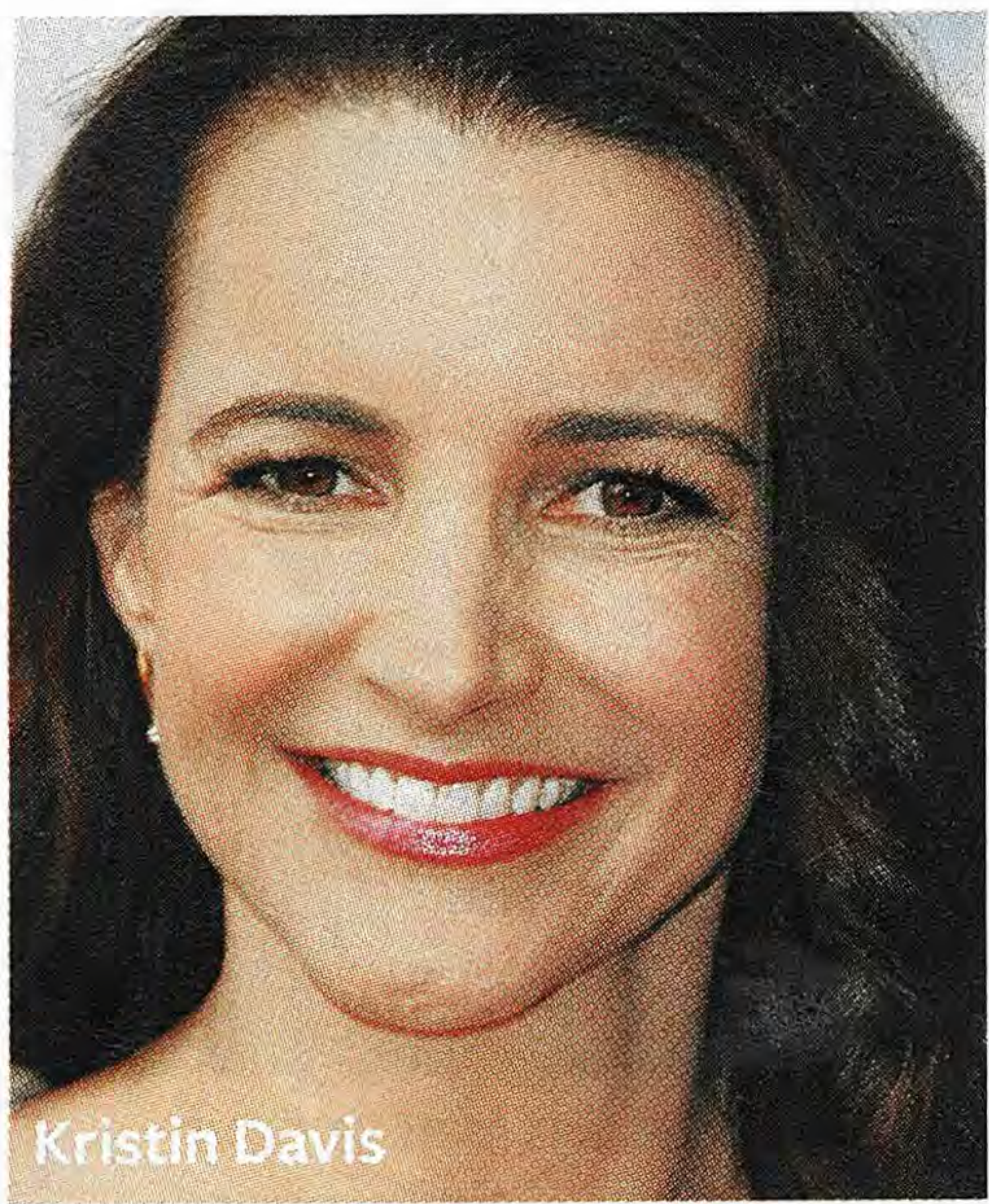
The award for best glow goes to ... you! That is, once you steal these Hollywood insider secrets. *By Ilana Blitzer*

SURE, CELEBS HAVE ACCESS TO WORLD-CLASS SKIN

docs, facialists with month-long waiting lists, and nutritionists who plot out (and even deliver!) their every meal. But that doesn't mean their stay-young strategies are out of reach for the rest of us. Here, Hollywood's most celebrated skin experts reveal the everyday habits and tricks that keep stars looking so great long-term. Your all-access guide starts here.



Minka Kelly



Kristin Davis

1 INVEST IN A CLEANSING BRUSH

Nothing beats it for removing makeup and providing a light, daily exfoliation, says Ava Shamban, MD, a celebrity dermatologist in Los Angeles. That means you'll get better absorption of the skin-care ingredients you apply after washing. Get that big-screen glow with the Clarisonic Sonic Skin Cleansing System (\$195; sephora.com) or the Olay Professional Pro-X Advanced Cleansing System (\$30; drugstores).

2 TREAT YOUR SKIN FROM THE NECK DOWN

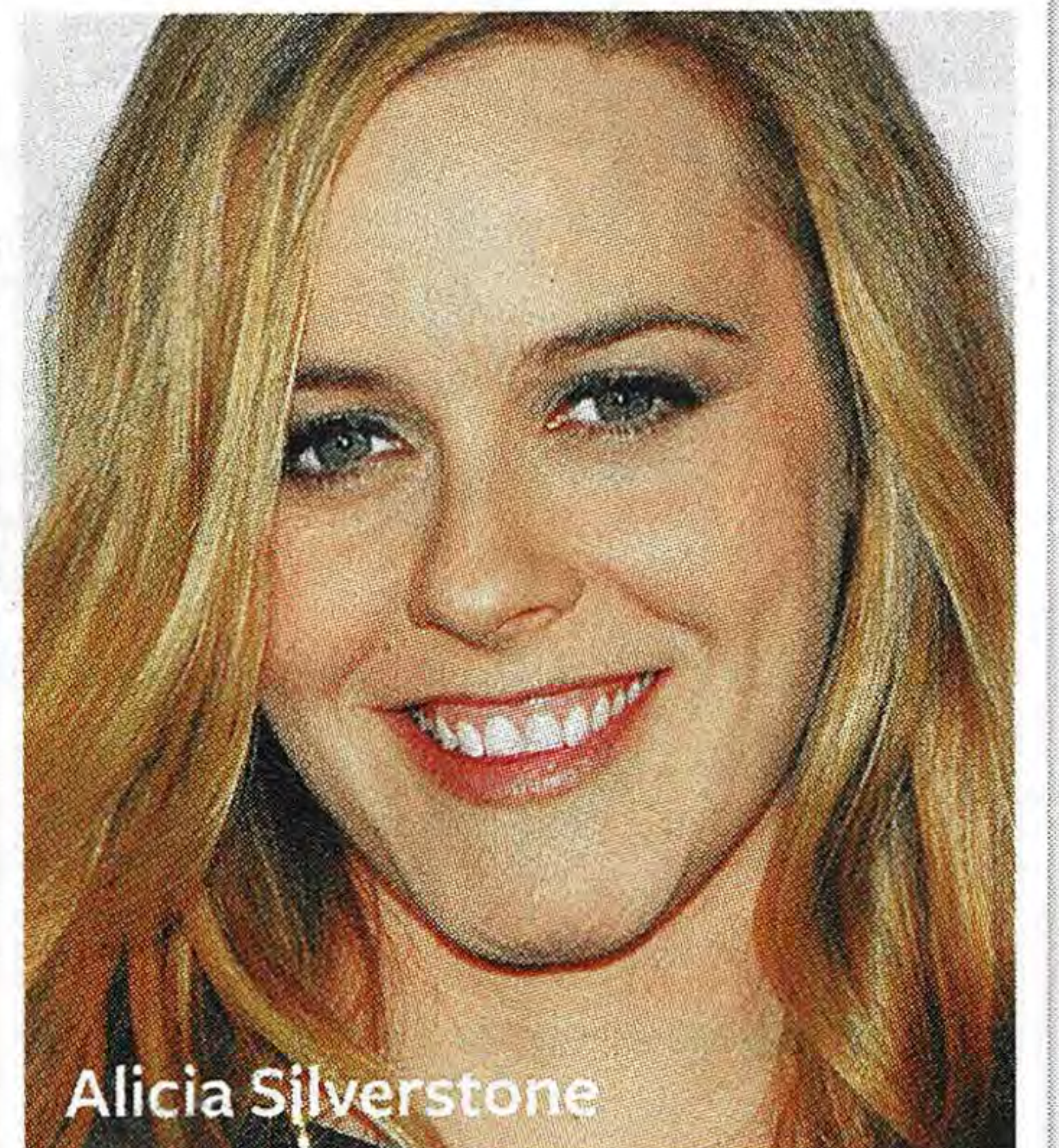
"Whatever you do on your face, do on your neck and chest, too—whether it's exfoliating, using brighteners, or applying sunscreen," says Jessica Wu, MD, a Los Angeles-based dermatologist. "When a celebrity goes strapless or does nude scenes, it looks bad if her face is clear and her chest is spotted with sun damage." Another tip: Try dry-brushing, suggests Hollywood derm Howard Murad, MD, whose skin-care formulas are a hit with Kristin Davis (left). Not only do the natural bristles of a body brush shed dead skin cells, but they also increase blood flow and stimulate the lymphatic system's ability to remove built-up toxins.

3 CLEANSE BEFORE YOU SNOOZE

Remember the glam-girl golden rule: "You can't go to sleep with your makeup on and have good skin—it's just impossible!" says Olga Lorencin-Northrup, founder and lead aesthetician of Kinara Spa in Los Angeles. "Skin renews itself overnight, so if you want to change the way your skin functions, the most important ingredients should be applied before bed." No matter how exhausted you are, take five minutes at the end of the day, put a little spa music on your iPod, and go through your nighttime cleansing and skin-care ritual, suggests Palm Beach, Florida, facialist Tammy Fender, who has treated Julianne Moore (right) and Alicia Silverstone (far right).



Julianne Moore



Alicia Silverstone