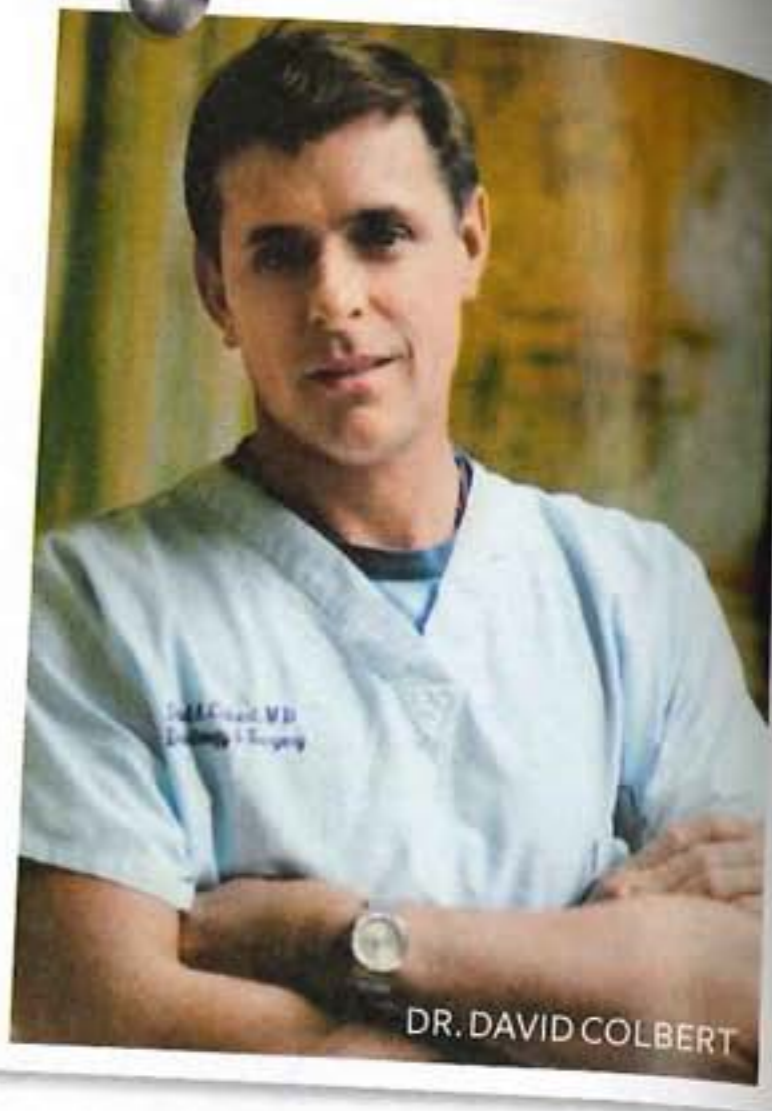


# PRO SECRETS

Dermatologist **David Colbert** gets glowing reviews from radiant regulars Angelina Jolie, Naomi Watts, and Michelle Williams. Now the New York City doctor prescribes his best tips for you



DR. DAVID COLBERT

## 1 Turn on the Lights

Want to double the impact of your anti-aging regimen? "Add light," says Dr. Colbert, a fan of Zeno's hi-tech device that mimics the effects of the LEDs he uses in his office. "In addition to stimulating blood flow and collagen production, its vibrations can help the active ingredients in your wrinkle serum penetrate faster."



Colbert M.D. Stimulate the Serum, \$135; colbertmd.com. Zeno Line Rewind wrinkle reduction kit, \$40; myzeno.com.

Rodin Olio Lusso lip balm, \$28; oliolusso.com.



## 2 Get Lush Lips Naturally

The New York City skin specialist is a regular consultant backstage at the Victoria's Secret runway shows. His trick for plumping the models' lips naturally? Rodin Olio Lusso balm. "It's made with jasmine oil, so not only does it have a wonderful scent, but it really locks in moisture and makes lips look fuller."

## 3 Avoid the "20-60"

Dr. Colbert uses the term "20-60" to refer to patients who have gorgeous, crease-free faces but wrinkly necks and hands that make them look older. "You have to be vigilant about applying sunscreen to the neck, chest and hands as well," he says. "Otherwise it looks odd." For daily all-over use, he recommends Eucerin's Everyday Protection face lotion. "It goes on light, absorbs quickly, and isn't expensive," he says.








Eucerin Everyday Protection face lotion SPF 30, \$9; amazon.com/beauty.



## Colbert's Beauty Foods

"Eating natural food is the first step toward beautiful skin," says Dr. Colbert. "It provides daily nutrition that is essential for a healthy glow." Clients **Naomi Watts** and Michelle Williams have taken his advice straight to the soil. "They both have gardens and grow their own food whenever possible," he says.

FOOD	SKIN BENEFIT	HOW TO EAT IT
 BLUEBERRIES	Antioxidants prevent free-radical damage	Drizzle honey on top—dessert!
 KALE	Detoxifying fiber makes skin clearer	Steam and toss with lemon and olive oil
 GREEK YOGURT	Calcium increases cell turnover	Add diced cucumbers and dill for a quick dip
 OLIVE OIL	Monounsaturated fat balances skin's moisture	Use instead of butter to scramble eggs
 ALMONDS	Omega fatty acids reduce inflammation	Snack on unsalted almonds during the day