

Charlize Theron's  
complexion  
is perfection.

# Secrets to Star-Quality Skin

We've sifted through all the strategies that celebrities swear by to attain stunning complexions and sussed out the real news you can use. Turns out, it's surprisingly simple.



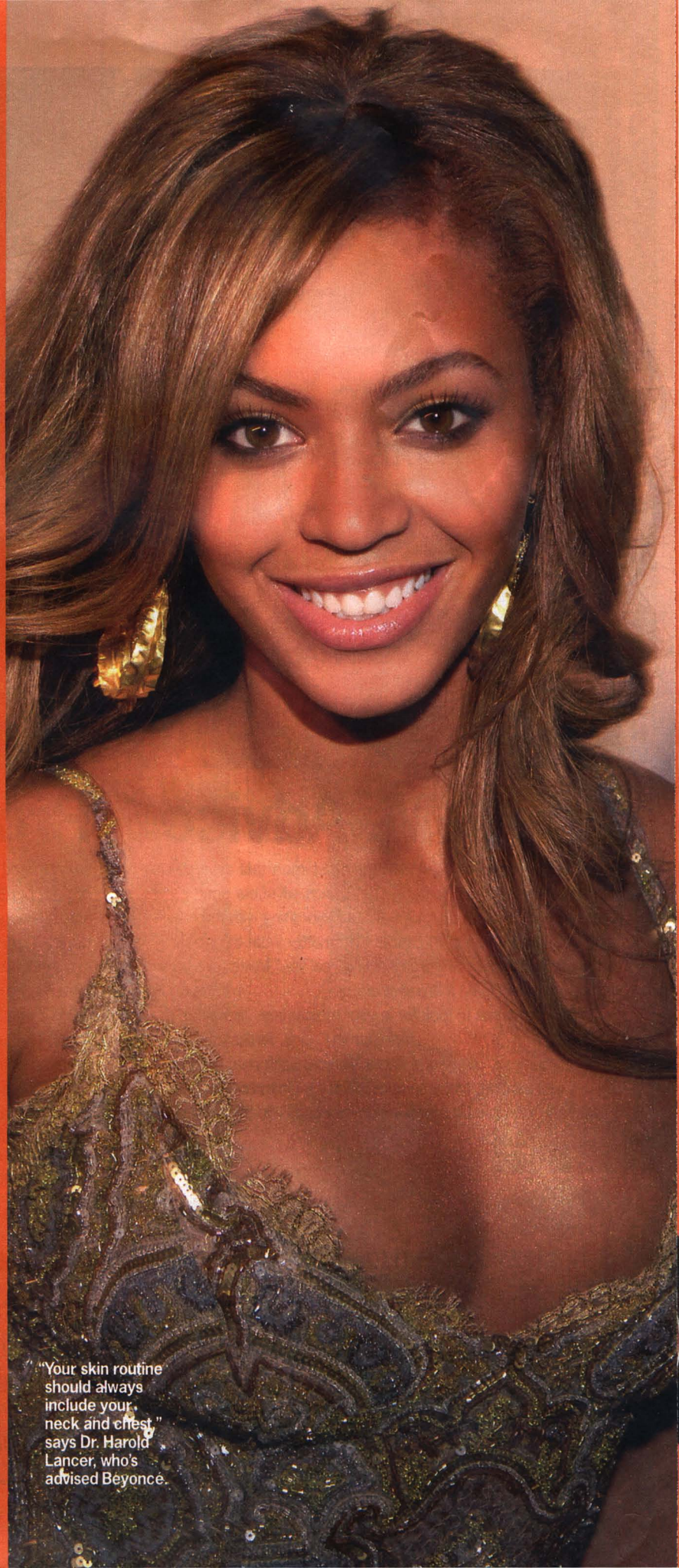
■ You've heard about the freaky attempts celebrities reportedly make to get perfect skin, like literally shocking their faces with electrodes. You may have even wondered if you should try some of these wacky treatments. But according to Beverly Hills dermatologist Harold A. Lancer, whose clients include Beyoncé, Jessica Simpson, and Denise Richards, there's a lot of exaggeration to these tales. "The public is deluded into thinking that all stars get bizarre things done, but it's not true," he says. "The majority are into doable, preventative skin care."

Here's the inside scoop on how you can use their real strategies to ratchet up your own radiance—rationally.



## Illuminating Cleansers

Face washes containing **benzoyl peroxide** or **salicylic acid** control breakouts by dissolving congestion in your pores, and chances are, you even use one. But celebrity dermatologists also suggest these sudsers to their pimple-free clients because they help boost glow. "The acids slough off dead cells too," explains Dr. Lancer, "which not only gets rid of dullness, it primes the skin to soak up more moisturizer, which in turn makes your complexion look dewier." A budget-friendly suggestion: Bioré Warming Anti-Blackhead Cream Cleanser, \$5.99. Cautionary caveat: If you have very sensitive skin, stick to an acid-free, gentle cleanser, warns New York Dermatology Group founder David Colbert, MD, who's been working on the set of *The Da Vinci Code* and also treats Cate Blanchett and Rachel Weisz. He likes Cetaphil Gentle Skin Cleanser, \$4.89.



"Your skin routine should always include your neck and chest," says Dr. Harold Lancer, who's advised Beyoncé.





Jessica Simpson  
clearly cares  
for her complexion.



We bet Rachel  
Weisz pampers her  
face postparty.

## Ace A.M. Advice

Hands down, when asked what is the most important daytime skin-care step for scoring a dazzling complexion, all of our sources stressed **sun protection**. "It's a major thing with the entertainment people," says Dr. Lancer. "No matter what they look like on camera, many are pretty pale in real life." Make sure your day cream has at least a broad-spectrum **SPF 15** in it. As for illuminating ingredients to look for in your moisturizer, "you need a **strong antioxidant**, like vitamin C or E, ferulic acid, green tea, or idebenone," suggests Santa Monica, California, dermatologist Ava Shamban, who can take credit for Charlize Theron's gleam. A good pick: Dior Hydracton Defense Fluid SPF 15, \$45.

## Pro P.M. Pointers

Do you need a night cream with a hundred ingredients? "No way—basic is better," explains Dr. Lancer. "It shouldn't have more than a dozen ingredients—anything more complex is hype." And just like the rest of your body, your skin will feel and look better if it's hydrated. "Use a cream that contains **hyaluronic acid**, which attracts and seals in moisture," says Dr. Lancer. It should also be packed with antioxidants (same as Dr. Shamban's daytime suggestions). Try Chanel Ultra Correction Anti-Wrinkle Restructuring Night Cream, \$90. If you already have fine lines, pick a product that has **retinol** too, which is the gold standard for erasing wrinkles, explains Dr. Colbert. Try SkinCeuticals Retinol Night Cream 0.5, \$42.

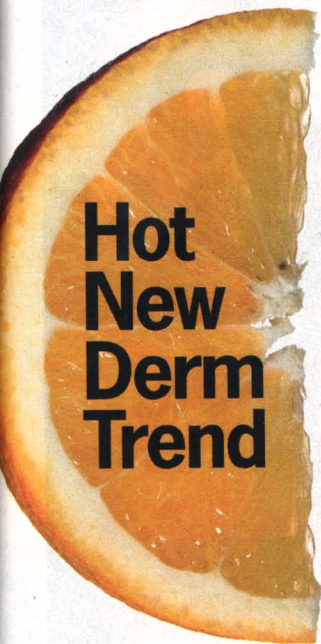
## How to Get More From Your Moisturizer

- **Apply** your cream to damp skin. "This will help seal in the moisture that's already there," says Dr. Shamban.
- **Massage** it in for at least 15 seconds, recommends Dr. Colbert. This will boost circulation and "push" the lotion into your skin as far as possible.
- **Snap** the cap or screw the lid on tightly to prevent oxidation, which can decrease the potency of certain ingredients, explains Dr. Colbert.



Make this dollop  
do double-duty  
for you.





# Hot New Derm Trend

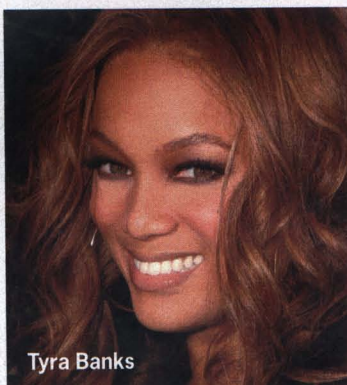
**Microdermabrasion or chemical peel?** Stars used to prefer one or the other, but now a combination of both is today's most popular pre-red carpet move. This evolution in exfoliation removes dull skin cells so thoroughly (without any traces of redness) that the glow is amazing, explains **Dr. Colbert**. **How to do it at home:** Olay Regenerist Microdermabrasion and Peel System, \$24.99, contains a derma-crystal scrub and a lactic-acid peel formulated to be used together. Already own both kinds of kits and wondering if you can use them on the same day? The answer's no. Give your skin a two-day break between kits. "After any deep exfoliation, use a vitamin C moisturizer. Your skin will soak it up," advises Dr. Shamban. Worth noting: Lancôme Resurface-C Microdermabrasion, \$85, comes with an excellent soothing serum.

## Star Spa Secrets

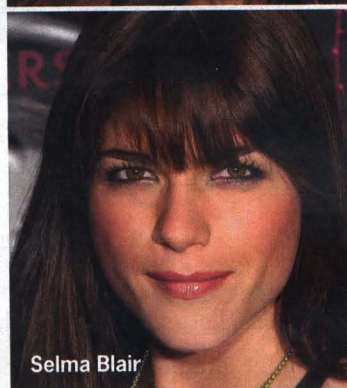
Olga Lorencin-Northrup, owner of Hollywood's Kinara Spa, reveals the like-magic tricks that make her a favorite of the Sunset Strip scene.

### 1 Max Out Your Facial Mask

Before applying a deep cleansing mask, Lorencin-Northrup, who counts Tyra Banks, Selma Blair, and Naomi Watts among her spa's clients, massages a few drops of olive oil into dry skin. "It gives the mask an extrahydrating kick," she says. She uses Osea Red Algae Mask, \$36.



Tyra Banks



Selma Blair



Naomi Watts

### 2 Reenergize Your Eyes

Tired-looking eyes can make an otherwise perfect complexion look drab. Lorencin-Northrup suggests placing two cotton pads saturated with cold cucumber juice over your lids for as long as you can. "This reduces redness and puffiness."

### 3 Illuminate Your Lips

Rub a mixture of rice flour (a gentle exfoliator) and olive oil over your lips for a minute. Rinse, pat dry, then apply a thick layer of honey (a humectant) followed by a big dose of petroleum jelly, and leave it on for 20 minutes. "This combo will make your lips plump and rosy," she explains.



Kate Hudson's makeup makes her even more radiant.

## Glow-Boosting Makeup Tips



**Highlight your high points**, like your brow bones, cheekbones, jawline, and nose. A great one: Benefit High Beam, \$22.

**Get glassy gloss.** Top any lip look with a light-reflecting lacquer. Try Elizabeth Arden Crystal Clear Lip Gloss, \$12.50.



**Don't cover up too much.** Use a sheer foundation with built-in sheen, such as Bourjois Happy Light SPF 15, \$20.

**Foxify your flush.** For a natural effect, try a pearly cream blush, like Paula Dorf Cheek Color Cream in Disco, \$19.



SOURCES: CELEBRITY MAKEUP ARTISTS KRISTOFER BUCKLE AND LESLIE LOPEZ