

**FACE SAVER #1:**

## When Stars Break Out

In Hollywood, zits can mess up more than a leading lady's mood. "I've had actresses tell me that directors delayed shooting because of a breakout—it's hard to hide when it's magnified on-screen," says L.A. dermatologist Jessica Wu, M.D. To keep recurring acne under control, pros often go beyond topical remedies. Beverly Hills dermatologist Boris Zaks, M.D., uses a procedure called photodynamic therapy on severely acne-prone celebs who can't wait weeks for pills or creams to work. He applies an amino acid medication to the face, then shines a blue light on it for up to an hour to activate the liquid. Most clients get the two-step process four times a year for a total cost of \$2,500 to \$4,000. Yes, you could buy a new wardrobe for that!

**BUT WAIT! I'M NOT A CELEBRITY (YET)** To zap chronic acne on a budget, try products that contain benzoyl peroxide or salicylic acid. They aren't as fast as fancy in-office treatments, but used consistently they *will* clear up most skin over 6 to 12 weeks. If a monster zit pops up, see your derm for a cortisone shot. It'll flatten your blemish within 36 hours—and costs around \$125 for a handful of pimples. "I do them before photo shoots or weddings," says Dr. Zaks. (One doctor we talked to even arranged for a local

Browse the right skin care products for your face at [glamour.com/shopping](http://glamour.com/shopping).



1992

1997

2002

2007

2011

nurse on a movie set in Africa to use cortisone on an actress who'd e-mailed him photos of her fire ant bites!)

If you feel a breakout on the horizon, try a preventive treatment like Clearasil Ultra Pimple Blocker Pen (\$10, at drugstores). Says *Parenthood* makeup artist Geri Oppenheim: "It's a favorite on set when one of the cast members feels a pimple coming on." Got oily skin? Use a product with sulfur weekly to soak up excess oil without overdrying. A diet tweak can also help. "I tell a lot of my patients to avoid dairy four weeks before they have to be on a set," Dr. Wu says. Your body retains the extra hormones from cow's milk, which can aggravate pimple-prone skin. "Even cutting back can make a difference. I've seen results in as little as a week," says Dr. Wu.

## HALLE, WHAT'S YOUR SECRET?

Over nearly 20 years, Halle Berry has actually gotten younger-looking. What's the deal? "Her skin truly is flawless," says her makeup artist, Fiona Stiles. "She's loyal to products from the Kinara Spa in L.A. and to her facialist there. Otherwise, I'm afraid it's genetics."

**FACE SAVER #2:**

## When Stars Lose Their Glow

Sounds simple, but pros say that regular exfoliation does wonders for rejuvenating celebs' complexions, which often take a beating from frequent travel and heavy makeup. "I insist on exfoliation, even if you have dry skin," says Dr. Evans. "You have to remove old layers first before products can really penetrate." Microdermabrasion treatments, which polish the face with tiny crystals, are a celeb favorite. They slough away dulling skin cells and create a ready and willing surface for anti-aging creams and serums. New York City dermatologist David Colbert, M.D., who treats Sienna Miller and Rachel Weisz, tackles the problem with his signature Triad treatment. "When HDTV kicked in, it became our most sought-after pre-awards show procedure," says Dr. Colbert. "We had to open a second office!" His clients pay \$400 for the microdermabrasion, laser toning and fruit acid process, and usually book it a week before major events, to get glowy.

Facial peels that contain papain enzymes or lactic acid smooth the skin's surface and boost radiance, too. "After filming a movie, where they're wearing heavy makeup, actresses often come in to get these peels to unclog their pores," reports Dr. Wu.

**BUT WAIT! I'M NOT A CELEBRITY (YET)** "Just use something with exfoliating beads," says Dr. Evans, and massage it lightly into your skin. Another less pricey option: a cleansing brush. "Use it three times a week, then apply a glycolic acid lotion or Rodin Olio Lusso Luxury Face Oil (\$140, Continued on next page ➔

## Stop the Too-Much-Too-Soon Plastic Surgery Trend!

One star trick we don't advise: using injectable anti-agers *before* you age. Recently, young celebs like Heidi Montag have submitted to the needle; twentysomething *Bridal-plasty* contestants even competed to get shot up. It's no wonder injectables were the most performed nonsurgical cosmetic procedure for women under 35 last year! But fixes that work well when you're older can backfire when used preventively, believes Richard Ellenbogen, M.D., an L.A. plastic surgeon. Certain injectables "can lower the brows and make a young woman look grumpy." Or...older. May we humbly suggest sunblock instead?



The Bachelor: Rome contestant Erica Rose, 28, once had her face injected on TV.

oliolusso.com) afterward for a nice glow," says Dr. Colbert. Worried your skin is too sensitive? Slough it with the most basic exfoliator money can buy: a wet washcloth. "For a major event a while ago, my A-list client had just returned from a ski trip and her face was *chapped*," says Clarins celebrity artist Pati Dubroff. "To heal and refresh her skin, I lightly buffed her with a washcloth and a gentle cream cleanser and then massaged oil into the skin—she glowed on the red carpet."

To do a cheap version of Dr. Evans' popular papain enzyme peel, try her at-home recipe. "Take chunks of papaya, mix it with egg whites and spread it over your face. It'll form a nice mask," she says. "I've made it myself, and I've recommended it to clients I couldn't get to." Leave it on for 10 minutes, rinse and moisturize.

**FACE SAVER #3:**

## When Stars Get All Dry

Dryness may seem like a minor issue, but parched skin robs women of that healthy, awake look we all want. Often regular moisturizer isn't enough. Enter the DermalQuench Oxygen Treatment offered at Kate Somerville Skin Health Experts clinic in Los Angeles. Bold-faced names like Lea Michele and Nicole Richie are fans. The \$250, hour-long facial douses skin with hyaluronate, a natural lubricant that diminishes as we age—it's what helps skin hold water in. Once replenished, the face looks soft, and little lines aren't as noticeable. "I have regulars who do this treatment weekly, but before the Emmys and Oscars, our clinic is packed with celebs coming in for it," says Somerville.

**BUT WAIT! I'M NOT A CELEBRITY (YET)** "I tell all my clients that steam goes a long way," says Somerville. "I do it myself when I'm tired or I've been traveling." The mix of water and heat opens up pores, releases impurities and softens the skin. If you don't have a face steamer, boil a pot of water, then remove it from the heat. Lean over it just enough so that the steam is hitting your face. Wait 5 to 10 minutes, pat your face dry and moisturize.

For a quick and easy moisture mask, Dr. Wu suggests combining honey and oatmeal. "It's cheap, very emollient and helps to hold moisture in your skin," she says. Smooth it on, wait 10 to 15 minutes, then wipe off with a washcloth.

## MORE SKIN STUFF CELEBS SWEAR BY

We asked, they blabbed. Here's what stars grab when their faces rebel.



**A makeup eraser**

"Koh Gen Do Cleansing Spa Water (\$35, barneys.com) takes off my mascara, eyeliner, everything. It's not oily or drying."

—Jennifer Morrison, CBS's *How I Met Your Mother*



**A lip softener**

"I was just in Alaska, where I plastered my lips with Vaseline Petroleum Jelly (\$1, at drugstores). John [Krasinski] is grossed out by it."

—Emily Blunt, *The Adjustment Bureau*



**A skin quencher**

"Dermalogica Active Moist (\$37, dermalogica.com) never gives me breakouts. The makeup team on *Up in the Air* got me hooked."

—Anna Kendrick, *Twilight*



**A cleansing combo that works**

"After work I remove my makeup, then use the whole Proactiv regimen (\$60 for 3-step system, proactiv.com)—it leaves my skin nice and clean."

—Heather Morris, *Fox's Glee*

**FACE SAVER #4:**

## When They Just Look Damaged

Pollution, smoke, sun—nobody's face is 100 percent safe from environmental damage, especially if you, say, film war movies and vacation in St. Barts. Skin creams with antioxidants like vitamins A, C or E fight free radicals (collagen-diminishing skin agers). Dr. Evans blends them in her office for VIP patients. "Antioxidants really make a difference," she says.

**BUT WAIT! I'M NOT A CELEBRITY (YET)** Look for drugstore products with skin protectors like vitamin A, C and E. "Coffeeberry also has antioxidant effects like those of vitamin C and green tea," says Dr. Zaks. Be sure to use a moisturizer that works for your skin type: a cream if you have dry skin; a lotion if your complexion is normal. And stick with something oil-free or use a serum if you're acne-prone like...oh, we won't name names. ■

## Four At-Home Face Savers

1. **FIGHTS DULLNESS**  
Neutrogena Clear Pore Daily Scrub (\$8, at drugstores)
2. **FIGHTS DAMAGE**  
Origins Plantscription Anti-aging Serum (\$55, origins.com)
3. **FIGHTS ZITS**  
Kate Somerville EradiKate Acne Treatment (\$22, kate-somerville.com)
4. **FIGHTS DRYNESS**  
Roc Multi Correxion Lift Anti-Gravity Night Cream (\$30, at drugstores)

