



BEAUTY

# PAGING Dr OSCAR

When the red carpet beckons, the world's leading skin doctors are on call 24/7 to smooth lines, banish blemishes and stop breakouts in their tracks. Here, they reveal the treatments they use to get glowing results – fast!



*The designer gowns* have been selected, the hairdressers and make-up artists booked and the diamonds polished to perfection. But there's one thing remaining on every celebrity must-do list to ensure they look their very best when they hit the red carpet at the Academy Awards this Sunday – an appointment with one of the world's best skin doctors.

There are a small and very select group of talented professionals on call 24/7 throughout awards season, ready to tackle even the tiniest skin imperfection and give their A-list clients that winning glow – whatever the outcome on the stage that night.

These doctors tend to the skin of the rich and famous all year round but every February, no matter where they are, they fly to Los Angeles to open pop-up clinics or offer home or hotel visits ahead of the big day – and of course, they never go anywhere without their portable skin-perfecting kits. But just what do these contain? HELLO! found out...

"I always travel with this," says Dr David Colbert, unzipping a chic black backpack. In it, there are phials of Botox, hyaluronic acid fillers, his own range of products plus numbing creams and the all-important hydrocortisone injection, primed and ready to zap any last minute, stress-induced spots.

Dr Colbert is responsible for the flawless faces of some of the world's most beautiful women, including the Victoria's Secret models. At Oscars time, he decamps from his dermatology clinic in New York and sets up a pop-up shop in LA, where he is on hand to offer red carpet facials and body treatments to skin-savvy celebrities including Jennifer Lawrence (above left), Rachel Weisz, Angelina Jolie, Sienna Miller, Michelle Williams, Naomi Campbell, Miranda Kerr and Naomi Watts (above right).

Dr Colbert's red carpet Triad Medical Facial



was, in fact, developed specifically for use in the awards season.

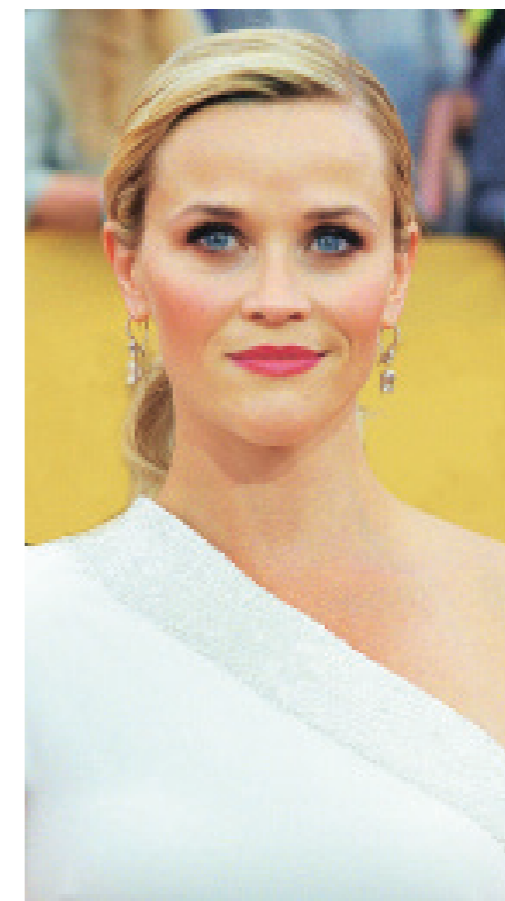
"It's a laser treatment bookended by microdermabrasion," he says. "First, we use a collagen-boosting laser all over the face to stimulate the fibroblasts to create more collagen immediately. You see results within the hour. Then we have a mild acid exfoliation, followed by a hydrating serum and oil, sealed in with LED lights in orange and red to further boost collagen. Finally, we wrap the face in warm towels and the patient is red-carpet ready."

The treatment has some high-profile fans. Actress and director Angelina Jolie calls the Triad facial the "raindrop" treatment, as it feels like raindrops on your face, while Golden Globes hosts Amy Poehler and Tina Fey had the facial ahead of last month's ceremony.

Ideally, Dr Colbert will see clients the day before the ceremony to ensure the best results, but he will also be working on attendees' skin on the morning of the event.

"There's always a last-minute emergency," he says. "Perhaps a breakout that needs injecting with hydrocortisone to take out the redness and inflammation, or an LED light to kill bacteria and calm the skin; a cold sore – which again I inject with hydrocortisone and then prescribe a large dose of anti-viral medication; or an irritated outbreak of dry skin that needs treating with my Illumino Face Oil and a touch of petroleum jelly."

Also running an Oscar clinic in LA throughout red carpet season is Dr Howard Lancer, whose appointment book is back-to-back throughout January and February with the likes of Reese Witherspoon (above right), Jennifer Lopez



(above far left), Victoria Beckham, Kim Kardashian, Beyoncé, Katy Perry, Mena Süvari and Eva Mendes asking for his help.

It is estimated that over the weekend of the Oscars, Dr Lancer will see around 70 clients, most of whom will want a combination of red or blue LED light therapy, Viora face-firming treatment and his Vegan Stem Cell Facial, a last-minute deep cleanse and skin-plumping/hydrating facial that temporarily erases fine lines and combats the after-effects of flying.

"These people are already on a regime of great skincare so we're just making sure there are no emergencies and that any exposed skin looks perfect," says Dr Lancer.

With the eyes of the world upon them, celebrities take their skin very seriously and many are happy to share their

complexion secrets with fans. Kate Hudson recently instagrammed a photo of her pre-Golden Globes products of choice, including Goldfaden MD Doctor's Scrub. Jennifer Lopez makes no secret of her love of the CACI Ultra system she had installed at her home in LA. The system is usually for salon use only but the singer and actress was so blown away by the results that she decided she wanted her own machine to have the microcurrent treatments whenever she likes.

It's not only those nominated who call on the doctors' services neither. Determined not to be outdone by the famous faces she interviews on the Oscars red carpet, E! presenter Giuliana Rancic has been having Fractora Firm treatments with Dr Raj Kanodia.

"It's made a real difference to the texture of my skin," she says. 📌

## DOCTOR ON CALL

When it comes to getting their skin red-carpet ready, the A-list have a small group of favourite medics – and they're happy to share their secrets



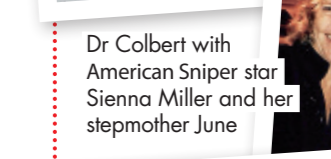
Mena Süvari with Dr Howard Lancer. The actress is a fan of his skincare treatments



Dr David Colbert with Naomi Watts, who swears by his treatments



Oscar-nominee Reese pays a visit to Dr Lancer's clinic last summer



Dr Colbert with American Sniper star Sienna Miller and her stepmother June



Kate Beckinsale picks up products from Dr Lancer's clinic in LA



## AWARD WINNERS

From peels to plumping potions, serums to soft-focus lotions, the A-list and their trusted skin doctors know the prime-and-perfect products that will have skin red-carpet ready in minutes. And the nominations are...

1. **Glow by Dr. Brandt Ruby Crystal Retinol Hydracrème**, £30.29, from lookfantastic.com, was created by Madonna's favourite skin doctor
2. **Murad Intensive Age-Diffusing Serum**, £65, visit [murad.co.uk](http://murad.co.uk); the latest face-firming serum from Dr Howard Murad
3. **Colbert MD Intensify Facial Discs**, £52, from Space NK
4. **Dr Dennis Gross Alpha Beta Peel**, £68, from [cultbeauty.co.uk](http://cultbeauty.co.uk), is an at-home kit formulated to replicate the clinic peel for which Dr Gross is famous
5. **Goldfaden MD Doctor's Scrub**, £65, from Space NK, as used by the radiant Kate Hudson (right) ahead of the Golden Globes
6. **Colbert MD Stimulate The Serum**, £115, from Space NK
7. **Dr Lancer Lift Serum Intense**, £230, from Harrods

