

Jen's Stay-Young Secret

Jennifer Aniston admits she's found a time machine — in the form of lasers!

With each passing year, Jen Aniston defies the odds when it comes to aging. The older she gets, the younger she looks. In fact, the *Wanderlust* star, who just celebrated her 43rd birthday with a private bash at Chateau Marmont in LA, doesn't seem a day older than 33.

Until Feb. 22, the world had been kept guessing about her beauty secret. But during her appearance on *Conan* that night, the normally tight-lipped Jen gave up the reason for her glow-

ing skin: laser resurfacing! "I investigated having some of those little [sunspots] zapped off," she said. "I did this thing like a peel, which is extremely intense. You look like a battered burn victim for like a week."

Jennifer gets ablative fractionated resurfacing, commonly known as fraxel, which burns microscopic holes in the skin. "I call it creative destruction," says Dr. Allan Izikson, a cosmetic dermatologist and laser expert at the New York Dermatology Group. "The laser destroys damaged skin, and it's replaced

by skin that's baby-smooth, fresh and tight."

Fresh Start

The actress has never looked better. It helps that Jen has ditched her bad beauty habits ever since she began dating her *Wanderlust* co-star Justin Theroux, 40. The onetime heavy smoker has quit cigarettes and replaced weekly sun-tanning sessions with twice-weekly spray tans.

"Jennifer's taking good care of herself these days," says a source. "She works on her beauty and looks amazing." **LS**

What She's Given Up

SUN-TANNING

"I like the sun," Jen admits about her love of lounging outside. "I'm a California girl, and it's a hard habit to break."

SMOKING

"I recently quit smoking, and you do put on some extra pounds," Jen told *GQ* recently about the habit she had for more than 20 years.

TIME CAPSULE BEAUTY

In addition to lasers, "I've used Neutrogena face soap since I was a teen," Jennifer says. "I like Dr. Hauschka Rose cream, which I mix with sunblock."

Even Her Style Has Gotten Younger



Getting Edgy

While Jen denies that her boyfriend, Justin, influences her fashion, she has traded her staple cargos and flip-flops for leather-and-denim outfits.

Taking Fashion Risks

"On the red carpet, it's time for me to do something different," Jen said right before wearing a Tom Ford chevron-pattern dress (far right).



How Lasers Work

Laser resurfacing removes about 20 percent of facial skin, leaving skin burned, tender and peeling for eight to 12 days. After skin heals, it's softer and more evenly toned. One or two sessions, each costing from \$2,000 to \$4,500, are required annually. After treatment, sun exposure is prohibited for up to a month and SPF 30 is required daily.