



Secrets Of The A-List Skin Doctors

Celebs have them on speed-dial, their skincare ranges are instant sell-outs and we've got their top skincare tips. Get ready to glow!



DR DAVID COLBERT
Founder of the New York Dermatology Group, Dr Colbert's clients include Angelina Jolie, Naomi Watts, Sienna Miller, Alessandra Ambrosio and Rosie Huntington-Whiteley.



DR HAROLD LANCER
He's been in the industry for over 25 years and is famous for giving his clients the ultimate in radiant skin. The products in his range are loved by Victoria Beckham.



DR HOWARD MURAD
Dr Murad is widely known as one of the world's leading authorities on skin health. His A-list clients include Nicole Scherzinger and Georgia May Jagger.



DR MARK LENS
Dr Lens is a plastic and reconstructive surgeon, who currently works at London's King's College Hospital and also his 20 Wimpole Street clinic.



Dr Colbert: The 'Any Age' Skin Refresher

Want to know how Angelina Jolie looks so glowing every time she hits the red carpet? Well, it's all thanks to Dr David Colbert and his £15,000 treatment dubbed the 'Rain Facial'. He also creates bespoke products for his A-list clients, who include Alessandra Ambrosio and Rosie Huntington-Whiteley. Here's what Dr Colbert had to say about getting the most sought-after skin in Hollywood...

Colbert MD
Intensify
Facial Discs
£52



Q
A

What one skincare tip do you recommend to every client, whatever their age?

Drink lots of water. Your skin is like a sponge; it's losing water every second. By the time your readers have read this, they've probably lost half a cup of water. So it's really important to replenish with at least six to eight glasses a day.

The Golden Glow Exfoliating Pads

One swoop of **Colbert MD Intensify Facial Discs, £52**, over our cleansed faces and we looked like Rosie Huntington-Whiteley. Well, nearly. Expect fresher, glowing skin, and make-up that lasts longer than ever before the next day.



Alessandra Ambrosio



Rosie Huntington-Whiteley

Colbert MD
Heal & Soothe Night
Cream
£120



Your most iconic treatment is the 'Rain Facial' – what does it do and why is it so popular?

Dr Colbert: It's actually called The Triad Facial, and the USP really is the instant results, plus there's no recovery time. Models and actresses can come and see me, then 10 minutes later they could be on the red carpet. It only takes 30 minutes for the facial, but I also get full body requests from Victoria's Secret models, such as Alessandra Ambrosio.

So what does the facial involve?

Dr Colbert: It's a three-part process. Firstly, the skin is exfoliated with a gentle micro-dermabrasion. This removes dead skin cells, making the complexion instantly more receptive to part two, the laser. I use blue and red light lasers over the surface of the skin, which feels like tiny raindrops (hence the name). It doesn't hurt, but encourages collagen production and evens out pigmentation. The final

step is a gentle chemical peel, which is what gives the instant radiance boost that my clients really love.

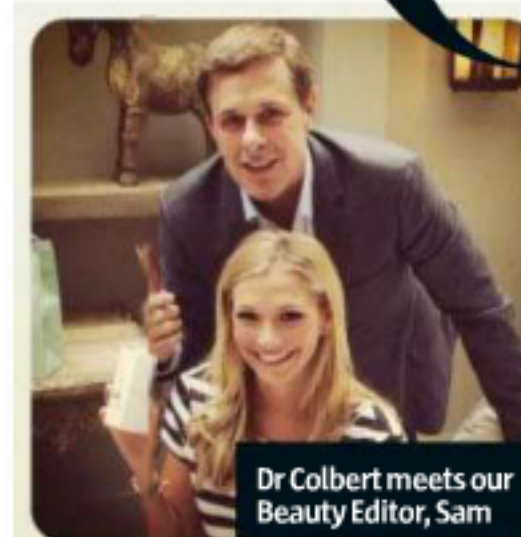
If you were to do this treatment yourself at home, what would you need to do?

Dr Colbert: Exfoliation is key to glowing skin, and

my Intensify Facial Discs, [£52], have been created to do just that. Use one pad in circular motions over the face and neck and it'll buff the brightness back into your skin. I recommend using them at night, but if you want to use them in the morning, always apply a high SPF afterwards.

What key ingredient is essential for great skin?

Dr Colbert: Silica. It's in green beans, asparagus and strawberries. Most people haven't heard of it, but it's essential for a sunny complexion and shiny hair. You can take it in supplement form, too. [Try Solgar Oceanic Silica, £8.35, Victoriahealth.com.]



Dr Colbert meets our Beauty Editor, Sam

Tell us about the skin cream you created especially for actress Angelina Jolie...

Angelina came to me with skin issues when she was filming *Salt*. They were using heavy prosthetics on her face that made her skin very dry and flake off, so in my spare time I started concocting a cream to heal her skin – which is how my Heal & Soothe Night Cream came about.



Angelina Jolie