

Get Ready for Your Close-Up

If you envy the flawless faces of Hollywood celebs, take heart: They have small armies of pros at the ready to make them look perfect. We asked those experts to dish the tricks that will get you star-worthy skin in a flash too.

By Cara Litke Photographs by David Stesner

■ One of the greatest inventions of the past decade has wreaked havoc in the lives of Tinseltown's hottest women. With the advent of High-Definition TV (HDTV), stars have literally been running for cover. "Celebs may be beautiful, but they're not perfect. HDTV magnifies every pore, so you can't just cover up a blemish and hope that the camera won't see it—it will. To compensate, derms and makeup artists are forced to employ quick fixes," says David Colbert, a New York dermatologist who is often called to advise actors on such movie sets as *The Constant Gardener* and *The Da Vinci Code*. On-set dermatologists? Yep. "If a celebrity has a skin problem, he or she is looking for instant relief—otherwise, shooting could be held up until they can see a pro," explains Dr. Colbert.

But let's face it—starlets aren't the only ones who deserve to have flawless skin ASAP. The next time your complexion is in crisis, follow this advice from Hollywood's go-to derms and makeup artists to get rapid results at home.

PROBLEM

1 You Have Some "Sun" Spots

Quick skin Rx. Pigmentation or "sun" spots occur after long periods of sun exposure, so slathering on a high SPF lotion will prevent them from forming in the future, says Darren Casey, an Atlanta dermatologist. Choose a formula that will help fade existing dark marks as well, like Olay Definity Correcting Protective Lotion with SPF 15, \$27.99.

Ultimate makeup fix. "To draw attention away from the spots, you have to cover the skin bordering the spot as well as the spot itself," says Bruce Grayson, head makeup artist for the Academy Awards and the Primetime Emmy Awards. Apply concealer to the center and dab outward with your finger until the border is covered. Let it set in, then apply another coat. "If a star I'm working on has many spots, it's important to match the concealer to their skin. Otherwise, they'll look



Sun spots, be gone. Using self-tanner can cause annoying blotches to vanish from sight. Hint: Blend it all the way down your neck. Try Estée Lauder Go Bronze Plus Tinted Self-Tanner for Face, \$22.50.

THE RIGHT LIGHT

Peach lighting is sometimes used on TV shows to create a warm glow. But when applying your makeup, bright, natural light is always best, says makeup artist Bruce Grayson.



Jessica Simpson

Radiant Jessica appears in TV ads for Proactiv Solution, which she credits with clearing her clogged pores.

like they have too-light or too-dark dots on their face," he says. If you're doing it at home, head to a department store makeup counter to get the perfect shade. Your best bet? Look for one that's non-comedogenic so it doesn't clog your pores. Hint: Prescriptives and Lancôme each make one. Then set the concealer by dusting a light coat of translucent powder over your entire face, not just the affected areas. Another sneaky trick: Stars use self-tanner to darken the whole face, which detracts from spots.



Pro trick: Keep an ice pack at the ready in the freezer. The next time you have a pesky pimple, use it to reduce swelling.

\$6.49. Tea tree oil (found at health food stores) works well too, he says. It should be gone in three days or less. "Or apply a paste of crushed baby aspirin and lemon juice. Aspirin contains salicylic acid, and the lemon provides alpha hydroxy acid—both key acne-fighting ingredients," he says.

Ultimate makeup fix.

Always keep a yellow-based concealer on-hand, advises Grayson. Our pick: Max Factor Erace Cover Up in medium, \$4.75. "Yellow helps balance the pimple's redness," he says. To apply it, "dab

a tiny amount on top of the blemish, then pat outward with your fingers." Many people do the next step incorrectly: Apply your foundation *after* you've put on the concealer. "The foundation will help neutralize the yellowness that would otherwise stand out," he explains.

PROBLEM

3 Your Skin Is Red and Blotchy

Quick skin Rx. Whether your redness is caused by a cold, a mild irritation, or rosacea, "the worst thing you can do is expose it to sunlight," warns Dr. Casey. So slather on the SPF (even better if you

can find a calming formula, like Aveeno Ultra-Calming Daily Moisturizer with SPF 15, \$13.99). To take down redness on his celebrity clients, Dr. Colbert applies a dime-size amount of topical antihistamine, like Benadryl cream, to the affected area. Or if it's the skin on the star's bod that's irritated, he advises them to use a chamomile soap or take a chamomile bath (you can find either at most drugstores), which will soothe skin and reduce any inflammation. However, if you do this at home and the redness gets worse or doesn't go away, see your doctor—you may be allergic to one of the products you're using.

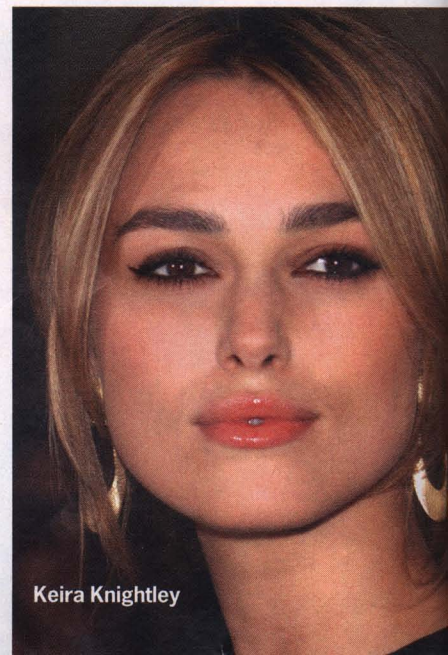
Ultimate makeup fix.

First things first—no blush! "Even if you think you can't live without it, don't use blush or bronzer if the skin on your face is at all red or irritated. That will only intensify it," says Grayson. Instead, use a beige- or yellow-toned—not pink-based—foundation. "On top of that, some celebs need a bit of concealer, so if their skin is red I always use one with a greenish tint to balance out the redness," he adds. Try Physicians Formula Gentle Cover Cream Concealer in Cover Green, \$5.45. If you're going to use green concealer, make sure to blend well and apply a bit of foundation over it to even out your skin tone, explains Grayson. "Otherwise, you'll have obvious green spots everywhere." To help lock it all in,

PROBLEM

2 You Have a Blockbuster Breakout

Quick skin Rx. Dr. Colbert tells celebs to hold an ice pack to the area around the blemish to bring down swelling and reduce redness. If the star has a zit that's really red, Dr. Colbert sometimes dabs a drop of redness-relieving eye drops or over-the-counter cortisone cream on the pimple. At home, a topical drying agent, such as salicylic acid or benzoyl peroxide, applied directly to the spot is a fast way to clear it up, says Dr. Casey. Try Clean & Clear Advantage Acne Spot Treatment,



Keira Knightley

dust on a light coat of translucent powder. "It will give you a photo-finish effect," he reveals. Tip: To avoid piling on the powder, blow gently on the brush before sweeping it across your skin.

PROBLEM

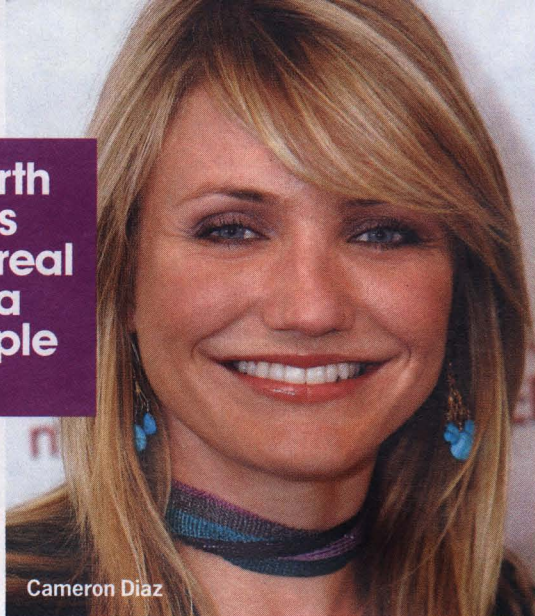
4 You're Tired and Hungover—and It Shows

Quick skin Rx. "If you've had a lot to drink, your skin will look puffy and sallow the next day," says Dr. Casey. Your first step should be to guzzle water before bed—and all day the next day too. Dr. Colbert always has his celebrity clients chow down on a banana to help restore their skin's potassium levels. "Then I have them moisturize with something heavier than they'd normally use," he says. For puffy postparty eyes: "Keep wet tea bags (either green or black) in a container in the fridge, and put them over your eyes," says Dr. Casey. When they return to room temperature, take them off. The tannic acid in the tea and the coolness of the bags will help reduce swelling.



Finished with your tea? Don't throw away the spent bag. Chill it, then use to banish puffy eyes.

Down-to-earth Ms. Diaz has said that in real life, "I have a serious pimple problem."



Cameron Diaz

pat gently, then neutralize the yellow with a light beige foundation. We like Clinique Perfectly Real Makeup, \$22.50. Use a pearly pink-hued highlighter pencil on the corners of your eye (where your inner lids come together to form a V shape) to open them up, and finish with a coat or two of black mascara. What not to do? "Don't go overboard with bronzer," says Grayson. "People think the color makes them look better, but it draws attention to puffiness."

PROBLEM

5 You're Getting Some Wrinkles

Quick skin Rx. "To help make lines disappear temporarily, use a thick, skin-lifting face cream," says Dr. Colbert. "I use these creams to plump my clients' skin and fill in any deep creases if they're getting ready for a close-up shot—for a few hours, they look like they had a mini-facelift." Try Dior Capture Sculpt 10, \$80. At home, your best bet for actually erasing some of the lines is to use a topical glycolic acid wash. Dr. Casey recommends Aqua Glycolic Facial Cleanser, \$11.99 for a 2–3 month supply. And of course, to keep wrinkles from cropping up in the first place, says Dr. Casey, don't smoke, and always wear sunscreen. "Smoking and tanning are the absolute worst things you can do for

your skin," he adds. "You won't see the negative results right away, but over time, the fine lines caused will turn into deep creases. The most important advice I can give my clients is to stay away from both smoking and the sun."

Ultimate makeup fix. For the most part, trying to hide wrinkles with makeup will only make them more visible. "Rather than covering the creases, heavy makeup will settle into them and actually magnify lines," says Grayson. Instead, he uses these two tricks on celebrity clients: First, apply a tinted moisturizer in place of a heavy foundation. A moisturizer with a bit of color will give you some coverage while it helps plump the skin. Next, use a pale highlighter pencil to draw a thin line right down the middle of your crease (it looks less noticeable if you extend it past the wrinkle just a bit). "It will create a reflection away from the line," he says. Then cover it with another light coat of tinted moisturizer. We like Estée Lauder DayWear Plus Multi-Protection Anti-Oxidant Sheer Tint Release Formula SPF 15, \$38, and Ideal Light Brush-On Illuminator, \$24.50. ■

This Brit beauty admits her complexion isn't perfect. "You can see I have spots [zits]," she once said.



Star wrinkle fix: Applying a pale highlighter (like Lola Highlighter Pencil, \$20) down the middle of a crease is a surprisingly simple way to mask fine lines.

