

# 10 SKIN CARE TIPS TO TRY NOW!

**OK! SPOKE TO THE EXPERTS FOR SOME EASY, YET BRILLIANT, TRICKS FOR ACHIEVING, AND KEEPING, A PERFECT COMPLEXION**

## LIVE BEAUTIFULLY

**1** "Improve your mind, nutrition and complexion — they are all connected in achieving healthy skin. Emotional self-care helps you look great. Take a bath, get a massage, smile! Certain foods attract water to the skin. Raw fruits and veggies help you stay hydrated. Lastly, use antioxidants and anti-inflammatories to repair the barrier of skin exposed to free radicals." — Dr. Howard Murad, dermatologist and founder of Murad Skin Care



Jennifer Hudson is a Dove fan.

## DELICATE DECOLLETE

"If you have sensitive skin, stay away from colored soaps. They contain dyes, pigments and fragrances that you could be reacting to. I recommend to my patients a plain, white bar of soap. Dove is a classic." — Dr. Jody Levine, co-founder of Plastic Surgery & Dermatology of NYC

Dove Beauty Bar, \$3.50/2; drugstores



## 3 BE A FACIAL FANATIC

If you don't get facials often, schedule yours three days prior to an event. Halle, who comes in for facials regularly every few weeks, can get a facial the same day she walks the red carpet." — Olga Lorencin-Northrup, founder of Kinara Facial Clinic



Halle Berry

## 4 BE SHADY

"Eye wrinkles or crow's feet are usually the first signs of facial skin aging to appear, especially in fair-skinned individuals. To reduce these fine lines, simply wear sunglasses whenever you're outside to reduce squinting." - Dr. Steven Pearlman, NYC facial plastic surgeon

## 5 MILK IT

"Since Debra has little kids, one of my favorite tips for de-stressing and extra smooth skin all around is adding two cups of goat's milk to a warm bath. Goat's milk is high in lactose, which contains enzymes that digest dead skin cells and proteins to hydrate and nourish skin. Do this about two times per week." - Kate Somerville, celebrity facialist and skin health expert.



## 6 SCRUB IT SMOOTH

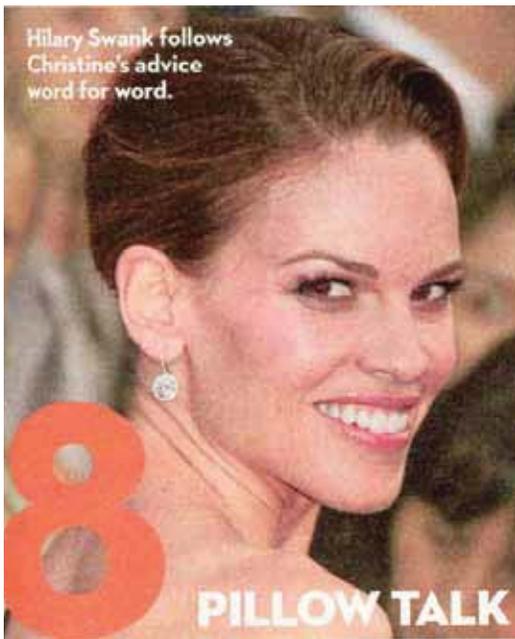
Exfoliating is the most important step in your skin care regimen. It's like giving yourself a mini facial every time. It gets rid of the dead skin cells and surface dirt that your regular cleanser may leave behind. I recommend exfoliating every two days — just make sure you buy the appropriate scrub for your skin type." — Joanna Vargas, celebrity esthetician



MK Olson has a late-night secret.

## 7 GO ALL NIGHT

After a late night, focus your energy on covering up your puffiness and dark circles. You might not feel refreshed, but you'll look rested. Use a product rich with peptides to support the skin structure, and rose extract to soothe irritation." Melanye Morris, head esthetician, Darphin trainer



Hilary Swank follows Christine's advice word for word.

## PILLOW TALK

"Never sleep with makeup. Do you know why? Pores open up at night and absorb everything on the surface. For that same reason, slather on your most nourishing treatment creams at night - skin will drink it up!" - Christine Chine, celebrity facialist

## 9

### SUN EXPOSURE

If you're one of many who battle acne, look for chemical-free sunscreens, which have zinc oxide and titanium dioxide in them. They have anti-bacterial and anti-inflammatory components that help fight break-outs." - Dr. David Bank, Mt. Kisco, N.Y.



## 10 THIN SKINNED

"The skin around the eye area does not have oil glands, which means that it tends to dry and dehydrate and age the fastest. Your regular face cream is just not enough for the eye area. Use a heavier cream or serum." -Christine Chin

Christine Chin  
Hydra-Lift  
Eye Gel,  
\$49;  
christine  
chin.com