

Celebrity Skincare: What Makes Celebs' Skin Look So Good

Because, no, stars aren't born perfect! Here's what experts do when their A-list clients start looking spotty, zitty or otherwise human. *Every woman can use these tricks.*

by Baze Mpinja



Hi, Sienna! Get ready for your close-up with advice from top celeb skin pros.

There you are: It's the biggest day of your life, and you've woken up with an enormous rash. Only guess what? You're Julia Roberts. Or Scarlett Johansson. Or Jessica Alba. Or any A-lister who has to face the paparazzi, HD television cameras or even eager fans with Twitter accounts.

Sure, celebrities make their living with their faces, but **pimples**, blotches and flakes couldn't care less about that! Skin is skin, and when it acts up, high-profile people need to fix it fast. "As one celeb explained to me, her face is like a corporation within itself," says Susan Evans, M.D., a Beverly Hills-based dermatologist. "That's why she's really serious about her skin." But that doesn't mean Hollywood types always rely on help from a syringe to prep for photo ops. "My celebrities are moving away from fillers and cosmetic procedures that are too obvious," says Dr. Evans. "The newer trend is actually to take care of your **skin**. They're avoiding tanning booths, making sunscreen a part of their routine and using products with vitamins A, C and E." And while those are good habits we should all stick with, don't you also want to know what they do when disaster strikes? Their best tricks are here!

Face Saver #1: When Stars Break Out

In Hollywood, **zits** can mess up more than a leading lady's mood. "I've had actresses tell me that directors delayed shooting because of a breakout—it's hard to hide when it's magnified on-screen," says L.A. dermatologist Jessica Wu, M.D. To keep recurring acne under control, pros often go beyond topical remedies. Beverly Hills dermatologist Boris Zaks, M.D., uses a procedure called photodynamic therapy on severely **acne**-prone celebs who can't wait weeks for pills or creams to work. He applies an amino acid medication to the face, then shines a blue light on it for up to an hour to activate the liquid. Most clients get the two-step process four times a year for a total cost of \$2,500 to \$4,000. Yes, you could buy a new wardrobe for that!

But Wait! I'm Not a Celebrity (Yet)

To zap chronic acne on a budget, try products that contain benzoyl peroxide or salicylic acid. They aren't as fast as fancy in-office treatments, but used consistently they *will* clear up most skin over 6 to 12 weeks. If a monster zit pops up, see your dermatologist for a cortisone shot. It'll flatten your blemish within 36 hours—and costs around \$125 for a handful of pimples. "I do them before photo shoots or weddings," says Dr. Zaks. (One doctor we talked to even arranged for a local nurse on a movie set in Africa to use cortisone on an actress who'd e-mailed him photos of her fire ant bites!)

If you feel a breakout on the horizon, try a preventive treatment like Clearasil Ultra Pimple Blocker Pen (\$10, at drugstores). Says *Parenthood* makeup artist Geri Oppenheim: "It's a favorite on set when one of the cast members feels a pimple coming on." Got oily skin? Use a product with sulfur weekly to soak up excess oil without overdrying. A diet tweak can also help. "I tell a lot of my patients to avoid dairy four weeks before they have to be on a set," Dr. Wu says. Your body retains the extra hormones from cow's milk, which can aggravate pimple-prone skin. "Even cutting back can make a difference. I've seen results in as little as a week," says Dr. Wu.

Face Saver #2: When Stars Lose Their Glow

Sounds simple, but pros say that regular exfoliation does wonders for rejuvenating celebs' complexions, which often take a beating from frequent travel and heavy makeup. "I insist on exfoliation, even if you have dry skin," says Dr. Evans. "You have to remove old layers first before products can really penetrate." Microdermabrasion treatments, which polish the face with tiny crystals, are a celeb favorite. They slough away dulling skin cells and create a ready and willing surface for anti-aging creams and serums. New York City dermatologist David Colbert, M.D., who treats Sienna Miller and Rachel Weisz, tackles the problem with his signature Triad treatment. "When HDTV kicked in, it became our most sought-after pre-awards show procedure," says Dr. Colbert. "We had to open a second office!" His clients pay \$400 for the microdermabrasion, laser toning and fruit acid process, and usually book it a week before major events, to get glowy.

Facial peels that contain papain enzymes or lactic acid smooth the skin's surface and boost radiance, too. "After filming a movie, where they're wearing heavy makeup, actresses often come in to get these peels to unclog their pores," reports Dr. Wu.

But Wait! I'm Not a Celebrity (Yet)

"Just use something with exfoliating beads," says Dr. Evans, and massage it lightly into your skin. Another less pricey option: a cleansing brush. "Use it three times a week, then apply a glycolic acid lotion or Rodin Olio Lusso Luxury Face Oil (\$140, oliolusso.com) afterward for a nice glow," says Dr. Colbert. Worried your skin is too sensitive? Slough it with the most basic exfoliator money can buy: a wet washcloth. "For a major event a while ago, my A-list client had just returned from a ski trip and her face was *chapped*," says Clarins celebrity artist Pati Dubroff. "To heal and refresh her skin, I lightly buffed her with a washcloth and a gentle cream cleanser and then massaged oil into the skin—she glowed on the red carpet."

To do a cheap version of Dr. Evans' popular papain enzyme peel, try her at-home recipe. "Take chunks of papaya, mix it with egg whites and spread it over your face. It'll form a nice mask," she says. "I've made it myself, and I've recommended it to clients I couldn't get to." Leave it on for 10 minutes, rinse and moisturize.

Face Saver #3: When Stars Get All Dry

Dryness may seem like a minor issue, but parched skin robs women of that healthy, awake look we all want. Often regular moisturizer isn't enough. Enter the DermalQuench Oxygen Treatment offered at Kate Somerville Skin Health Experts clinic in Los Angeles. Bold-faced names like Lea Michele and Nicole Richie are fans. The \$250, hour-long facial douses skin with hyaluronate, a natural lubricant that diminishes as we age—it's what helps skin hold water in. Once replenished, the face looks soft, and little lines aren't as noticeable. "I have regulars who do this treatment weekly, but before the Emmys and Oscars, our clinic is packed with celebs coming in for it," says Somerville.

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"I tell all my clients that steam goes a long way," says Somerville. "I do it myself when I'm tired or I've been traveling." The mix of water and heat opens up pores, releases impurities and softens the skin. If you don't have a face steamer, boil a pot of water, then remove it from the heat. Lean over it just enough so that the steam is hitting your face. Wait 5 to 10 minutes, pat your face dry and moisturize.

For a quick and easy moisture mask, Dr. Wu suggests combining honey and oatmeal. "It's cheap, very emollient and helps to hold moisture in your skin," she says. Smooth it on, wait 10 to 15 minutes, then wipe off with a washcloth.

Face Saver #4: When They Just Look Damaged

Pollution, smoke, sun—nobody's face is 100 percent safe from environmental damage, especially if you, say, film war movies and vacation in St. Barts. Skin creams with **antioxidants** like vitamins A, C or E fight free radicals (collagen-diminishing skin agers). Dr. Evans blends them in her office for VIP patients. "Antioxidants really make a difference," she says.

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Look for drugstore products with skin protectors like vitamin A, C and E. "Coffeeberry also has antioxidant effects like those of vitamin C and green tea," says Dr. Zaks. Be sure to use a moisturizer that works for your skin type: a cream if you have **dry skin**; a lotion if your complexion is normal. And stick with something oil-free or use a serum if you're acne-prone like...oh, we won't name names.