CLARITY Skin Care: What Makes Celeb's Skin Look So Good

Because, no, stars aren't born perfect. Here's what experts do when their A-list clients start looking spotless, zit-free or otherwise. Every woman can use these tricks.

By Susan Ingram

There you are: the biggest day of your life, and you've woken up with an enormous rash. Only you, Julia Roberts, Drew Barrymore, Jessica Alba, or any A-list sister who has to face the paparazzi, HD television cameras or even fanger fans with Twitter accounts.

Sure, celebrities make their living with their face, but pimples, blemishes and acne can't care less about Hollywood’s golden rules. Acne can pop up at any age, and high-profile people need to “fix it.” As one celebrity explained to me, “The face is a corporation in itself,” says Dr. Evan Mau, D.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 string of drops to keep them photo-ready. “My celebrities are moving away from filters and cosmetic procedures that are invasive,” says Dr. Evan, “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 vitamin A, C and E. While these are good habits, we should all stick with it, 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

Skin issues, like acne and redness, are happening to the most recalcitrant of us. Whatever your skin issues may be, you need to know the following tips to prevent breakouts or help clear them up:

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

To keep acne at a minimum, buy products that contain benzoyl peroxide or salicylic acid. They're not as fast as fancy office treatments, but used consistently they will clear up mild acne in six to 12 weeks. A number of products pop up, see our chart for a few tips. At least twice a week wash your face with a soap or cleanser that has medium to high amounts of abrasive cleansing agents. Microdermabrasion treatments, which polish the face with tiny crystals, are a celeb favorite. They slough off dead skin cells and improve skin texture and color. Your dermatologist can prescribe a treatment that’s right for you. If you’re having bad breakouts you can use one or two treatments a week, the rest of the time use your normal cleanser, glass cleaner and one or two times a week, if needed, get a microdermabrasion treatment.

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

Wear your sunscreen. If you’re wearing heavy makeup, acrylics often come in to get these peels to uncover their pores,” reports Dr. Evan.

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

One treatment you can do at home is a chemical peel. These treatments are chemical solutions that chemically peel away the top layer of skin. But remember, these peels are not for everyone. If you have sensitive skin or are pregnant, consult your dermatologist before using any chemical peel.

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There are many different types of treatments available, but the most popular are the glycolic acid peels, which are typically done every two weeks. The treatment is done by applying a solution to the skin, which is left on for a few minutes before being removed. The skin is then rinsed, and a new solution is applied, repeating the process for a total of three or four treatments. The skin will then be covered in a special ointment to protect it from the sun and keep it moisturized.

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

Another tip is to keep your hands clean. This is especially important if you have sensitive skin. If you have sensitive skin, make sure to use gentle soaps and moisturizers. Avoid using harsh or abrasive products, as these can cause irritation. If you have sensitive skin, you may also want to consider seeing a dermatologist for a more personalized treatment plan.

Face Saver #3: When Stars Get All Dry

Moisturizer is key. No skin care routine is complete without a good moisturizer. Whether it’s a light lotion or a heavy cream, moisturizer helps to keep the skin hydrated and healthy. Be sure to use a moisturizer that works for your skin type. A cream or a gel is perfect if you have dry skin; a lotion or a serum is ideal if your skin is normal. And don’t forget to use sunscreen! Skin protection is key to preventing premature aging and keeping your skin looking young.

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There are many different types of moisturizers available, but the most popular are creams, lotions, and gels. Creams are typically heavier and more moisturizing than lotions, while gels are lighter and more refreshing. Choose a moisturizer that works best for your skin type.

Face Saver #4: When They Just Look Damaged

Pimples, acne, zits—so many people have had to deal with skin woes, but no one wants to look like a zit-ridden mess. Here’s what to do:

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If you have zits or acne, you need to wash your face with a good cleanser at least twice a day. Avoid touching your face as much as possible. If you do, you can transfer bacteria and oil to your face, which can cause breakouts. If you have zits or acne, you need to wash your face with a good cleanser at least twice a day. Avoid touching your face as much as possible. If you do, you can transfer bacteria and oil to your face, which can cause breakouts.

Face Saver #2: When Stars Lose Their Glow

The famous, but not necessarily the beautiful. Many celebrities suffer from skin conditions, including acne, hyperpigmentation, and even rosacea.

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If you have acne, see your dermatologist for a treatment plan. In the meantime, you can try over-the-counter treatments such as benzoyl peroxide or salicylic acid. It’s important to remember that acne can take time to clear up, so be patient.

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

If you have hyperpigmentation, you can try using skin care products with ingredients like hydroquinone or vitamin C. These can help to fade dark spots and improve skin tone. Be sure to use a sunscreen every day to prevent further damage.

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

If you have rosacea, you can try using skin care products with ingredients like retinoids or peptides. These can help to reduce redness and improve skin texture. Be sure to use a sunscreen every day to prevent further damage.