

## BEAUTY BAZAAR

# SKINCARE

Skin that is smooth, even and radiant with health is a non-negotiable requirement for Hollywood actors. Few are born with it but, when your face is your fortune, can an imperfect complexion be fixed? Apparently, yes...

### REFINED PORES

'Pore size increases as the skin ages, mostly in sun-exposed or damaged areas, as a result of the loss of collagen,' says the dermatologist Dr Michael Prager. A-list celebrities counteract this with the following remedies and treatments.

#### AT HOME

**Cleanse** New York facialist Georgia Louise (who boosts Emma Stone and Linda Evangelista's complexions) advises using a damp muslin cloth to remove cleanser. 'It really helps to refine the surface of the pore,' she says. Sunday Riley has clients including Claire Danes and Cameron Diaz, and recommends that they mix up a cleansing mask from two pumps of her *Ceramic Slip Cleanser*, £35, with five squirts of her *Good Genes* serum, £85. 'Leave it on the skin for 15 minutes for a deep detoxifying treatment.' **Treat** 'Products with retinol or glycolic acid shrink pores and promote a flawless finish,' says Dr Frances Prenna Jones, the dermatologist behind the face of many an Oscar-nominated star. Dr Nick Lowe agrees, citing the use of retinoid creams with salicylic-acid-based preparations as the route to 'smaller pores without the inflammation that can be triggered by prescription-strength Retin-A alone'. Try *RoC's Retin-Ox Wrinkle Correction Intensive Serum*, £27.56; *Clinique's Pore Refining Solutions Correcting Serum*, £36.50; or Sarah Chapman's *Overnight Exfoliating Booster*, £57.

### BE POLISHED

'Exfoliation is the best way to revive tired skin and to keep it looking brighter,' says Dr Dennis Gross, the dermatologist who masterminds Uma Thurman and Renée Zellweger's great complexions. Hence, exfoliating treatments are a stalwart of the A-list's monthly maintenance, especially before big events. Dr Lowe's *DermaSweep*, £185 (020 7499 3223), is a unique system that vacuum-exfoliates the skin, literally pulling out blackheads alongside dull, dead surface cells. Ole Henriksen's loyal clientele (including January Jones and Charlize Theron) favour his hydradermabrasion treatment (+1 310 854 7700). In the UK, for a similarly gentle exfoliation we love the *HydraFacial*, £150, at Michaeljohn (020 7629 6969), or the *Hydrodermabrasion Facial*, £85 at HydrolHealing (020 7727 2570). To use at home, *Ole Henriksen's new Lemon Strip Flash Peel*, £35, *Dr Sebagh's renowned Deep Exfoliating Mask*, £59, and *GlamGlow's Super-mud Mask*, £44.99, all contribute to a beautifully smooth finish.

#### IN THE SALON

Leading dermatologists unanimously agree that machines emitting a form of radio frequency are the most effective tightening treatments for the pores and skin. 'I have seen the best results with *Fraxel Restore 1550*,' says Dr Diana Piana-Mariton, who works with Dr Sebagh. 'However, for those wishing to go more slowly, a series of four to six fortnightly treatments with *Polaris/ReFirme*, from £500, is effective.'

### NEED TO KNOW:

The secret to looking fabulous is less about nature and more about nurture: 'I see many celebrities and they are not unlike the rest of us, with issues from acne to eczema, dryness to sun damage. As a dermatologist, it is my job to fix their skin with the best treatments and preparations. However, everyone can aim for great skin and it's never too late to improve it' *Dr Nick Lowe*

### SUPER HYDRATION

Jet-lag, late nights and central heating can all cause dehydration and dullness. Combat this with these treatments:

**BOOK** *Ionzyme Advanced Vitamin Facial* by Environ, from £75 for an hour, at Urban Retreat at Harvey Nichols (0844 793 8331); or *Intracuticals Rejuvenate Oxygen Facial*, from £140 for 50 minutes, nationwide (020 7969 2780). **USE** *SkinCeuticals Hydrating B5 Masque*, £49; *Dior's new Capture Totale Multi-Perfection Crème*, £127; or *Chanel Hydra Beauty Gel Crème*, £50. **DRINK** Joanna Vargas is the New York-based facialist who looks after Salma

Hayek and Rachel Weisz. 'My best prescription for treating dehydrated, depleted skin is a green juice (especially cucumber, celery and kale),' she says. 'It is amazing how much it perks you up from the inside out. As an alternative, I recommend taking liquid chlorophyll.' Try *World Organic Ultra Concentrated Liquid Chlorophyll*, £25, at Victoria Health (www.victoriahealth.com). **SUPPLEMENT** Dr Prager advises his clients to take *Oxytarm* colon-cleansing

supplements, £40 for 150 tablets (020 8201 8717), plus high concentrations of *Nordic Naturals* purified fish oils, from £24 (020 7720 1441), and *Higher Nature ProBio-Daily*, £3 for 30 tablets (0800 458 4747). Facialist Sarah Chapman also recommends ingesting essential fatty acids. 'Most dehydrated skins have a compromised barrier function and lack omega oils. Without these lipids, your skin cannot hold onto moisture, no matter how much water you drink.'

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### INSTANT SERENITY

It's not just Botox behind smooth celebrity foreheads; facial acupuncture is effective (try John Tsagaris), or simple massage can lift the contours. Claire Liebbe, treatments coordinator at the Dior Institute in Paris, recommends this technique: **THE DIOR MASSAGE** With clenched fists, set your knuckles under your cheekbones and move your hands in 20 rolling circular motions to help release tension from the jawline. Next, stroke down your neck from beneath the ear with flat palms, 20 times on each side, to clear and drain toxins from the face. Repeat three times.

**REMEMBER TO RELAX** The dermatologist Dr Dennis Gross champions a holistic approach alongside treatments such as Botox. 'Retraining ourselves not to frown or scowl can make all the difference in minimising the appearance of lines,' he advises. 'Consciously taking a few deep breaths benefits our psyche as well as our skin, forcing us to relax facial muscles.'

### GET EVEN-TONED SKIN

IPL, Ruby and Polaris lasers are the expert treatments of choice for dealing with sun spots and pigmentation. The *ClearLift Pixel Q-Switched Laser*, from £250 for 30 minutes (020 7224 6088), as used by Vaishaly Patel, is also an excellent and fast-acting antidote to dark patches. To keep spots from recurring after treatment, we have seen great results using *Clinique Even Better Clinical Dark Spot Corrector*, from £39.50, and *Elizabeth Arden PreVage Clarity Targeted Skin Tone Corrector*, £105.

### WHAT TO BOOK

These are the treatments that A-listers swear by before red-carpet events. And we love them, too, for their immediate brightening effects.

**DR MICHAEL PRAGER'S RED CARPET PEEL**, £490 for 90 minutes (020 7323 3660), combines a mild peel with short-tip skin-needling (a method of pricking skin with tiny needles) and electro-mesotherapy (a needle-free mesotherapy treatment), bypassing the need to give your skin downtime away from your usual products. **DR SEBAGH'S MESO GLOW**, from £300 for 30 minutes (020 7637 0548), is a blend of hyaluronic acid, minerals and vitamins. This formula is injected into the skin using a pain-free surgical air gun, and it results in a luminous glow. **DR YANNIS ALEXANDRIDES' CLEAR AND BRILLIANT TREATMENT**, from £350 for 50 minutes (0845 508 7139), improves skin tone and texture using a non-invasive laser. **SARAH CHAPMAN'S HIGH DEFINITION FACIAL**, £140 for an hour (020 7589 9585), combines peels, masks and red-light therapy to leave skin bright and dewy. **DR MARKO LENS' RED CARPET FACIAL**, £295 for 30 minutes (020 7631 3212), uses salicylic and lactic acid masks before applying topical oxygen that brightens the skin.

### BRIGHT EYES

The most common celebrity complaint that facialist Alexandra Soveral is asked to fix is puffy eyes. She has developed this draining technique to perform morning and evening, after applying eye cream – her *Forever Young Eye Balm*, £35.50 (www.alexandrasoveral.co.uk), is excellent.

**1** Place thumbs behind the earlobes. **2** Start at the outer corner of your eyes, and massage your ring fingers in tiny inward circles, following the bone around the eye socket. **3** Once at the bridge of the nose, push up beneath the eyebrows and continue, working to complete the circuit at the outer corners. **4** Repeat 10 times. **TIP** *Estée Lauder's new Perfectionist CP+R Line Smoother*, £40, seems to magically erase eye lines and wrinkles (albeit temporarily).

### INSIDER TIP

Facial-hair removal isn't something celebrities openly talk about, but Dr Michael Prager says: 'Even the finest facial hair reduces their skin's ability to have that magical porcelain glow, so threading or even shaving off facial hair is a must.' Facial razors are common in Japan, where women are similarly obsessed with translucent skin, but threading avoids prickly regrowth. 'It is a common request by celebrities to get their whole face threaded, even those with blonde facial hairs,' says the facialist and threading expert Vaishaly Patel. 'Facial hair causes a shadow on the skin, making it look flat and lifeless.'

*Sisley's new Botanical D-tox*, £134, is a nightly treatment serum that takes skin from dull to glowing and purified over the month's course: a must for reviving exhausted complexions.

### 5 SLEEP SECRETS

How to wake up looking fresh:

- 1 USE A HUMIDIFIER** to put moisture back into the air in your home. A good one to try is the *Honeywell Cool Mist Humidifier*, £54.99.
- 2 SWAP TO A SILK PILLOW** It subjects the skin to less friction than cotton.
- 3 ...AND ADD AN EXTRA ONE** Dr Nick Lowe notes that sleeping with two pillows can help you avoid puffy skin upon waking in the morning.
- 4 OMIT SALT FROM YOUR DIET** 'All my VIP clients avoid salt before events. It can make you look puffy, especially under the eyes,' cautions Ole Henriksen.
- 5 USE THE RIGHT NIGHT CREAM** 'Rich, oily products can block tear ducts, leading to swollen eyes by morning,' says the facialist Emma Hardie. We like *YSL's Forever Youth Liberator Night Cream*, £60, which cossets the skin and leaves it looking youthful.

### TIP FOR ANTI-AGEING

'Eating well simply makes you look better. The best way is to eat no processed foods. This doesn't mean raw, but it does mean consuming nothing that comes out of a box – especially flour, sugar or pasta. Sugar equals inflammation; inflammation equals ageing' *Rand Rusher*