

Health



Get a Summer BODY

THE FUN MOVES THAT TONE EVERY INCH!

TRUE BLOOD'S
Anna Paquin

Shares her all-day energy secrets

POWER UP YOUR SALAD!

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Best-Ever Health, Fitness, Beauty & Money Tips

instant makeover

5 Minutes To Gorgeous Skin & Hair

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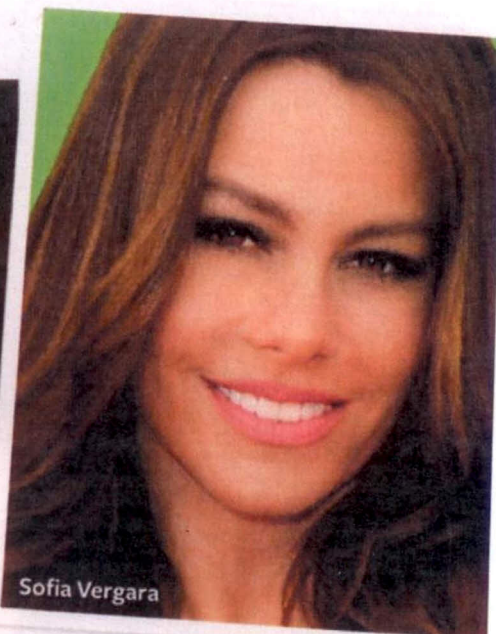
LOOK SLIM IN YOUR SUNDRESS

STICK TO PROVEN ANTI-AGERS: RETINOIDS AND AHAs

"Incorporating these ingredients can make the difference between mediocre and phenomenal skin," says Lorencin-Northrup, whose celeb fans have included It girls Minka Kelly (page 34), Eva Mendes (right), and Sofia Vergara (far right). It's just a matter of finding the combo that works for you. Retinoids are necessary for collagen stimulation, but they can be drying, so baby-step your way in, beginning with a low percentage and working your way up. Alpha hydroxy acids (AHAs) are the best for sloughing dull, dead skin: Look for either glycolic acid, which works best on oily skin, or more hydrating lactic acid if you're dry.



Eva Mendes



Sofia Vergara



Lisa Ling

KNOW THE BENEFITS OF BRIGHTENING

"Everyone's got an age mark or dark spot they want to lighten—and people in Hollywood tend to gravitate to natural ingredients," says Dr. Wu, whose book *Feed Your Face* includes food diaries specially created for stars like Kimora Lee Simmons and Lisa Ling (left). Some celeb favorites: soy- or mushroom-based treatments like Fresh Soy Face Cream (\$38; fresh.com) or La Roche-Posay Mela-D Dark Spots SPF 15 (\$50; laroche-posay.us).

Eat Like an A-Lister

It's no coincidence that big-name stars look so youthful. Being healthy is just as good for fine lines as it is for your figure. Here's how to snack your way to smooth skin.

GO GREEN! "Many people make the mistake of 'eating healthy' by increasing their fruit intake—but it's a rookie move," says Will Catton, a celebrity trainer in Brentwood, California. Instead, load up on nutrient-rich dark-green veggies like kale, spinach, and broccoli.

SAY NO TO SUGAR. "Not eating sugar is the best anti-aging treatment you can do for yourself," says Fredric Brandt, MD, a dermatologist in Miami and New York City. Sugar breaks down collagen through a process called glycation, which can eventually lead to wrinkling.

DIG IN TO PROTEIN. It ensures that your body produces enough skin-firming collagen and elastin. Salmon is also high in healthy fatty acids that reduce inflammation, says Jackie Keller, founder of NutriFit, a Los Angeles-based food-delivery service that caters to Reese Witherspoon and other leading ladies.

SWEAR BY VITAMIN C

It's the antioxidant every pro raves about. "To combat long hours spent outside being exposed to environmental elements like the sun and smog, celebrities use products with heavy doses of vitamin C to protect and repair their skin," says Dr. Murad, whose products are also popular with Emily Blunt (right). "It can brighten your complexion tremendously." An A-lister favorite: SkinCeuticals C E Ferulic (\$144; skinceuticals.com), which offers powerful protection from damaging free radicals; apply a few drops over your face and neck, then layer on sunscreen.



Emily Blunt

BECOME A FAN OF FACIALS

Celebs swear by them (think: standing appointments every two weeks!). "You don't have to break the bank, but take this cue from celebrities, and invest a little time and money in getting a good facial," Dr. Murad says. Look for a treatment that includes enzymes or acids for smooth, glowing skin. Kate Somerville's DermalQuench Oxygen Therapy (\$260 for 60 minutes at her Melrose Place clinic) is celeb-adored; fans include Kerry Washington (left), Molly Sims, and Felicity Huffman. It begins with an enzyme- and acid-based exfoliation, followed by a serum loaded with vitamins and hyaluronic acid delivered deeper into the skin. Can't make it to the spa? Get glowing results at home with Mario Badescu Enzyme Revitalizing Mask (\$20; mariobadescu.com).

Kerry Washington

