

Halle Berry, 43

Jennifer Aniston, 40

Sandra Bullock, 45

# SEXY FOREVER

Celeb Secrets for Gorgeous Hair, Flawless Skin—and Your Hottest Body Ever!



VALERIE BERTINELLI

BIKINI AT 49!



Get Shiny. Healthy Hair

Subscription form area with fields for name, address, and email.



> SEXY FOREVER

**DEMI MOORE**

Moore, 47, "is really consistent with her skin care routine," says her aesthetician Terri Lawton, who gives her oxygen facials and light-therapy treatments.

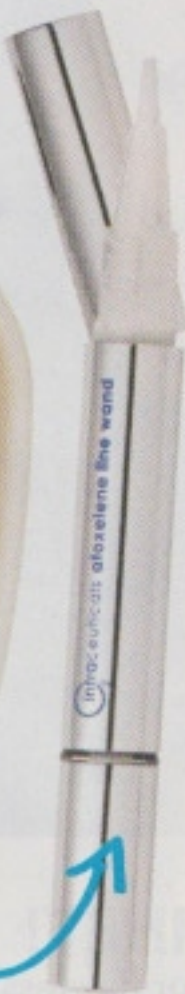
Get Your Best



## Reduce Wrinkles

Every time you change your facial expression, be it frowning your brow or cracking a smile, you break down the collagen in your skin, leaving it less firm; that, in turn, leads to fine lines and wrinkles. No wonder, then, that the latest anti-aging products are aimed at boosting collagen production. They're using potent ingredients, like hyaluronic acid, the same substance found in the injectable fillers Restylane and Juvéderm, which can be effective in topical form: "It temporarily fills lines by hydrating and therefore plumping up the skin," explains dermatologist Neil Sadick. Another hot item to look for on your moisturizer's label is algae, a powerful antioxidant that helps the skin repair itself.

**AHAVA**  
Time Line  
Age Defying  
Optimizer  
Serum with  
Dunaliella algae  
complex, \$70;  
ahavaus.com



**SKINMEDICA**  
TNS Night Eye Repair  
with hyaluronic acid and  
vitamins A, C and E, \$90;  
skinmedica.com

*Demi's  
facialist  
recommends  
this!*

**INTRACEUTICALS**  
Atoxelene line wand  
with amino acids and  
hyaluronate, \$125;  
intraceuticals.com

## > EAT FOR BEAUTIFUL SKIN

*Dr. Howard Murad, author of  
Wrinkle-Free Forever, shares his  
top foods for skin*



**GREEN TEA**  
Packed with powerful anti-oxidants (which strengthen cells), "it may help minimize sun damage," Dr. Murad says.



**POMEGRANATE**  
This fruit has so many antioxidants, Dr. Murad says, adding that his research shows its extract can boost the body's natural sun protection.



**DECAF COFFEE**  
Java beans are a source of antioxidants, but stick to decaf; too much caffeine can disrupt your sleep, leading to dryness and fine lines.



**CELERY STICKS**  
To stay hydrated, Dr. Murad advises, "eat your water, don't drink it," to get the added benefit of vitamins found in raw veggies like celery and carrots.

# Skin

THE THREE BIGGEST SIGNS OF AGING?  
FINE LINES, DISCOLORED SKIN AND  
WIDE PORES. HERE'S HOW TO FIGHT  
THEM JUST LIKE THE STARS DO!



## > SEXY FOREVER



**THANDIE NEWTON**  
"Keeping your skin hydrated really makes it glow," says Newton, 37.

## Reduce Discoloration

Brown age spots "are inevitable for anyone who is exposed to the sun," says Gerald Imber, M.D., author of *The New Youth Corridor*. But a new generation of moisturizers with high-potency Vitamin C, which fights sun damage, helps to prevent discoloration and even out skin tone. Botanicals like licorice root and citrus peel have also been found to "selectively target cells that create pigment," says Imber, so look for skin brighteners that have these ingredients.



**MURAD**  
Active Radiance Serum with potent vitamin C complex, \$89; sephora.com

**DIORSNOW**  
Sublissime whitening spot reducer with brightening botanical extracts; \$66.50; fragrancenet.com

Thandie is a Murad fan!

## > IN MY BEAUTY CABINET!

Celebs share their go-to products for flawless skin



AnnaLynne McGord

### YON-KA PARIS

"I really like Yon-Ka, a French skin-care line. I'm obsessed with glowing skin." Crème 93, \$50; 800-391-5333



### PALMER'S

"I love putting pure shea butter on my face at night when I sleep. It's really moisturizing." Shea Butter Formula with Vitamin E, \$6; drugstore.com



Shannon Elizabeth



Claire Danes

### CETAPHIL

"I like Cetaphil a lot. It's important to wash regularly, as exhausted as you may be." Daily Facial Cleanser, \$11.49; drugstore.com



Kelly uses  
Dr. Brandt  
products!



**DR. BRANDT**  
Pores No More Vacuum Cleaner blackhead extractor with Japanese rose extract, \$45; sephora.com

**BIOLOGIQUE RECHERCHE**

Biomagic Mask with white clay, \$125; katrinatique.com



**CLARISONIC**  
PRO skincare system cleansing brush, \$195; clarisonic.com for stores

## Hide Pores

Not only does the breakdown of collagen cause wrinkles (see previous page), it also makes pores appear wider. Once that happens, "there's nothing you can do to permanently shrink them," says dermatologist Francesca Fusco—though a slew of new, at-home exfoliating products (which remove pore-widening blackheads and debris) can help pores look smaller. Deep cleansing brushes (like the one above) mimic the effect of a salon skin-resurfacing treatment, while products with detoxifying botanical ingredients like white clay and rose extract are gaining popularity in masks and serums.

**KELLY RIPA**  
"A product that stimulates collagen production helps skin look tighter," says Dr. Fredric Brandt, who counts Ripa, 39, among his fans.