

The Best Skincare Secrets from Celebrity Beauty Experts

By Melissa Snyte

Celebrities have the best looking skin and the reason for this is not just because they have all the money in the world for cosmetic surgery. They also have access to the top skincare experts in the world. In most cases, their top secrets for youthful and radiant skin are not cosmetic surgery or other expensive procedures. In this article, the top skincare experts from Hollywood share invaluable tips for treating the most common skin problems.

REVIVE DULL SKIN

Celebrities cannot regularly go out for skincare treatments because of the paparazzi and security concerns. According to Ole Henriksen, renowned facialist based in Los Angeles, celebrities utilize at-home peels to address dull skin. This gets rid of dead skin cells which should be done around once a week. A rich moisturizer needs to be applied after using at-home peels in order to rehydrate the skin.

DIMINISH WRINKLES



Most people think Botox is the secret of all celebrities in keeping their skin free of wrinkles. This is not true; most celebrities utilize powerful anti-aging topical formulations. You just need to know what to look for in an anti-wrinkle formulation. The

most effective products use potent peptides such as Acetyl Hexapeptide-8, Dipeptide DiaminobutyroylBenzylamideDiacetate, Acetyl Glutamyl Heptapeptide-1, PalmitoylOligopeptide and Matrixyl 3000. There are also proven anti-aging ingredients

derived from plants like MalusDomestica Fruit Cell Culture which promotes healing and repair of the skin.

LIGHTEN DARK CIRCLES

Henriksen recommends lymphatic drainage for celebrity clients who want to get rid of dark circles quickly. This promotes hydration and oxygenation which can lighten dark circles quickly. There are topical formulations that can be used to lighten dark circles but it doesn't work as quickly as the aforementioned treatment. The most effective ingredients for eliminating dark circles are Phytonadione, Arnica Montana Extract, Glycine Soja (Soybean) Protein and Hydrolyzed Rice Bran Protein.

ELIMINATE BLEMISHES



The life of a celebrity is full of stress which can often lead to breakouts. According to **Ava Shamban** who is an assistant clinical professor of dermatology at UCLA and renowned skincare expert, you shouldn't touch pimples. She also advises getting a

cortisone shot but if it erupts, mix aspirin with water and apply the mixture to the breakouts. There are also spot acne treatments that can get rid of zits quickly. Look for products that contain salicylic acid, colloidal sulfur and zinc oxide to ensure effectiveness.

REDUCE UNDER EYE PUFFINESS

Puffy eyes are common for people who stay up late regularly. It is also often caused by an unhealthy lifestyle including high alcohol consumption which many celebrities are guilty of. The main cause is water retention in the eye area. Eye gels work best for this problem particularly those that contain caffeine to reduce water retention quickly. The best eye gels and creams usually contain natural anti-inflammatory ingredients to deliver faster results. Look for ingredients that have anti-inflammatory properties such as chamomile and cucumber extracts.

FIGHT OILY SKIN

Having shiny skin is unacceptable for celebrities who are constantly being photographed. The best way to treat this is through clarifying facial toners and biohydrating toners which can also help in preventing acne. It may seem counterproductive but the use of a good moisturizer can also help fight oily skin. This is

because the skin produces more oil to cope with dryness. Thus, light moisturizers should be a part of your regimen for controlling oily skin.

There are many promising skin brightening products available today that can be used to make skin appear brighter and more youthful. At the same time, it is important to carefully consider the promised benefits of any skin brightener in the light of that product's specific ingredients. A quality skin brightener should be formulated from compounds that show promise in lightening skin tone, a function that may also include reducing the prominence of freckles and other sun spots. Optimally, a skin brightener will also offer anti-wrinkle benefits to further promote the youthful appearance of facial skin. Of course, skin brighteners should also be able to help skin appear brighter and more radiant, just as their names suggests. To aid your search for the ideal skin brightening product, we've listed and evaluated each top skin brightener below on its ability to deliver these desired results.

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