

LUXURY ACTIVIST

SHINE BRIGHT LIKE THE STARS: SKINCARE TIPS FROM CELEBRITY DERMATOLOGISTS

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As a celebrity, you're expected to carry yourself to a certain standard. An acne breakout for us might be a tad bit embarrassing, but for a celebrity... the pics can go viral in a matter of seconds. Essentially, they're supposed to keep up appearances, their skin should look flawless from every angle. But how do they do it?

How in the world do they keep their skin looking so effortlessly flawless? Whether on camera and decked out in makeup or caught off guard heading to the grocery store, celebrities like Halle Berry, Jennifer Lopez, and Kim Kardashian have skin that makes them look youthful, vibrant, and hot. Well, the truth is, they have an extensive budget that allows them to afford the best dermatologists money can buy. They find medical spas and other facilities that offer things like Botox and Juvederm to keep them looking smoking hot. While you may not be able to raise your income overnight, here are some suggestions from celebrity dermatologists on how to keep your skin flawless.

AVOID BENZOYL PEROXIDE DURING BREAKOUTS

No matter how much money you make, it won't stop a breakout from rearing its head. Dermatologist Harold Lancer with clients like JLo and Kim Kardashian say that you should avoid toners and products containing benzoyl peroxide. These items are for drying out the skin which can cause it to become more red and irritated. Instead, he recommends using a natural absorber.

STICK TO A ROUTINE

When you want to get rid of a skin imperfection you'll try just about anything. Switching to products that promises to work miracles are often the most common mistake women make. However, Lancer

points out that adding too many products to the skin can do more harm than good. Once you've found an anti-aging skincare product you like stick to it. If you've tried the routine consistently for a few weeks with no such luck, then you can careful switch to something you believe would work better.

EAT YOUR WATER

Wait... what? Yes, you read that right. It is important to eat your water. While drinking the required eight glasses of water per day is necessary for overall good health, it also purges the minerals from your body says Howard Murad, MD dermatologists to the likes of Kim Cattrall and Kristin Cavallair. It is best to try and get as much water as you can from your fruits and veggies. Foods like cucumbers, watermelon, and avocados for instance provide hydration. Doing this also ensures you get more of the nutrients you need while also allowing your body to put the water to good use.

WAKE UP YOUR SKIN

While you probably thank your lucky stars that you were blessed to see another day, you have to ask yourself, "Is my skin awake"? In order to get that effortless glow you envy you'll need to wake up your skin. **Ava Shamban, MD** a dermatologist and author of *Heal Your Skin* says to take a wash rag that has been submerged in cold water and rub it on your face. Doing so will stimulate circulation in the face giving you an instant glow.

WATCH THE SUN

The sun's warm rays might feel great beaming down on you, but trust us when we say it can do more harm than good. In fact, too much unprotected exposure to the sun can lead to fine lines and wrinkles. To remedy this, it is best to wear UVA and UVB sunscreen with a minimum of SPF 30 for protection. This should be worn all year long for the best results.

NOTHING WRONG WITH A FILL

Injectable hyaluronic treatments like Juvederm for instance are very popular amongst celebrities and are also great tools for adding volume to the folds in your skin. The results are often very natural looking, but help you to look younger in areas where age, damage, and other environmental factors have wreaked havoc.

So there you have it... a few trade secrets from the dermatologists to the stars. Looking good does not always have to be about spending a ton of money. Sometimes it simply boils down to watching your habits and making adjustments. By following the advice above, you're sure to see a significant difference in your skin over the course of a few weeks. If you're still not satisfied with your skin, it is always best to consult an expert for specific advice.

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