

SPECIAL ISSUE

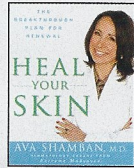
THE BEAUTY EXPERT

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## Skin Rx



Dermatologist Ava Shamban usually saves her advice for her Beverly Hills patients, but in her new book, *Heal Your Skin: The*

*Breakthrough Plan for Renewal* (John Wiley & Sons), she spills her secrets.

**What are the most important things you can do for your skin?** "Wear a high daily SPF over a potent antioxidant serum, such as SkinCeuticals C E Ferulic, to protect skin from free radicals. I'm also a big believer in using retinols at night unless you're pregnant. RoC makes great ones. And third, eat well and exercise."

**Exercise is in the top three?** "Getting your blood pumping brings nutrients to the skin and gives you a healthy glow. And because exercise reduces cortisol levels, it can clear up acne caused by stress. Will it get rid of wrinkles? No, but it may make you feel better about them."

**What do your celebrity patients do?** "They come in every five to six weeks for customized peels, which remove dead cells and discoloration caused by sun damage. Getting the surface completely smooth is what gives skin luminosity. They also get more facials than most of us. Ours use pressurized oxygen to push vitamins, hyaluronic acid, and antioxidants deep in. Celebrities spend a lot of time getting flawless skin."

—E. S.