

OCTOBER 31, 2016 VOL. 4 ISSUE 44

FOREVER YOUNG

closer

Relax! closer

Healing Oils That TURN BACK THE CLOCK

Stars have found the fountain of youth: natural oils with antiaging benefits — they'll work for you, too!

“There’s an oil that I use called emu oil...it’s so hydrating. It’s incredible.”

Cate Blanchett, 47



Cate Blanchett looks years younger than her true age of 47, making us wonder if the *Curious Case of Benjamin*

Button star has discovered some key to aging in reverse. It turns out, she swears by an antiaging miracle from nature: emu oil, which has been shown to hydrate skin, plump fine lines, nourish cuticles and stimulate hair growth by 80 percent, among other benefits. (For a brand we like, try Emu Essence Naturals Pure Emu Oil, \$12, uniquelyemu.com.)

Nourishing hair and skin with oils is a smart strategy, says dermatologist Ava Shamban, M.D., who treats celebrities at her Los Angeles clinic, SKINxFIVE. “Natural oils penetrate deep into skin to lock in moisture while fortifying the natural skin barrier for a younger-looking complexion,” she explains. “Plus, oils work wonders for hair as they absorb into the scalp and follicles, encouraging hair growth for fuller tresses.” Read on for oils with targeted benefits.

SMOOTH WRINKLES

To diminish the appearance of forehead furrows, crow’s-feet and smile lines, look to rosehip oil. Seeds from this flower are packed with fatty acids that hydrate and plump skin, plus vitamin A to restore skin’s elasticity, says Dr. Shamban. For smoother skin within three weeks, apply the oil (we like Acure Organics Rosehip Oil, \$11, target.com) to your face daily.

EVEN OUT SPLOTCHY SKIN

As we age, everything from hormonal changes to years of sun exposure can cause skin to look uneven, ruddy and dull. To the rescue: sea buckthorn oil, a plant-derived oil that delivers fatty acids and antioxidants to reduce redness and promote cell turnover for healthy skin, says Dr. Shamban. Rub three drops of the oil onto skin nightly for results in three weeks.

Try: Sibub Beauty Sea Buckthorn Seed Oil (\$16, walgreens.com).

REVERSE HAIR LOSS

If your strands have gotten thin over the years, you’re not alone: 40 percent of women are affected by hair loss by age 40. What can help: rosemary oil. “This herb increases blood flow to the scalp and brings oxygen and nutrients to follicles to encourage healthy growth,” says Dr. Shamban. In a study in the journal *SKINmed*, rosemary oil promoted hair growth just as effectively as a 2 percent minoxidil solution. To get the perks, mix 5 drops of rosemary essential oil (like Aura Cacia Rosemary Essential Oil, \$5, vitacost.com) with 2 Tbs. of olive oil and rub into the scalp. Cover with a shower cap, leave on for 30 minutes, then rinse. Repeat two to three times a week for thicker hair in a month.

GETTY