

10 SKIN CARE TIPS

FOR NO WORRIES!

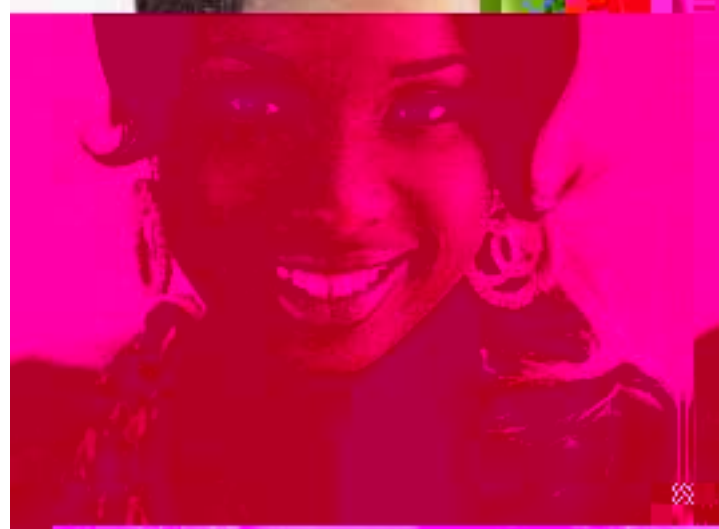
OK! SPOKE TO THE EXPERTS FOR SOME EASY, YET BRILLIANT, TRICKS FOR ACHIEVING, AND KEEPING A PERFECT COMPLEXION

1. BE A MINDFUL BEAUTY FAN

"Improve your mind, nutrition and complexion — they are all connected in achieving healthy skin. Emotional self-care helps you look great. Take a bath, get a massage, smile! Certain foods attract water to the skin. Raw fruits and veggies help you stay hydrated. Lastly, use antioxidants and anti-inflammatories to repair the barrier of skin exposed to free radicals." — Dr. Howard Murad, dermatologist and founder of Murad Skin Care



Jennifer Hudson is a Dove fan.



2. DELICATE DECOLLETTÉ

"If you have sensitive skin, stay away from colored soaps. They contain dyes, pigments and fragrances that you could be reacting to. I recommend to my patients a plain, white bar of soap. Dove is a classic." — Dr. Jody Levine, co-founder of Plastic Surgery & Dermatology of NYC

Dove Beauty Bar, \$3.50/2; drugstore

3. BE A FACIAL FANATIC

If you don't get facials often, try to get one before heading to an event. Halle, who comes in for facials regularly every few weeks, can get a facial the same day she walks the red carpet." — Olga Lorencin-Northrup, founder of Kinara Facial Clinic



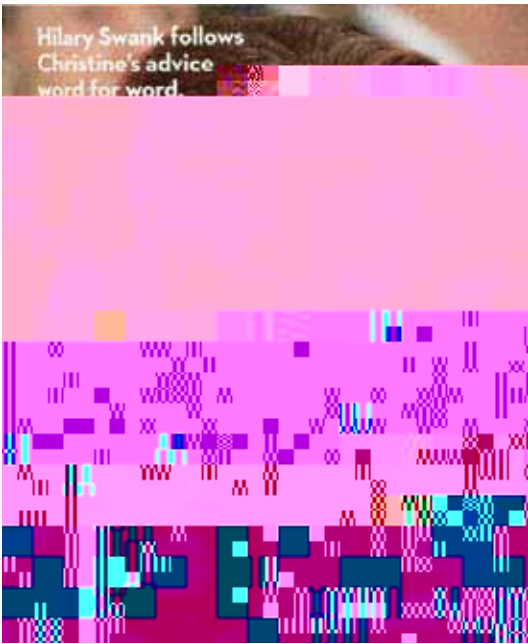
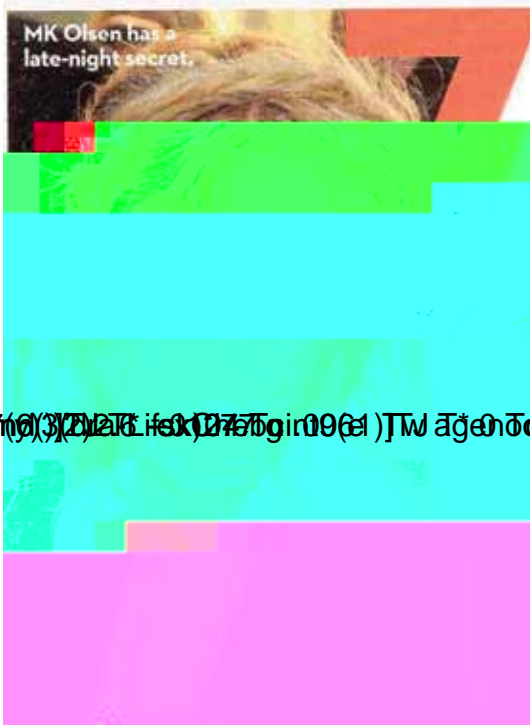
Halle Berry

BE SHAD

"Eye wrinkles or crow's feet are usually the first signs of facial skin aging to appear, especially in fair-skinned individuals. To reduce these fine lines, simply wear sunglasses whenever you're outside to reduce squinting."

5 MILK I

•Since Debra has little kids, one of my favorite tips for de-stressing and extra smooth skin all around is adding two cups of goat's milk to a warm bath. Goat's milk is high in lactose, which contains enzymes that digest dead skin cells and proteins to hydrate and nourish skin. Do this about two times per week. - Kate Somerville, celebrity facialist and skin health expert.



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