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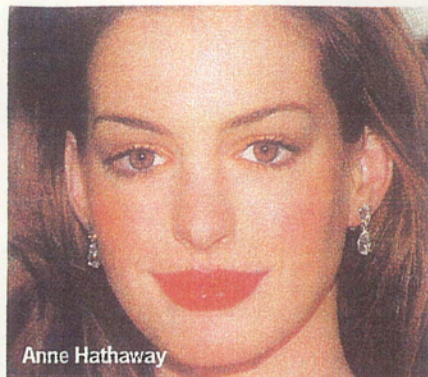
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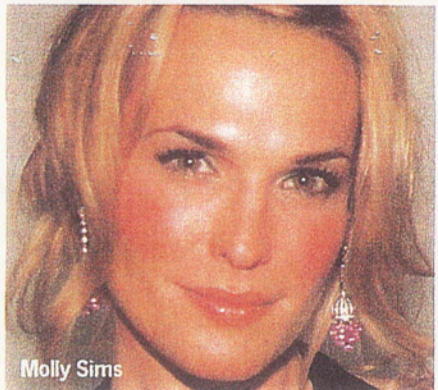
Drew Barrymore



Uma Thurman



Anne Hathaway



Molly Sims



Beyoncé Knowles



Rebecca Romijn

How the Stars Get Glowing Skin

Hollywood dermatologists reveal the strategies that **golden girls** like Drew and Uma always adhere to.

By Celeste Perron

■ The biggest beauty must in Hollywood these days? Getting radiant, glowing skin. "Hollywood types are fixated on having very clear, healthy-looking skin, with no freckles or discolorations," says Beverly Hills dermatologist to the stars **Debra Luftman**. We quizzed the pros who primp some of Tinseltown's prettiest faces to find out how you can cop a similar star-quality complexion—at home.

STRATEGY 1 Get Glow Savvy

The key to looking luminous: treatments that gently resurface the skin, such as



Use a blender to whip up a facial scrub.

the pumpkin-enzyme Fitness Facial Treatment aesthetician Sonya Dakar gives stars, including Drew Barrymore. Exfoliating reduces your skin's dull-looking top layers and dark spots, minimizes enlarged pores, and boosts blood circulation, all of which help produce that falling-in-love flush. Some good enzyme peels you can do at home: Sonya Dakar Enzyme Peeling Cream, \$80, and Neutrogena Advanced Solutions Facial Peel, \$25. Or mix up this scrub created by Tina Kite, product specialist for Jurlique, which counts Kate Hudson, Alicia Silverstone, and Anne Hathaway among its fans: Combine ½ tsp. cider vinegar,

a natural astringent, with one drop lavender essential oil, which soothes and moisturizes skin. Then add the key exfoliants: 1 tsp. oat flakes, a pinch of salt, and 1 tsp. ground almonds. Massage the scrub onto clean damp skin for one minute. "Don't aggressively pull your skin," says Kite. "Instead, use a pressing motion."

STRATEGY 2 Don't Go Without Sun Protection

Celeb derms instruct their patients to be totally obsessive about avoiding the rays. "None of my star patients in their 20s ever lie in the sun or use tanning beds," says **Dr. Luftman**. Derms such as Karyn Grossman, who has treated Molly Sims and Daisy Fuentes, always tell their patients that "wearing SPF should become as routine as brushing their teeth," she says.

Pill Warning

Women on birth-control pills are more likely to develop dark spots on their faces when they lie in the sun unprotected.



Daisy Fuentes



Avril Lavigne

"The A-list have access to a million potions, but most stick to a simple regimen."

It's not just skin cancer and down-the-road wrinkles they're worried about. Sun exposure can cause or unmask other beauty bums, including hyperpigmentation (dark spots on the skin), rosacea, dryness, and irritation, explains Fran Cook-Bolden, a New York-based dermatologist and director of the Ethnic Skin Specialty Group. "Women of color are more prone to hyperpigmentation, and simply using sunblock helps prevent it," she says.

Celeb derms warn their clients not to use anything less than an SPF 30, and to apply it to all exposed skin every time they are outdoors, even if it's just dashing to their car. "Apply at least a dime-size amount on your face every morning, and reapply it every two hours if you're outside," says Dr. Cook-Bolden. "Look for cosmetics that contain SPF, and carry a spray sunscreen, so you can spritz it over your makeup." Try Banana Boat Baby Magic Sunblock, \$10.

STRATEGY 3
Keep Skin Care Simple

A-list actresses have access to a million fancy skin potions, but their derms say that most stick to surprisingly simple regimens. "Using too many products can irritate skin and result in redness, acne, or extrasensitive skin," explains Dr. Cook-Bolden. The same goes for using those products too often. "Acid-based products and retinol are safe when used as directed, but I see women using them many times a day, and the result is what I call 'overprocessed' skin," says Howard



Sun exposure can seriously dry out your skin.

Murad, a renowned dermatologist whose product line is used by lovelies like Uma Thurman and Beyoncé Knowles. So use just a cleanser, a moisturizer with SPF, and one or two treatment products that address any specific concerns (e.g., wrinkles, acne, under-eye bags). And never apply a product more often than the label recommends.

STRATEGY 4
Stop Skin Bumpers in Their Tracks

Since the entertainment biz is so youth-obsessed, actresses start stressing about wrinkles when they're in their early 20s. "L.A. is funny like that—women in their 20s want to look like they're in their teens," says Jessica Wu, a Los Angeles dermatologist whose products are used by Rebecca Romijn and Paula Abdul. "They look at the tabloids and see older stars

being made fun of for their Botox treatments and say, 'I never want to look like that,'" says Dakar, whose clients include Kirsten Dunst and Avril Lavigne. Taking measures to stop damage now can delay aging, reports Dr. Grossman.

That means using products that prevent the breakdown of collagen and elastin. First, use a day lotion packed with antioxidants. These are vitamins

A, C, and E, and other substances (like green tea and lycopene) that fight oxidation, a deterioration caused by the sun. "Research shows that products containing two or three antioxidants are best," says Dr. Grossman. Use a night cream with retinol, which stimulates collagen growth. "Retinol is the only topical agent proven to reverse aging," says Dr. Luftman. Try Prescriptives Super Line Corrector, \$65, or Roc Retinol Activ Pur Anti-Wrinkle Treatment, \$17.

Summer Skin Fixes

Sexy-skin rules change this time of year. Here's how to adjust your routine.

- Switch to a stronger cleanser, says Dakar. If your current one doesn't control the greasies, try an oil-battling formula like Bioré Shine Control cleanser, \$6.
- Do a "step down" with your moisturizer, says Dr. Grossman, since skin gets oily easily in the heat and humidity. If you use a cream formula, step down to a lotion. If you use a lotion, switch to a gel such as Clinique Dramatically Different Moisturizing Gel, \$22.
- Try a shine-busting mask. A clay-based formula will draw impurities out of the skin. Try Olay Daily Facials Intensives Deep Cleansing Clay Mask, \$7.



The right product can help turn back time.