

intraceuticals

it's in the skin

Halle Berry, 43

Jennifer Aniston, 40

Sandra Bullock, 45

SPECIAL

SEXY FOREVER

Celeb Secrets for Gorgeous Hair, Flawless Skin—and Your Hottest Body Ever!

VALERIE BERTINELLI

BIKINI AT 49!

Get Shiny, Healthy Hair

Reduce Wrinkles

Every time you change your facial expression, be it a frown or cracking a smile, you break down the collagen in your skin, leaving it less firm; that, in turn, leads to fine lines and wrinkles. No wonder, then, that the latest anti-aging products focus on collagen production. They're using retinol, a form of vitamin A, and Juvederm, which can be effective in temporarily filling lines by hydrating and thickening the skin, explains dermatologist Neil Sadick. Ask your moisturizer's label is algae, a powerful natural skin repair itself.

EAT FOR BEAUTIFUL SKIN

Dr. Howard Murad's Wrinkle-Free top 10 list includes:

- TEA** Green tea is rich in antioxidants, which help protect the skin from sun damage and free radicals.
- DECAF COFFEE** Java beans are a source of antioxidants, but stick to decaf; too much caffeine can disrupt your sleep, leading to dryness and fine lines.
- CELERY STICKS** To stay hydrated, Dr. Murad advises, "eat your water, don't drink it," to get the added benefit of vitamins found in raw veggies like celery and carrots.

INTRACEUTICALS

Atoxelene line wand with amino acids and hyaluronate, www.intraceuticals.com

intraceuticals atoxelene line wand

TNS Night Eye Repair
 SKINMEDICA TNS Night Eye Repair with hyaluronic acid and vitamins A, C and E, \$90, skinmedica.com

Deni's Facialist recommends this!

THE THREE BIGGEST SIGNS OF AGING? WRINKLES, DISCOLORED SKIN AND ENLARGED PORES. HERE'S HOW TO FIGHT THEM JUST LIKE THE STARS DO!

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