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# SAVE YOUR SKIN

*Top facialists reveal the secrets they tell their age-defying, camera-ready clients. Liz Krieger listens in.*

"I'LL HAVE WHAT SHE'S HAVING." Yes, it's a famous movie line, but more often than not it's what we think upon seeing the glowing skin of today's most beautiful actresses and models. Here's insider access to the golden rules of skin care, straight from A-list treatment rooms.

**KNOW THYSELF** Turns out, many people don't know what kind of skin they have. "You'd be surprised how many people are simply using the wrong products for their skin type," says Los Angeles aesthetician Shani Darden, who keeps Jessica Alba glowing. Everyone should have at least one professional skin-care consultation with a licensed aesthetician to get assessed and establish a treatment plan, says New York facialist Mamie McDonald, who works with Kerry Washington.

**EXFOLIATE WITH CARE** Exfoliation is key for younger skin. Cindy Crawford's Los Angeles facialist Cristina Radu prefers fine granular scrubs for removing dead skin cells, and is insistent that people avoid those made with crushed shells, salt, or anything too rough. "You want the finest particles possible," says Radu. If you have sensitive skin or rosacea, Nicole Paxson, an aesthetician at Adam Kolker's plastic-surgery practice in New York, cautions against using anything with physically abrasive ingredients. Instead, rely on fruit enzymes or chemical acids. Her pick: Biologique Recherche Lotion P50 (\$61). New York facialist Joanna Vargas, who preps Karlie Kloss, suggests the Eminence Citrus Exfoliating Wash (\$38) but warns that if you're using a retinol or Retin-A, you may not want to perform an additional exfoliant step because your skin is already undergoing faster cell turnover.

**TONE UP** If you truly want to eradicate every trace of makeup, use a toner after washing your face. "Washing and exfoliating the face can strip it of the natural acid mantle, so using a toner can help bring your skin's pH back into balance," says aesthetician Edyta Jarosz, who works in New York dermatologic surgeon Dendy Engelman's practice. Her pick: Natura Bissé NB Ceutical Tolerance Toner (\$48).

**ERASE SPOTS** One trick to get rid of discoloration on your skin is the most inexpensive and natural: apple-cider vinegar, says Shellie Goldstein, a sought-after aesthetician in New York and the Hamptons. The malic acid in the raw, unfiltered variety (she likes Bragg's brand) helps diminish spots and stop the cycle of over-pigmentation, says Goldstein. Mila Moursi, Jennifer Aniston's facialist, agrees but prefers a combination of 80 percent apple-cider vinegar and 20 percent lemon, applied only in the evening. "And always apply sunblock generously to face and body, and don't forget the hands," recommends Moursi.

**SLEEP PRETTY** Swap out your pillowcase every few days. "Clean sheets and pillowcases make a big difference, since sleeping on dirty linens can contribute to acne," says New York facialist Ildi Pekar,

who Miranda Kerr sees faithfully. While inveterate stomach and side sleepers may groan to hear this, sleeping like that is a fast track to fine lines and skin sagging, says London skin guru Amanda Lacey, who treats Gwyneth Paltrow. If you can, try to sleep on your back. Olga Lorencin-Northrup, Halle Berry's L.A. aesthetician, says that using a humidifier, particularly during the drier winter months, will keep your skin supple. And make it do double duty: "Add a few drops of essential oils to the water tank," says Goldstein. She suggests rose oil for hydration, pine oil if you're puffy, and tea-tree oil for acne.

**BANISH BLEMISHES** Some of the best ways to get rid of pimples are home-remedy secrets, says Pekar, who advises pressing the inside of a fresh clove of garlic onto a blemish; garlic's natural antimicrobial and anti-inflammatory properties can kiss the spot good-bye. For a less fragrant option, Goldstein recommends crushing an aspirin with water into a paste. Apply overnight, and by morning it will be gone.

**WATCH THE WATER** Hot water can dehydrate your skin and cause broken capillaries, says Paxson. Instead, opt for lukewarm water to gently open pores while cleansing, then finish with a cold rinse to tighten them. For people living in cities like L.A. where the water is highly chlorinated, "use a water filter in the shower," says Gina Mari, Heidi Klum's facialist, who likes Jonathan Beauty Shower Purification System (\$95). "You can instantly feel the difference."

**BEWARE OF SILICONE** If you see that any of the first four ingredients on a skin-care product ends in "-cone," put the product down and move on, says Eileen Harcourt, a New York facialist who works with Lauren Hutton. It means that it's made with silicone, which can cause clogged pores and bumpy skin. Harcourt's favorite silicone-free buy: Intraceuticals Rejuvenate Moisture Binding Cream (\$69).

**CLEAN YOUR PHONE** Keeping your cell phone and eyeglasses clean is almost as important as cleansing your face, says Darden. "They can be seriously disgusting. Clean them twice a day at least."

**JUICE AT YOUR OWN RISK** While you may think you're doing your body a favor by juicing, many contain high quantities of fruit juices, which "introduce too many sugars, and that can be inflammatory for a lot of people," says Hollywood aesthetician Terri Lawton, who works with Rachel Weisz.

**BE PATIENT** Great skin doesn't happen overnight. "If you want to see results, you have to stick with a regimen," says Kate Somerville, an L.A. aesthetician whose clients include Amber Heard. That can mean several months of diligent product usage before your skin cells will turn over naturally, a commitment many people just won't make. "And then they wonder why they aren't seeing results!" ■

*Photographs by Ben Hassett*