



Age Like a Celebrity

Hollywood's over-40 crowd has secrets that keep them glowing.

by Lynne Konstantin

Jennifer Aniston. Julia Roberts. Halle Berry. Jennifer Lopez. Many of Hollywood's hottest female celebrities have already turned 40, will soon, or are way past. But if you really look at them up close, on your high-definition flat-screen TV, you can see: They glow.

What are their secrets to staying young? Of course, millions of dollars, private yachts, and weekly facials can't hurt. But we wanted to know what tricks they have up their sleeves, to keeping the years at bay. And here are the Top 10 that we found.

1. They started young. Instilling good beauty habits in your 20s and 30s — even in your teens — is what ensures long-term results. And since many celebs have been in the business since their teens, or even earlier, they learned early on, that good preventative maintenance was vital to their careers.

2. Sunscreen. Not just a dab on your cheeks for the rare excursion to the beach. Celebrities like Nicole Kidman are militant. Apply on face and body daily, just as you do moisturizer — UVA rays can find your face even indoors, through windows and reflecting off of mirrors. Look for products that say "broad spectrum" and SPF 15 or higher.

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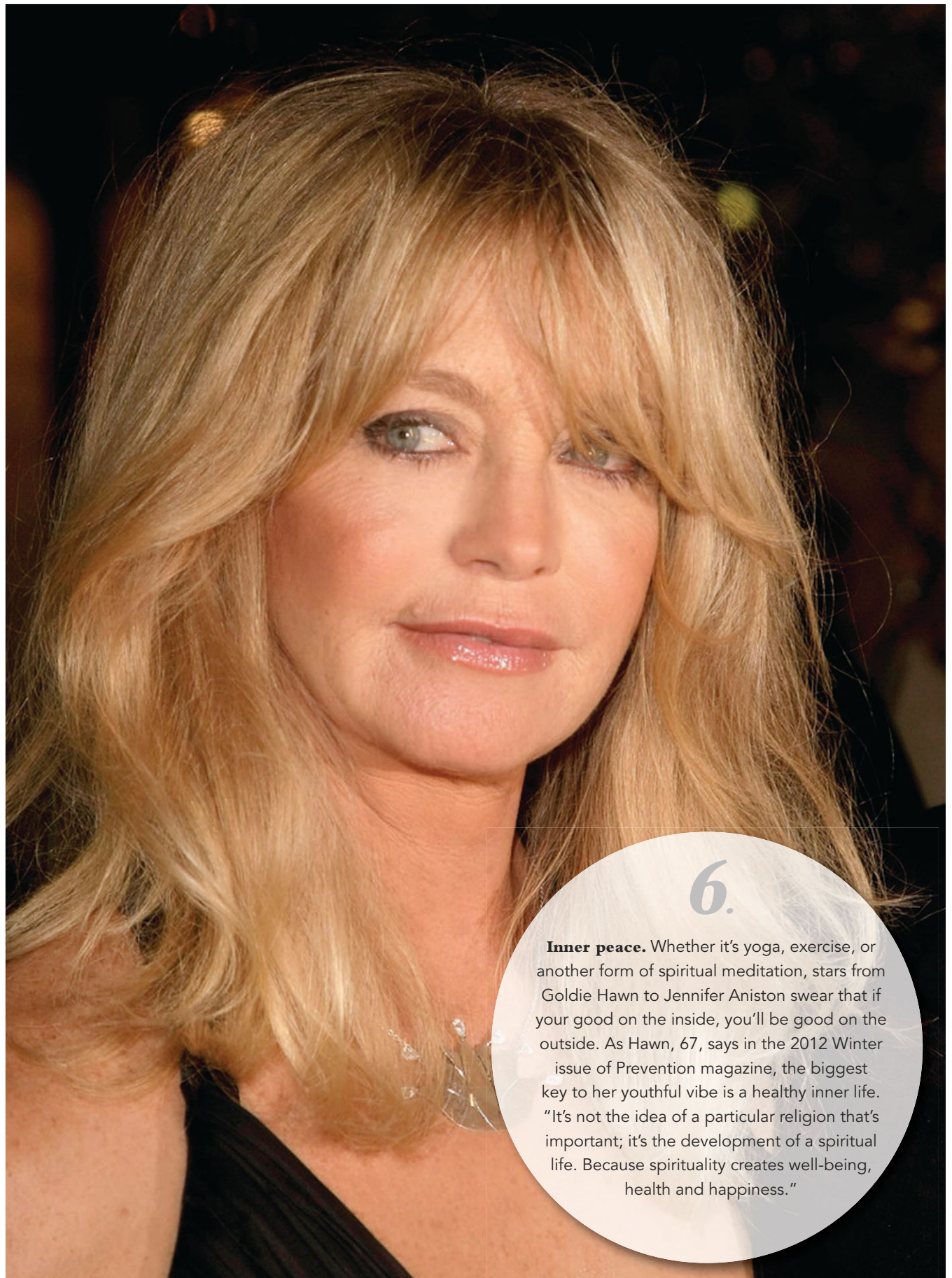
Freeze out. Featured on "America's Next Top Model," "The Doctors," and more, the non-invasive Venus Freeze treatment, available at Margot European Day Spa in Birmingham (248-642-3770; margots.com) combines multi-polar radio frequency with pulsed magnetic fields to raise the temperature of the skin, causing controlled thermal damage and stimulating the skin to repair itself for tightened skin, and reduced cellulite and circumferential fat.



4. Keep it clean. Demi Moore, legendary for skin (and a body) that makes her look half of her almost-50 years, starts with the basics. "I moisturize, moisturize, moisturize," Moore has said. "No matter how late it is when I get home, I take the time to clean and moisturize my face. I'm a big believer that if you focus on good skin care, you really won't need a lot of makeup."

5. Detox. Many celebs, including Robin McGraw, Dr. Phil's lovely wife, are fans of detoxifying body wraps. One of our favorites: The De-Aging Tropicale Body Wrap formula from Pevonia, available at New You Body Wraps & Wellness Center in Utica (586-323-0355; thenewyoubodywraps.com). The holistic treatment releases healthy negative ions into the skin, infused with mineral-rich dehydrated sea water to exfoliate, smooth, mineralize, and reduce sun damage and the appearance of crepiness, while repairing skin with time-released retinol as well as elastin and collagen polypeptides.





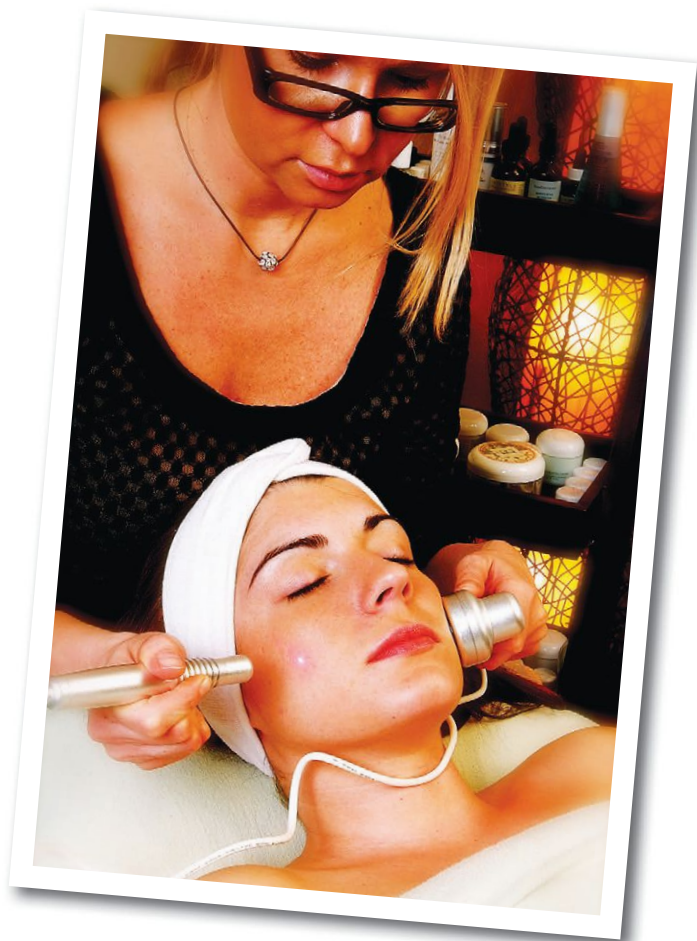
6.

Inner peace. Whether it's yoga, exercise, or another form of spiritual meditation, stars from Goldie Hawn to Jennifer Aniston swear that if your good on the inside, you'll be good on the outside. As Hawn, 67, says in the 2012 Winter issue of Prevention magazine, the biggest key to her youthful vibe is a healthy inner life. "It's not the idea of a particular religion that's important; it's the development of a spiritual life. Because spirituality creates well-being, health and happiness."

7. Deep massage. "After the age of 40, the collagen and elastin fibers that hold all the layers of muscle, fat and skin together, begin to break down, making it more susceptible to gravity," says Evana Radlowski, owner of Touch of Europe Day Spa in West Bloomfield (248-538-7546; toughofeuropedayspa.com). To help decrease puffiness, encourage cellular detoxification, and increase the blood flow to bring oxygen and nutrients to the area, Radlowski recommends the European Stimulating Anti-Aging Facial. "The effects are almost like Botox, only more subtle."

8. Ultrasound. Named after its selective Hollywood clientele, the Beverly Hills Treatment at Babs Salon & Spa in Birmingham, (248.593.6993; babssalon.com), combines a four-layer mask infusing collagen, elastin, seaweed serum, and toner, followed by an ultrasound machine to stimulate the product into the skin as well as the body's own collagen.

9. Dig deep. The 90-minute Quantum treatment at FACE Skincare - Medical - Wellness in Southfield (248-663-0161; facebeautyscience.com) uses currents to tighten skin, lights to repair, oxygen to plump and hydrate, and additional collagen stimulants for a high-intensity cellular-level experience. "You see immediate results the day of the treatment, and once the cellular level comes to the surface in 30 days, you have even healthier skin," explains Holly CaSaroll, CEO of FACE. "It will transform your face and give you a red-carpet glow."



10.

Retinoids. Jessica Wu, a dermatologist in Los Angeles, told *Cosmopolitan* that the first prescription retinoid, vitamin-A derivatives that speed up cellular turnover, was Retin-A, which became available in the early 1970s as an anti-acne remedy. "The stars who are now in their 40s started using Retin-A as teenagers to control their breakouts," she said. Over the years, dermatologists have found all the other benefits of retinoids: encouraging collagen production, reducing fine lines, improving skin elasticity and plumping the skin. The best part? Prescriptions are no longer required. Try Neutrogena Ageless Intensives Anti-Wrinkle Deep Wrinkle Serum (available at area Target stores) to target crows feet, under eye wrinkles and laugh lines, while uncovering vibrant, healthier-looking skin.