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Why They Still Look This Fantastic

Some of the most enviable stars have turned 40 recently or will soon, and they're *un-freaking*-believably gorgeous. There's no way we weren't going to hunt down what they did in their 20s and 30s to stay so hot.



Check out Jennifer Lopez's skin. Seriously, right now, take a minute to really examine how glowy and radiant her face is. Same for Julia Roberts. We could call it a beauty phenomenon: Many of the hottest female celebs are newly 40 or hovering around that number and yet they look drop-dead amazing. Do they not? Halle Berry, Ellen Pompeo, Heather Graham, Jennifer Aniston...how the hell do they do it?! Cosmo contacted the derms who treat big stars to find out. We learned the tricks celebs use now and also what their beauty routines were when they were younger, since those habits are really what ensure long-term results. "These women started taking care of their skin decades ago," says Beverly Hills dermatologist Harold Lancer.

While you may not be thinking about wrinkles, brown spots, and the like right now, these women are proof that establishing a good regimen early in life can keep you looking slammering later on. Here, the celebs' secrets.

1. They are obsessive about sunscreen.

We've all seen pictures of these stars diving off yachts in Saint-Tropez or walking on the beach in Malibu, but they're also militant about wearing SPF protection every single day, summer and winter. "They don't live in a cocoon to avoid rays, but they also don't lie out in the sun for hours, and believe me, they are always putting on

sunscreen," says New York dermatologist Albert M. Lefkovits, who treats celebrities and supermodels.

"Anything that says *broad spectrum* and *SPF 15* or higher is good, but what's most important is applying it often," adds Dr. Lancer. "I tell my clients to put it on 15 minutes before they leave the house in the morning and at least one more time a few hours later. My celebrity clients who are gorgeous and around 40 have lived by this rule."

These celebs even go one step further, according to their derms. They wear sunscreen inside. UVA rays have a scarily remarkable way of finding your face through windows and by reflecting off shiny surfaces, point out the pros.

Another obsession: Sunglasses. "Large lenses with UVA/UVB filters ward off sun damage, and they prevent you from squinting, which causes crow's feet," says Dr. Lefkovits.

2. They were the first to fall in love with retinoids.

Every time you invest in a jar of cream, you take a leap of faith that it'll actually do what it claims to. But there have been many studies proving the benefits of retinoids — vitamin-A derivatives that speed up cellular turnover — and these glowing 40-and-over celebrities are now walking billboards for this magic ingredient.

"The first prescription retinoid, Retin-A, became available in the early 1970s as an anti-acne remedy," explains Jessica Wu, a dermatologist in Los Angeles. "The stars who are now in their 40s started using Retin-A as teenagers to control their breakouts."

Decades later, dermatologists realized the antiaging benefits of retinoids, such as encouraging collagen production, reducing fine lines, improving elasticity, and plumping the skin, Dr. Wu continues. "Renova, a more moisturizing version of a prescription retinoid, was launched as an anti-aging cream, and these stars transitioned over to that." Now, you don't even need a prescription to get an over-the-counter version of the cream that still contains enough of the ingredient to make it effective.

3. They're exfoliating queens.

"My clients have always gotten facials once a month to exfoliate their skin, and then they maintain results between appointments with an at-home scrub," says med-spa owner Kate Somerville, founder of Kate Somerville Skin Health Experts, whose clients include Felicity Huffman, Kate Walsh, and Julia Louis-Dreyfus.

The secret these celebs know: Old, dull cells are the enemy. To look glimmery and dewy, you have to be diligent about stripping off that top dead-cell sludge through derm-abrasion, peels, or scrubs. This allows products to penetrate better, explains Dr. Lancer, and it increases blood flow, which brings more oxygen to your skin's surface and spurs collagen production.

"I've been giving celebrities peels for years," says Dr. Wu, who uses a combination of salicylic acid and enzymes to dissolve the top layers of skin. "They got peels in their 20s to unclog pores and prevent acne. In their 30s, peels helped get rid of uneven pigmentation problems. Now in their 40s, peels help remove any sun-damaged skin and give them that glow."

4. They never tolerate a skin freak-out.

Since the day they booked their first Hollywood gig, these women have had to show up to work with a perfect face. "The first sight of a pimple, a rash, or any other type of inflammatory reaction sends them, and always has, straight to the dermatologist's office," says dermatologist David Colbert, founder of the New York Dermatology Group and who treats Rachel Weisz, Naomi Campbell, and Edie Falco.

This OCD attention has paid off big now that dermatologists are linking inflammation to premature aging. "If your skin is flushed and inflamed, there's an overload of blood flow, which eventually shows up as visible blood vessels or red blotches on your skin. Inflammation can also cause swelling," explains Dr. Lefkovits. Biggest rule: Don't pick at your pimples; it prompts inflammation. Instead, treat a blemish with an acne spot-treatment that contains salicylic acid.

And follow good, basic skincare moves: Wash your face every night (makeup can clog pores and cause inflammation), layer your products (sunscreen always goes last), and use the right moisturizer. Dr. Colbert's basic day-cream requirements: antioxidants like vitamins C and E, SPF 15 or higher, and hyaluronic acid, which sucks moisture out of the air and seals it into your skin. He recommends using retinoids at night.

5. They're proactive with injectables and fillers.

In the last decade, there's been a slew of age-reversing treatments that, when done in moderation, look extremely natural. Celebrities, predictably, were early adopters.

"They'll come in at the first sign of a wrinkle to take care of it. They never wait for serious damage to show up," says Dr. Lefkovits. "Still, they want to walk out of the office looking totally natural, so they never go overboard."

A fan favorite: Botox, which Dr. Wu calls the 30something special. "Botox freezes facial muscles to prevent creasing in the skin. It reduces the appearance of a wrinkle and prevents others from forming."

Juvederm, an injectable that plumps up the skin, is also one of the most popular treatments, according to Somerville. These procedures aren't cheap though. One syringe of Juvederm can be \$500. "And we use up to three syringes on one face," says Somerville. It's a splurge. But if it's skin like Halle Berry's you want, your shoe-and-bag budget might just have to suffer.

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