

GLAMOUR

101

One Minute Makeover Tricks

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Your Body

6 Health Problems You Can Fix Yourself

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GUYS TALK SEX!

The 16 Things Almost Every Man Is Attracted To

The Real Kristen Stewart A Twilight Exclusive!

New Secrets About Bella, Boys and What's Next

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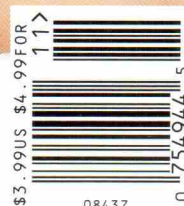
WAYS TO GET YOUR SH*T TOGETHER

Everywhere From Your Closet to Your Bank Account

plus

"My Husband and I Lost 300 Pounds Together"

What's That Like for a Relationship?



NOVEMBER 2011

Meet the Rock-Star Dermatologists: L.A. Edition

The derm competition is *fierce* in SoCal! (All those needy celeb faces.) Here, five of the best give you the kind of skin-beautifying tips their star clients depend on. No appointment necessary! *BY ANDREA POMERANTZ LUSTIG*

From left:
Drs. Roberts,
Benabio,
Chippis, Zaks
and Wu



REMEMBER LAST YEAR, when *Glamour* introduced you to the most-wanted skin doctors on the East Coast (check 'em out at glamour.com)? Now it's time to meet their West Coast counterparts—just as smart but with waiting rooms that look like the front row at the Academy Awards. (Of course, none name patient names due to a little legal thing called doctor-patient confidentiality.... Sigh.) And these derms are, frankly, superstars themselves: One rides a blue Harley-Davidson, and another is an actual trained ninja.

But if you're expecting attitude from them, don't. They know that your complexion woes deserve the same attention as those of a member of the Tinseltown elite, so they gave *Glamour* the closest thing to an in-office visit: the best advice they have to offer about making sure your skin is ultra-healthy and flawless-looking, now and forever. So what does a starlet do when she sprouts a pimple before a red-carpet event? Can a Bloody Mary and a nap be good for your skin? Does one side of your face need more sunscreen than the other? These rock stars have the answers. *Continued on next page* ♦♦

STYLIST: RACHAEL WANG; HAIR: RICHARD COLLINS; MAKEUP: ADAM BREUCHAUD, BOTH FOR THE WALL GROUP; SEE GLAMOUR SHOPPER FOR FASHION CREDITS



The Skin Cancer Guru

Lisa Chipps, M.D.

Dr. Chipps, a 37-year-old mother of two, specializes in removing skin cancer and repairing the resultant wound (she's a laser therapy whiz) at her practice on Rodeo Drive. A practicing Buddhist, Dr. Chipps is a bona fide ninja (a green belt!), was the captain of her college sailing team and once helped deliver a baby llama. If that doesn't make her sound magical enough, she also teaches at Harbor-UCLA Medical Center, gives free public skin-cancer screenings and volunteers at a clinic for indigent patients. Inspiring!

How to be sun smartest: Dr. Chipps likes Neutrogena Pure & Free Liquid Sunblock SPF 50 (\$13, at drugstores) as an everyday first line of defense. "It's also important to use products that will reverse damage that has already been done, especially for those at high risk of skin cancer," she adds.

Don't believe the hype: "For skin care products, 'organic' is not enough," according to Dr. Chipps. "Some organic products are fabulous, and some are not."

Every woman, every age, should: "Visit a board-certified dermatologist," she says.

"It's simply the best gift to yourself." Only a derm can look over your entire body for suspicious moles or marks, which gives you a baseline for each annual skin check.



The Always-In Doc

Jeffrey Benabio, M.D.

San Diego-based Dr. Benabio, 39, offers skin advice in person *and* via his site, thedermblog.com. (He even treats patients via teledermatology, with a digital camera and secure website.) "I can only say so much in 15 minutes in the office, but when patients get home, they can read about things like preventing moles or gluten-free diets for their skin," he says.

Know that there's no excuse to tan: "Sun can boost your vitamin D levels, but after five minutes, you're not making vitamin D—you're just making skin cancer," he says.

Just make fresh salmon for dinner or drink fortified soy milk to stock up on vitamin D.

Minimize scarring: "The best treatment for a wound is to keep the area clean and moist," Dr. Benabio says. "Cover the wound with a Band-Aid to help heal and minimize scarring." *Continued on next page* ➔

The Rock Stars Recommend...

Five skin improvers you can do this minute:

Chug!

"[Drink] a glass of water before bedtime. Dehydration is a sneaky culprit," causing skin to look uneven and parched, says Dr. Roberts.

Protect the Left Side of Your Face

"You accumulate a lot more sun damage there over the years from driving, so it's more prone to skin cancer and wrinkling. Put extra sunscreen on the left side every morning," says Dr. Benabio.

Tone Up

"I do facial acupressure every night to increase microcirculation in my skin," says Dr. Wu. "I grew up watching my mom and grandmother do it. Press for a few seconds above your inner eyebrows, at your temples, below each nostril and on either side of your chin." The result? "Glowing skin that looks plumper."

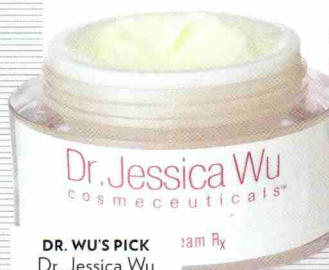
Exfoliate and Protect With One Swipe

"Glycolic pads are an affordable way to exfoliate dead skin cells at home," says Dr. Zaks. He likes Topix Glycolix Elite Treatment Pads 10% (\$19 for 60, dermstore.com).

Power-Nap

"Have you ever noticed how after a nap, your skin looks flushed and smooth?" notes Dr. Benabio. So snooze!

5 Things the Derms Love



DR. WU'S PICK
Dr. Jessica Wu Cosmeceuticals Fade Cream Rx (\$120, by prescription only, 310-473-5878 for information)

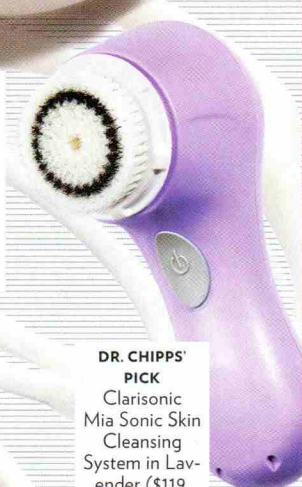


DR. ZAKS' PICK
Neutrogena Fresh Foaming Cleanser (\$6, at drugstores)



DR. BENABIO'S PICK
Dove Beauty Bar in White (\$4 for 2 bars, at drugstores)

DR. ROBERTS' PICK
La Roche-Posay Active C Anti-Wrinkle Dermatological Treatment (\$50, larocheposay.us)



DR. CHIPPS' PICK
Clarisonic Mia Sonic Skin Cleansing System in Lavender (\$119, sephora.com)



The Youth Booster

Wendy E. Roberts, M.D.

Stanford-educated Palm Springs dermatologist Dr. Roberts, 53, has been internationally recognized for her Roberts Skin Type Classification System, a method of understanding skin that takes ethnicity into account. Past president of the Women's Dermatologic Society, this skin superstar thinks her career choice was predestined: "As a child I gave my dog facials," she says.

How to eliminate dark circles: "Sleep deprivation, chronic allergies and vitamin deficiency can cause undereye circles—so eat greens and be sure to get plenty of sleep!" Dr. Roberts explains.

The biggest skin care mistake women make: "Believing skin will take care of itself," she says. "Remember, it's the largest organ of the body" and needs the same upkeep as, say, your teeth (checkups!).

Know how to read the label: "Organic skin care products are trendy, but that does not mean nonorganic ones are dangerous," she says, adding that you can learn more on the Environmental Working Group's site, ewg.org/skindeep or the Personal Care Products Council's cosmeticsinfo.org.



Doctor 90210

Boris Zaks, M.D.

Dr. Zaks, 37, is a real-life Doogie Howser, having graduated from Beverly Hills High School at age 15 (Angelina Jolie was his classmate, and, yes, he swears she did have those lips then), UCLA at 19 and UCLA School of Medicine at 23. After working with renowned L.A. derm Howard Murad, Dr. Zaks opened a Beverly Hills office. Celebs appreciate that he helps keep their visits discreet: He books their appointments when the office is closed to avoid parking lot paparazzi sightings.

How he treats breakouts: Dr. Zaks likes photodynamic therapy, which "significantly reduces acne quickly without creams or drugs." And he's been called to movie sets,

he says: "It can range from injecting two pimples on a star's face with cortisone to treating an allergic reaction to makeup."

How you can save money on skin care: "Many expensive face creams underdeliver on results," says Dr. Zaks. "Affordable creams that contain active ingredients—retinol, alpha hydroxy acids, antioxidants, peptides—can be found at your drugstore." Try Roc Retinol Correxion Deep Wrinkle Night Cream (\$22, CVS).

Every woman under 40 should: Use a cream that contains antioxidants in the morning (in addition to a sunscreen), he says. It'll help prevent further signs of photodamage.



The Skin Nutritionist

Jessica Wu, M.D.

Dr. Wu, 42, has serious cred: A Harvard-educated assistant clinical professor at the University of Southern California School of Medicine and author of the new book *Feed Your Face*, she rides a blue Harley-Davidson named Marge, is an avid snow skier and loves to stand-up paddleboard (always wearing water-resistant sunscreen, natch). Cool extracurriculars aside—she also danced in Bon Jovi's "Bad Medicine" video at 19—Dr. Wu calls herself a geek.

How to eat for better skin: "If you have breakouts, dairy is the devil; it is inflammatory and will add hormones to your already hormone-rife system," she says. "Get calcium elsewhere, or try nonfat organic dairy products. For PMS breakouts, avoid dairy and bakery items the week before your period"—sugar and flour are both causes for pimples and collagen breakdown. To help prevent sunburn, Dr. Wu suggests—in addition to using sunscreen—eating lycopene-rich tomatoes; combining them with a natural fat, like olive oil, aids absorption (marinara!). And "trade your mimosa at brunch for a Bloody Mary," she says.

But skip: "At-home laser and light devices to get rid of acne and wrinkles," says Dr. Wu. "Most don't have the ideal wavelength or right amount of energy to kill bacteria or stimulate collagen—and they can burn you if used incorrectly. Your dollars are better spent on a high-quality retinoid or, for stubborn breakouts, an acne treatment that won't irritate your skin." ■

3 Fast Face Fixes From Hollywood Facialists

Want great-looking skin tonight? Here's how, from three celeb-fave pros.

QUICK TIP #1

"For a firm, dewy look, massage moisturizer into your face in an upward motion to bring oxygen to the blood and stimulate muscle tone," says Nerida Joy, who looks after the famous faces of Tyra Banks, Isla Fisher and Jennifer Garner.



QUICK TIP #2

"Glow via exfoliation! Look for scrubs with enzymes, acids or round beads that gently roll across the skin's surface," says Kate Somerville. Celeb fans of her L.A. spa include Elisabeth Moss, Kerry Washington and Michelle Trachtenberg.



QUICK TIP #3

"For dark circles and puffy eyes, grate cucumbers into a fine paste, then wrap in a thin layer of gauze, creating a sushilike roll. Place it firmly on the eyes for 10 minutes, and relax. Follow with an eye gel or cream," says Ole Henriksen. Amy Adams, Charlize Theron and Renée Zellweger all frequent his namesake spa.



TIP #1, FROM LEFT, JIM SWEAL/BEIMAGES, MATT BARON/BEIMAGES, PETER BROOKER/REX USA, TIP #2, FROM LEFT, REX USA, MATT BARON/BEIMAGES, PICTURE PERFECT/REX USA, TIP #3, FROM LEFT, PICTURE PERFECT/REX USA, JIM SWEAL/BEIMAGES (2)