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Courtney Cox

Kinerase C6 Peptide
Intensive Treatment
(\$96, nordstrom
beauty.com)
For flawless skin
like Courtney's,
the amino acids in
this intensive
treatment work
together with
vitamins C & E and
green-tea extract
for optimal results.
She liked the line
so much that they
made her the
spokesperson.



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Jennifer Aniston

Mario Badescu Flower and
Tonic Mask (\$18,
mariobadescu.com)
It would only take 20
minutes out of
Jen's busy
schedule to
keep her face
picture
perfect. Lift
impurities from
pores with a
mask that won't
overdry skin.



YOUR SKIN IN YOUR THIRTIES

Revitalize your healthy glow



**HALLE
BERRY, 39**

LET'S FACE IT

Skin gets drier and flakier as we age, says Dr. Ava Shamban, a Santa Monica, Calif., dermatologist. This is when pesky fine lines, loss of elasticity, irregular pigmentation and enlarged pores start to surface. Also, at this age, collagen production slows down and cell renewal starts to decline.

NOW'S THE TIME TO... While much of the aging process depends on genetics, there is a lot you can do to slow down the hands of time. "Now I would start to use something to stimulate collagen production," says Dr. Shamban. Since the rate skin cells turn over is slowing down, exfoliation is important to stimulate cell renewal. Dr. Anthony Youn of Rochester, Mich., a Board certified plastic surgeon who has been featured on *E!'s Dr. 90210*, recommends products with alpha-hydroxy acids to gently slough away dead skin cells so the epidermis looks fresh and supple.

COMPLEXION CORRECTOR Thermage uses radio frequency waves that heat up skin at its deepest layer, which stimulates collagen production. The noninvasive treatment tightens skin and renews facial contours. Expect no downtime, and results last a couple of years. The cost: \$1,000 to \$5,000.