ood's tavorite skin savers





Courteney Cox Kinerase C6 Peptide Intensive Treatment (\$96, nordstrom beauty.com) For flawless skin like Courteney'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



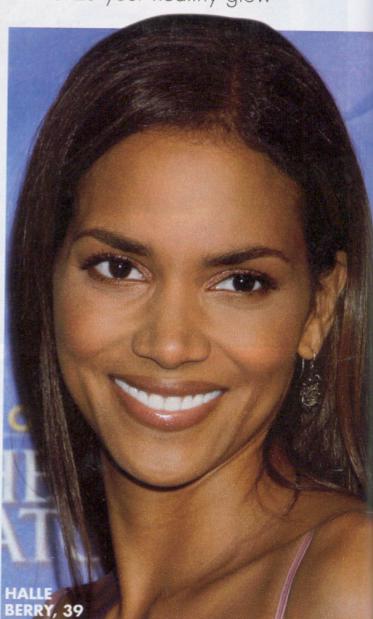
Jennifer Aniston Mario Badescu Flower and Tonic Mask (\$18, mariobadescu.com) It would only take 20 minutes out of Jen's busy schedule to keep her face picture ARIO BADESCU perfect. Lift impurities from WER & FONIC MAS pores with a mask that won't

overdry skin.



YOUR SKIN IN YOUR THIRTIES

Revitalize your healthy glow



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! 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 El'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.



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