



HELLO!

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ENGAGEMENT
FEVER HITS
NEW HEIGHTS

PRINCE WILLIAM AND KATE

THRILLED AS
HER PARENTS
ARE INVITED TO
THE QUEEN'S
BALMORAL
RETREAT

PLUS

A NEVER BEFORE
SEEN GLIMPS
INTO THE
DAILY LIFE OF
WILLIAM'S
PRINCESS-IN-
WAITING

7447028999 4.6



Kerry Washington

Freeze frame

Face off against aging with the latest ingredients to hydrate, brighten and firm

Most celebrities have great skin, but according to Dr. Kucy Pon, a Toronto-based dermatologist and consultant to Olay, Catherine Zeta-Jones and Uma Thurman are particularly flawless. "They don't have any sun damage, wrinkles or visible pores," she says. So what do they know about skin care that we don't? Perhaps that the sun is responsible for up to 80 per cent of skin aging – which is why a broad-spectrum sunscreen should be your first line of defence if you're seeking complexion perfection. "You can also prevent skin aging by using antioxidant ingredients like vitamins C and E," says Dr. Pon. But while prevention is key, it's not too late to turn back the hands of time. If you're dealing with already visible concerns, like dryness, sagging or uneven tone, here's your youth-restoring prescription.

LIGHT BRIGHT

It's not just wrinkles that make people look older. "The colour and texture of your skin is also a factor," explains Dr. Pon. Topical products can be effective at brightening up dull skin and evening out its tone. Look for creams or serums containing retinol or retinaldehyde, which are forms of vitamin A that stimulate collagen and improve the texture and colour of the skin. Niacinamide, a form of vitamin B₃, provides similar benefits but is less likely to cause irritation. Products with gentle exfoliating ingredients like alpha-hydroxy acids, prickly pear extract and willowbark can also work wonders. "They give skin its glow back by removing dead skin cells from the surface," says Laurel Ann,



Catherine Zeta-Jones



SkinCeuticals A.G.E. Interrupter, \$155, select med-spas, skinceuticals.com



RoC Sublime Energy Day, \$69, drugstores, rocskincare.com



Swiss TEC CIC2 Cellular Serum, \$159, doctor's offices

June Jacobs Brightening Serum, \$126, Murale, junejacobs.com



Clarins Vital Light Day, \$95, **Night**, \$98, Clarins counters and boutiques, clarins.com

