

# HELLO!

CANADA

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**GLAMOUR  
AT THE  
ACADEMY  
AWARDS  
ANGELINA  
LEADS OUR  
PARADE OF  
HOLLYWOOD  
BEAUTIES**



**INSIDE THE  
OSCAR PARTIES  
JOIN US AS WE CELEBRATE  
WITH FAMOUS FRIENDS**

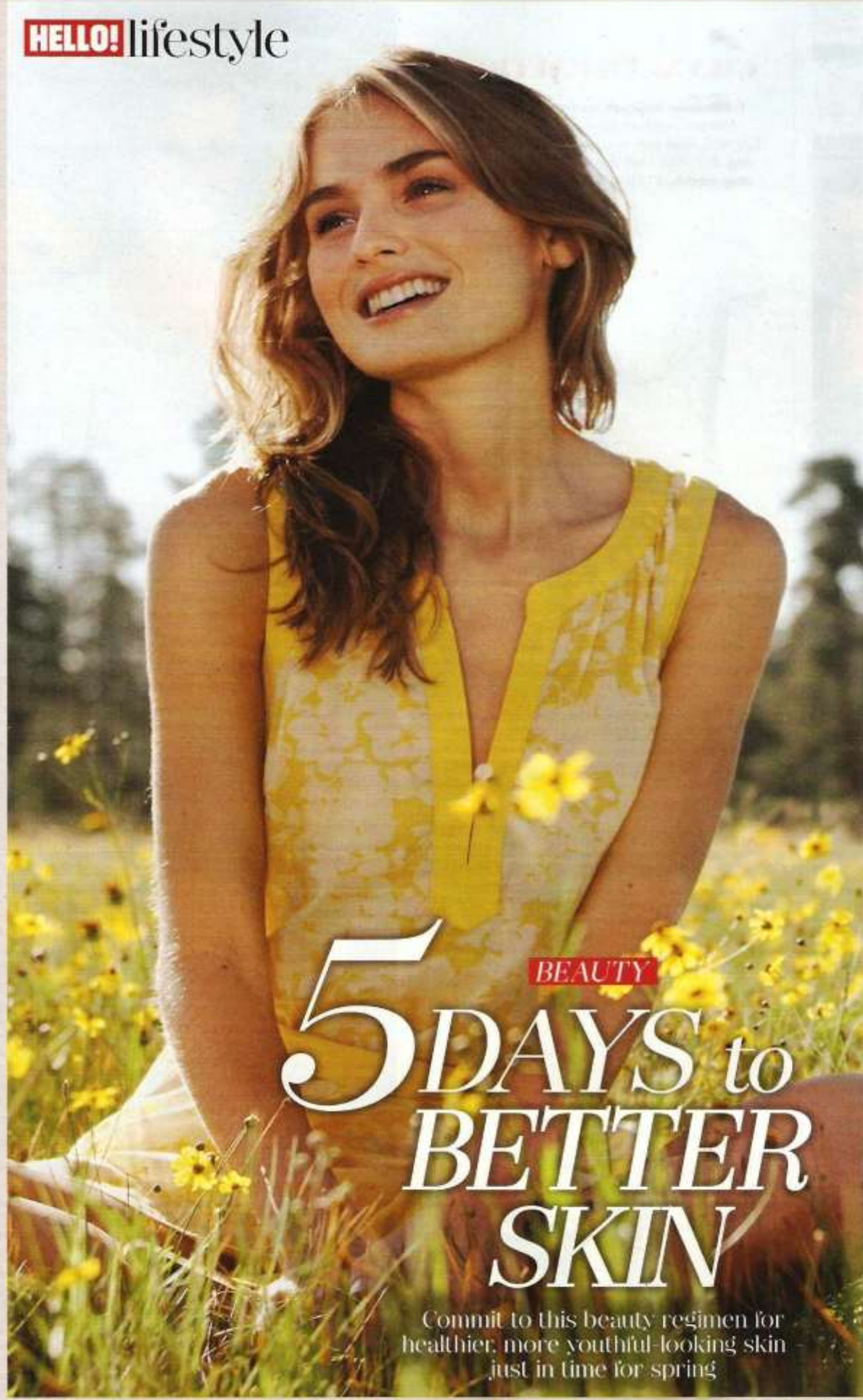
**GET THE LOOK!  
YOU CAN DRESS LIKE AN OSCAR STAR**



**KATE'S  
PUPPY  
LOVE**  
**INTRODUCING  
THE GORGEOUS  
BOY WHO'S  
PUT A SPRING  
IN THE STEP OF  
THE DUCHESS**







BEAUTY

# 5 DAYS to BETTER SKIN

Commit to this beauty regimen for healthier, more youthful-looking skin just in time for spring

## DAY 1

### GET YOUR BEAUTY SLEEP

The first place you see fatigue is on your face, which is why beauty rest is key to great-looking skin. Ideally, a minimum of six to eight hours of shut-eye is a must. "If you don't get enough sleep, skin looks slack, dull and puffy. The right amount of rest, plus lots of water, will help boost the health of skin," says Toronto-based dermatologist Paul Cohen. Also, try to sleep on your back; snoozing on your side or stomach can leave unsightly crease marks on your face that can become wrinkles over time. And don't forget to moisturize before bed. Winter's furnace-heated indoor air can dry skin while you sleep, so reload moisture overnight with a facial oil or rich nighttime moisturizer.

Neutrogena Rapid Wrinkle Repair Night Moisturizer, \$30, drugstores, [neutrogena.ca](http://neutrogena.ca)



Kiehl's Midnight Recovery Concentrate, \$48, Kiehl's stores and counters, [kiehls.co](http://kiehls.co)



# DAY 2

## HYDRATE WITH A MASK

A hydrating facial mask does more than quench parched skin and leave you feeling pampered, it also plumps up fine lines and wrinkles. Masks do have a saturation point, however. Most should be used once a week at most and need only be applied for 15 to 20 minutes in order to reap the benefits. Keeping it on longer than the recommended time is not only useless but can also result in unwelcome facial flare-ups. "You can experience breakouts if the mask is too rich or if you leave it on overnight," says Dr. Cohen. "If you start to break out, you know you're overdoing it." If you're concerned about breakouts, look for an oil-free, gel-like formula that won't clog pores.



**Dermaglow Rejuvenating Moisture Mask**, \$30, Shoppers Drug Mart, [dermaglow.ca](http://dermaglow.ca)



**Dermalogica Skin Hydrating Masque**, spas and salons, \$52, [dermalogica.ca](http://dermalogica.ca)

# DAY 3

## BOOST RADIANCE

Integrating a potent antioxidant like vitamin C (also known as L-ascorbic acid) into your regimen will enhance radiance and improve skin tone. Dr. Cohen recommends applying the super-vitamin first thing in the morning. "It prevents free-radical damage from UV light and pollution, and helps with collagen production, the prevention of brown spots and discoloration," he says. The concentration of vitamin C is also an important factor. "You'll see the biggest difference if a formula has 10 to 20 per cent vitamin C," Dr. Cohen adds. Alternatively, increase intake through your diet. One cup of strawberries has 120 per cent of the recommended daily dose.



**The Body Shop Vitamin C Facial Radiance Capsules**, \$28, [thebodyshop.ca](http://thebodyshop.ca)



**SkinCeuticals Phloretin CF Treatment**, \$160, spas, [skinceuticals.com](http://skinceuticals.com)

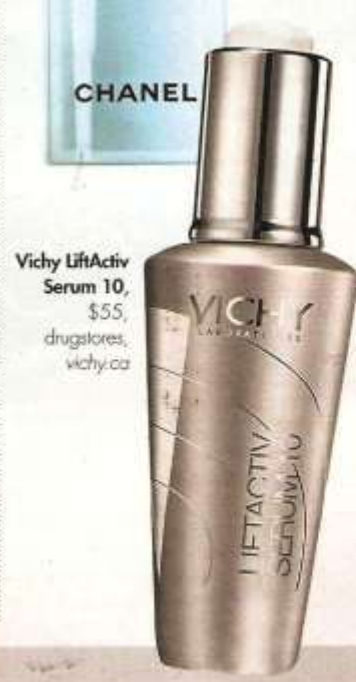
# DAY 4

## TREAT LINES WITH A SERUM

The art of layering is not just reserved for the fashion set. Layering beauty products is essential to a flawless face. One important step that many women bypass is the application of a serum. These easily absorbed drops don't add a lot of moisture to your skin but instead offer many treatment benefits that can help fight fine lines, premature aging and discoloration. "Serums help feed the skin with a more potent dosage of key ingredients," says Dr. Cohen. He recommends applying a formula that contains an antioxidant like green tea or anti-aging ingredients like peptides. Once the serum is on, the next layer should always be a moisturizer with an SPF.



**Chanel Hydra Beauty Serum**, \$92, available in March at Chanel counters, [chanel.com](http://chanel.com)



**Vichy LiftActiv Serum 10**, \$55, drugstores, [vichy.ca](http://vichy.ca)

# DAY 5

## TRY A BB CREAM

BB – short for beauty balm or blemish balm – creams are the latest multi-tasking skin-care wonder to sweep North America. This miracle product has migrated to the West from Asia, where it has reached cult-like status among beauty junkies. The power-packed formula offers a mix of benefits all in one tube: moisturizer, anti-aging ingredients, primer, foundation and SPF protection. Not only does that mean less time spent in front of the mirror (and fewer products cluttering your vanity), it also results in a more natural-looking complexion, thanks to the light coverage offered by its tinted formulation. – JILL DUNN



**Too Faced Tinted Beauty Balm SPF 20**, \$42, Sephora, [toofaced.com](http://toofaced.com)



**Smashbox Camera Ready 5-in-1 Beauty Balm SPF 35**, \$50, Sephora, [smashboxcanada.com](http://smashboxcanada.com)