

HELLO!

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beauty

What's their secret?

Our expert panel reveals how stars keep their complexions flawless

Nicole Kidman's porcelain perfection and Scarlett Johansson's smooth creamy tones aside, great-looking skin is not easy to achieve. "We are exposed to sun, stress, smoke, pollution and even diet and alcohol on a daily basis, which induce free radicals to attack our healthy skin, causing four out of five wrinkles," says renowned New York dermatologist Dr. Fredric Brandt. So how does Kate Beckinsale tend to her English-rose complexion? How does Jennifer Lopez achieve that much-envied glow? *Hello!* consulted five top dermatologists, both north and south of the border, for Hollywood's top tips and information about non-invasive treatments to ensure your skin's star status.

Tip No. 1 Wear sunscreen

The one tip our panel couldn't stress enough: wear sunscreen year-round. "The cumulative effects of the sun cause skin to wrinkle faster, develop a brown patchy discoloration, small spider veins and a weather-beaten leathery appearance," says Toronto-based dermatologist Dr. Fred Weksberg. So slather on an SPF of at least 15 and be sure it protects you from both wrinkle-inducing UVA and sunburn-causing UVB rays.

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