

BEAUTIFUL SKIN, THE STARS' WAY

Hollywood celebrities know there's little or no room for wrinkles or blemishes, especially on the red carpet, where all eyes are watching. So, stars begin prepping their skin, from head-to-toe, to get the "glow," weeks in advance.

Skin care guru Kate Somerville's A-List client list includes Felicity Huffman, Debra Messing and Jessica Alba, among many others. They all sing her praises for helping them get and keep that healthy glow.

Sommerville shared some skin care secrets on *The Early Show* :

1. Use eye cream on dry, chapped lips. It will help soften the lines and hydrate the area. Lips will look fuller and lipstick or gloss won't bleed into the lines.
2. For really smooth skin, if you have fine hairs on your face – believe it or not – it's ok to carefully shave! This will remove the peach fuzz, and it has the added benefit of light exfoliation.
3. Mix a little powdered mineral makeup in with your sunscreen, to boost its staying power and give you light coverage.
4. For puffy, tired eyes: brew two green tea bags, let them cool. Lie down and place them over your eyes for about 10 minutes. The caffeine will help to tighten the tissue and reduce puffiness, a result of water retention.
5. If you have a pimple the day of a big event – don't pick! Wrap an ice cube in a thin cloth and rest on the blemish for a few minutes. The ice will reduce the inflammation and the redness. Also, taking an Aspirin can temporarily reduce swelling in a blemish, as Aspirin has anti-inflammatory properties.
6. Don't use a brand new product a day or two before a Big event. I've had so many celebs do this. I had a celebrity use an eye cream she had never used before a big photo shoot. She was allergic to something in it and her eyes completely swelled up. Try new products a week or two in advance.
7. I pour 3 to 4 cups of Goat Milk into my bath at least every other night. The Goat Milk has natural lactose, enzymes that dissolve dead skin – and then – the proteins in the milk really moisturize the skin.
8. Use a Humidifier! I have extremely dry skin and suffer from eczema. During winter months, I make sure to sleep with a humidifier in my bedroom. It adds moisture to the dry air and helps keep my skin hydrated.
9. Another great tip for eyes – place two metal spoons in the freezer. I'll even do this when traveling or at a hotel in my mini fridge. I'm on air a lot with QVC and I'll wake up with puffy eyes. I'll put these on my eyes in the morning and they will reduce the redness and swelling.

10. If you run out of eye makeup remover, look to your kitchen for the solution. Olive or grapeseed oil can be a very gentle and effective eye makeup remover. They break down the solids in mascara, and nourish the delicate eye area at the same time.
11. Change your pillowcases. I have a stash of clean pillow cases in my closet. And I change mine every 2 or 3 days. Bacteria and irritants can develop on the pillow case, causing breakouts and inflammation.
12. If your skin is looking tired and your complexion dull – there is usually a simple solution in your fridge. Wash your skin and then apply a thin layer of plain yogurt. Leave on for 5 to 10 minutes. Then wash off and moisturize. The naturally occurring lactic acid in the yogurt will gently exfoliate and kill bacteria and the milk proteins will nourish the skin!

Somerville spoke to **CBS News**:

Celebrities oftentimes have great genes, but they have skin problems like regular folk and, honestly, they sometimes have more because of all the makeup, lights, schedule.

Skincare regimens can often seem complicated. Do they need to be in order to get the best skin possible?

Absolutely not, but everyone's skin is different and you have to find what works for you might not work for everyone else. You have to listen to your own skin and figure out your own regimen.

You have created a skin health pyramid that your celebrity clients follow to help make sense of it all? What is it?

I created the Skin Health Pyramid to make skin care simple. It's kind of like the Food Pyramid; it defines the most important elements to healthy skin. After 18 years of working in clinical skincare, I broke down what works to keep skin healthy and radiant, or to get it there...

What are these steps?

Protect - everyone knows how important it is to wear sunscreen, at least an spf 15

Hydrate - you've gotta get water into your skin cells and keep it there

Feed - your skin is your largest organ, it needs nutrients to be healthy and look healthy

Stimulate - We need to stimulate collagen and elastin production so our skin stays firm and strong

Detox - Skin has to be clean and you have to get rid of toxins so it functions well

In Hollywood, you are known for creating the glow that we are all searching for in our skin. Tell us how do we get this?

PT.1

One of the secrets is exfoliation, but the RIGHT WAY! Because you can have good skin, but not great skin because if you don't exfoliate you have dead skin cells on the surface that is dull. It's what is underneath that is young, vibrant and radiant.

When you exfoliate, you have to chemically and physically exfoliate....both to get the best results. Chemically means you have to exfoliate with enzymes or what I like to call the **Three Ps - look for Papaya, Pumpkin, Pineapple** in your scrubs - they gently dissolve skin cells, reveal healthy fresh skin, and help your expensive serums penetrate really well! i.e. If you use a walnut scrub, you are just doing the physical part and it's abrasive. My best selling, celeb fave is called ExfoliKate -this is actually what put me on the map. it uses gentle enzymes and microbeads to make skin gorgeous.

Use them in the shower because enzymes are activated by the steam.

What is the main concern of your celebrity clients?

They want clear, healthy glowing skin so they don't have to wear as much makeup. Like all of us. They just happen to be on view 24/7.

Do you recommend exfoliating for every skin type?

I absolutely do, it's just frequency varies dependant on skin type. Oiler skin types can exfoliate 3x a week, but if your skin is thinner and sensitive one time a week can be more than sufficient-but you have to exfoliate.

You say there is another step that is key to getting that red carpet glow?

PT.2

Hydration! Hydrating isn't just about drinking water - and so many of my celebs miss this step. You've got to get the water INTO the cell and LOCK it in. Think of a baby's skin - so plump - it's because the cells are full of water. How do you do it? Look for Hyaluronic acid products that will add moisture to the cells and lock it in - Leaves skin luminous!

I know that you are a big fan of using supplements both topically and internally as part of your skin program. What are the key ones we need?

Eat a healthy, colorful diet, get yourself a great whole food multl vitamin, and take some flaxseed for Omega, walnuts are a great source too. And topically - Look for Vitamin A in products - great as you get older, Retinols are a form of Vitamin A - Vitamin C is great as well - it brightens and can lighten sun damage spots

Topically:

A-

C-

E-

Internally:

Flaxseed

multivitamin