

# A-List Secrets to 10 YEARS YOUNGER



Forget pricy potions — today's stars head to the drugstore for beauty bargains that turn back the clock!

**B**y mid-February, the season's frigid temperatures, blustery winds and dry indoor heat have sapped our skin of moisture, leaving our complexion looking lackluster — and us, looking, well, weathered. Since we're always amazed at how Hollywood beauties walk the red carpet seemingly untouched by the aging effects of winter's chill, we went in search of their secrets to stunning — and were pleased to discover that many of our favorite leading ladies swear by inexpensive drugstore products! Here, three celeb finds that work wonders.

## ERASE FOREHEAD FURROWS

Repeated movement of the forehead muscles leads to wrinkles over time — and a lot of that wrinkle-causing movement actually happens from scrunching the face while sleeping. And when skin is dehydrated, those lines are much more obvious. To minimize them, follow the lead of Rene Russo, who

**“I go to the drugstore and get Frownies...sleep with them on and the next morning look better. I swear by them.”**

*Rene Russo, 64*

loves Frownies Forehead and Between Eyes Facial Patches (\$17, walgreens.com). “Like a pain-free paper form of Botox, these adhesives are worn overnight and hold forehead skin taut so you're scrunching the area less,” says celebrity dermatologist Debra Jaliman, M.D. Furrows are visibly reduced after one month of nightly use.

## HEAL DRY, CRACKED HANDS

Our hands are one of the big giveaways of age, so it's unfortunate that all the handwashing we do to ward off winter germs leaves our skin looking more crepey and cracked. The fix Julia Louis-Dreyfus favors: Aquaphor Healing Ointment (\$5, target.com). “It contains glycerin, a humectant that draws moisture right into skin's outer layer, and chamomile extract, an anti-inflammatory

that soothes itchy, inflamed skin,” says Dr. Jaliman. Simply rub a dime-sized amount onto skin twice a day for smooth hands in two weeks.

## REPAIR CHAPPED LIPS

The reason lips get so painfully chapped this season: They lack the oil glands needed to stay hydrated during the dry winter months. That's why Jennifer Aniston keeps Dr. Haushka Lip Care Stick (\$15, cvs.com) in her purse at all times. The key ingredient, calendula flower oil, is rich in flavonoids, carotenoids and mucilage — all of which deeply moisturize and encourage cell repair and renewal to soothe chapped lips, says Dr. Jaliman. Applied twice a day it will rehydrate lips within a week. Bonus: Calendula also delivers compounds that help stave off bacteria to prevent and heal cold sores.