

SHAPE
YOUR
LIFE

**BURN
MORE
FAT,
FIRM UP
FASTER**
p. 206

41 PERK UP SALLOW SKIN

Use a spray bottle to spritz on apple cider vinegar; it stimulates circulation, refreshing and reviving a dull complexion instantly, says Sharon Gault, a makeup artist in Los Angeles who has worked with Jennifer Garner and Kate Beckinsale.

2 SHRINK PORES

The fastest way? "Exfoliate," says Frédéric Brandt, M.D., a New York City- and Miami-based cosmetic dermatologist who counts Madonna among his clients. "When pores are clogged with dead skin cells, they stretch and look larger. Remove the dead cells and you've got smaller pores." Try Dr. Brandt's Microdermabrasion Cream (\$75; drbrandtskincare.com) with sloughing crystals.

3 HEAL BREAKOUTS

Blend one packet of yeast and a few drops of fresh lemon juice, then stir to make a paste, says Sonya Dakar, a Los Angeles aesthetician who cares for Gwyneth Paltrow's enviably clear complexion. Dab on blemishes before bed. As the mixture hardens, it gently pushes out any debris clogging your pores, preventing them from welling up into big pimples.

4 HIDE DARK CIRCLES

Apply concealer to your eyes' inner corners to brighten the whole area and minimize darkness, says Napoleon Perdis, an Australian makeup artist who works with Emily Procter.

5 CALM RED SPLOTCHES

Wash your face with tepid or cool water. Very hot water can break down the skin's barrier, leaving it dry and blotchy, while icy water can cause broken capillaries, says Susan Ciminelli, a bicoastal aesthetician whose clients include Jennifer Lopez and Janet Jackson.

6 SMOOTH ROUGH PATCHES

Switch to a moisturizing, milky cleanser if you're not using one already, says Aida Bica, a New York City aesthetician who tends to the alabaster complexion of Jennifer Connelly. "Everyone should use a hydrating cleanser, even those with oily skin. It protects the surface of your skin and softens roughness," she says. (A more drying formula can disrupt skin, causing sensitivity.) The milky cleanser she recommends to all of her clients: Biologique Lait Oxygénant VIP 02 (\$48; biologique-recherche.com for stores).

7 LESSEN CROW'S-FEET

"When applying eye cream, don't stop at the outer corners of your eyes," says Dakar. Spread the cream over your temples to firm the skin there, where the deepest lines form. Try Sonya Dakar's Visualift (\$105; sonyadakar.com), which is packed with hydrating shea butter.

8 DE-PUFF YOUR FACE

Cut back on white flour and sugar for at least 24 hours. Refined carbs cause your body to retain water and make your face swell, says Ciminelli, who also keeps Shakira's skin glowing.

9 EVEN OUT YOUR LIDS

Smooth on an eye shadow primer, which hides veins and redness and controls excess oil, says Ashunta Sheriff, a makeup artist in New York City whose clients include Alicia Keys. Sheriff's favorite: Paula Dorf Eye Primer (\$24; pauladorf.com).

10 WAKE UP TO FIRMER SKIN

Once a week, at night, apply a very thin layer of a clear moisturizing mask—rather than night cream—over your face. Don't rinse off. Try Susan Ciminelli Hydrating Gel Mask (\$75; susanciminelli.com) with collagen-boosting copper.

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