



Jada Pinkett Smith and many other celebrity moms and supermodels flock to **L.A.'s Face to Face** (facetofacela.com) for its galvanic

**Galvanic facials** facial, called the Iderm Dermaculture Facial Treatment. But this facial isn't about pampering, it's about results. The treatment uses a galvanic device that gives skin a steady and direct current, which increases the skin's capacity to absorb and improves the penetration of the product to the layers below the surface. I gave it a try and loved the results so much I've been back once a month since. My skin is glowing—literally.



**Moisturize!** As we get older, our skin loses its moisture and elasticity. Misting is also a great way to hydrate. We like Circuit Skin Molecular Mist (\$36, circuitskin.com), which has ingredients to help hydrate and improve your skin. To create your own mist, fill a drug-store spray bottle with water and add a few drops of lemon. This refreshing spray will keep your skin moist year-round. And don't forget moisturize your neck, chest, and hands!



Red light therapy stimulates cellular metabolism, blood flow, and production of collagen.

**“Hydrate from the inside out with water. Drink one-third of your body weight in ounces each day.”**

**Easy does it.** Practice moderation with alcohol, but enjoy a daily glass of red wine. And go decaf. Cortisol, a stress hormone, increases as we age, and caffeine adds to cortisol levels in the blood for up to 18 hours. Caffeine also dehydrates your body, inhibits DNA repair, and leads to DHEA deficiency.

**Wear sunscreen every day.** You've been hearing this forever, but a daily moisturizer with SPF 15 or higher on your face, neck, and chest helps prevent wrinkles and sun damage. We know the sun is beneficial in providing us with a source of vitamin D, but overexposure is dangerous.

These days celebs are loving photo facials, or IPL (Intense Pulsed Light) and red light therapy—the most talked about new techniques in skin rejuvenation.

**Photo and light facials** These last about 30 minutes. Again, this treatment is geared for results, not for relaxation: After a gloopy substance is applied to your face, the IPL is administered with a machine. Unlike a laser, it uses flashlight technology with a broad light spectrum, which reaches several layers deep into your skin. The IPL warms the skin and uses heat to stimulate the body's natural healing process. You have to stay out of the sun afterward.

Red light therapy uses a tinted red light to stimulate cellular metabolism, blood flow, and the production of collagen. It also helps eliminate acne. Baby Quasar (\$449, babyquasar.com) is a smaller version that's painless and takes about 20 minutes. I've used it a few times a week and my skin has been so much clearer.

