

Beauty Tips From The Stars

Star-Inspired Ideas For Keeping Skin Looking Healthy

(NAPSA)—Most of today's TV and movie stars no longer have their sparkling good looks diminished by blemishes, wrinkles or sun damage, thanks to the latest techniques developed by dermatologists. Two of the most popular procedures and treatments being used by Tinseltown to smooth out imperfections and fine-tune facial skin include the prescription remedy Retin-A Micro (tretinoin) and microdermabrasion:

- Retin-A Micro is one of a family of tretinoin prescription topical creams that are similar to but stronger than retinol. This topical cream helps the skin to renew itself more quickly and may improve the appearance and texture of the skin. It has been shown to be effective in the treatment of acne, blackheads, whiteheads and pimples.

- Microdermabrasion is a non-chemical, superficial skin resurfacing procedure performed by an aesthetician to help improve dull, sun-damaged skin. The noninvasive procedure involves waving a device that sprays tiny crystals across the face to gently removing the rough, outer layers of the skin, revealing fresh, softer skin from below.

Both Retin-A Micro and microdermabrasion can increase the sensitivity of skin to UVA and UVB rays and increase the chance of irritation and dryness. That's why it's important to take care of skin between treatments with skin-care products that won't irritate the skin further.

General Hospital soap star Rebecca Herbst gets microdermabrasion about once every other month to keep her skin looking and feeling healthy. To prevent her skin from irritation and dryness between treatments, she



Soap star Rebecca Herbst never uses soap on her own dry, sensitive skin. She prefers a gentle but effective cleanser.

relies on a consistent skin-care regime with Purpose products.

"Over the past years, I have tried other facial cleansers but found the Purpose Gentle Cleansing Wash to be the only soap-free cleanser that won't dry my skin or burn my eyes," said Herbst. "The product is gentle enough for me to use right after I get my microdermabrasion treatments."

Rebecca also affirms that she never leaves the house without applying the Dual Treatment Moisture Lotion with SPF 15. "It keeps my skin hydrated without irritating it, and it protects my skin from sun damage, rain or shine."

And what does she do when she can't get to the dermatologist to get a microdermabrasion treatment? "I enjoy scrubs and masks that I can do at home, and I always make sure to keep my skin-care regimen consistent because I believe consistency is one of the most important keys to healthy skin."

For more skin saving tips, visit www.purposeskincare.com.