

Tips for Having Celebrity-Beautiful Skin: Be A Celebrity!

like Heidi Marnhout, Actress seen in CSI & Entourage



before



after

“Complexions Rx has done a beautiful job of helping me get my skin in shape. Being an actress, my skin goes through a lot during filming of a movie or episodics. I follow these tips and my skin loves me for it!”

COMPLEXIONS Rx

Beautiful Skin. For Life.

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Celebrity-beautiful skin tips:

BOTOX: Don't be afraid to enhance your appearance—all the celebrities do!

Exfoliate nightly with an AHA or Retinoid; weekly with a scrubbing exfoliant and monthly with a chemical or mechanical peel

Apply sunscreen daily—as if your life depended on it—because it does!

Cleanse and tone every morning and night.

Emergency blemishes can be handled by bacitracin and non-prescription hydrocortisone

Light mineral-based powder and makeup are so much better for you than the heavy varieties, which clog your skin.

Every month, treat yourself to a rejuvenating facial. This is the best way to keep away that drab, tired look.

Beauty should be a way of life as well as a frame of mind.

Radiant glows come from weekly use of a plumping or nutrient mask. Your skin will thank you.

Informed consent should be part of all pre-procedural practices.

Topical antioxidants, such as Vitamin C, Idebenone or Ferulic should be applied daily.

Youthful, healthy looks can be achieved with the help of lots of sleep and water with a balanced diet.

Endorsed by Heidi Marnhout, Actress seen in Entourage and CSI

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