

THE ONLY MAGAZINE WITH THE **REAL** STORY

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KIM & KANYE



INSIDE THEIR \$11 MILLION HOME

PHOTO SPECIAL



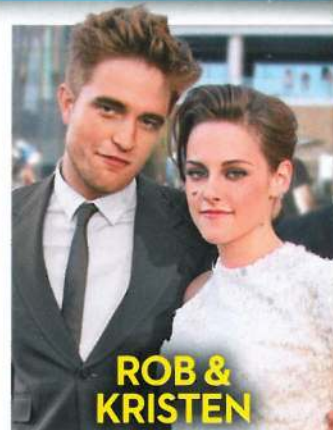
OK



JEN & JUSTIN

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- The cribs, designer clothes and spectacular nursery



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OK! STYLE WEEK BEAUTY

Countdown

EVERYTHING
YOU NEED
TO KNOW TO
GLOW!

Kate Bosworth's
go-to skin saver?
SK-II's Facial
Treatment Mask.
"They instantly
brighten my skin,"
says the star.

TO PERFECT SKIN

5 Skin-care Steps

Your face is your calling card – take care of it! Improve your everyday routine with these important pointers from the pros

1. WASH YOUR FACE RIGHT

It's a simple step with lots of hidden pitfalls! Firstly, ditch washcloths: "They can harbor bacteria," says Dr. David E. Bank, a dermatologist in Mount Kisco, N.Y. Instead, "use your bare hands in a circular motion with water that's comfortably warm." Also, make sure you're using the right cleanser: "Post-wash, your face shouldn't feel stretched at all," he says. "Tightness is a sign your cleanser is too drying."

DermaControl Foam Wash, **Cetaphil**, \$11; drugstore.com. Antioxidant Cleanser Formula 112, **Skinshift**, \$40; skinshift.com



2. MAKE THE MOST OF MOISTURIZER

The trick is in when to apply it. Dr. Debra Jaliman, author of *Skin Rules: Trade Secrets From a Top New York Dermatologist*, advises slathering while your face is still damp from washing, to trap and seal in moisture. A lotion is more wearable for daytime, while a thicker cream formula is best for night.

Cellumination Mask-In Lotion, **SK-II**, \$75; sephora.com. Renewing SA Cream, **CeraVe**, \$23; drugstores



4. SUNSCREEN, SUNSCREEN, SUNSCREEN

Today's formulas aren't too chalky to wear under makeup, plus, they not only prevent future skin problems they alleviate current ones. Zinc oxide's anti-inflammatory and anti-bacterial properties soothe irritation, pimples and redness, according to Dr. Bank. His choice – and Bachelorette **Emily Maynard's** – is Elta MD.



UV Clear Broad-Spectrum SPF 46, **EltaMD**, \$29; eltamd.com

3. EMBRACE INNOVATIONS

2013 is all about brightening. "You'll see a trend of natural-based lightening ingredients replacing older ones like AHAs, hydroquinone, and retinols, which make the skin sensitive [to the sun] and susceptible to more damage and pigmentation," says Dr. Paul Jarrod Frank, founder and director of the 5th Avenue Dermatology Surgery and Laser Center. Look for products with grapefruit or papaya extracts.



Daily Facial Scrub, **Yes To Grapefruit**, \$10; Target stores

5. MODIFY YOUR DIET

"Sugar is pro-inflammatory – if you're prone to breakouts, lay off it and load up on salmon," advises Ruthie Harper, MD, creator of Skinshift. "Omega-3s provide an immediate boost in luminosity." Plus, colorful veggies and fruits are rich in antioxidants that help prevent premature aging.



FROM LEFT: JAMIE MCCARTHY/GETTY IMAGES; SARA JAYE WEISS/STARI/ISTOCKPHOTO/ISTOCK; ALL PROUDLY 100% VEGE