

What's trending in fashion this week

Style & Beauty

FOREVER YOUNG

Celebs prove that 50 — and beyond — is fabulous

By MOLLY SHEA

ON Wednesday, superstar Jennifer Lopez will add another accomplishment to her list: She's turning 50. But to look at her "Jenny From the Block"-era abs and baby-smooth skin, you'd scarcely believe that the mother of two has been alive for half a century.

So what's her secret?

"Here's the thing," Lopez's trainer, David Kirsch, tells *The Post*. "She's a goddess, but she works it. Nobody gave her anything."

Some of today's biggest stars are blazing past major milestone birthdays, looking even better than they did in their 20s and 30s. Fresh-faced women of a certain age — such as Lopez, Julianne Moore and Halle Berry — appear to have cracked the code on aging, flaunting enviably toned physiques and youthful visages.

But as their teams of doctors, nutritionists, facialists and trainers reveal, it takes work to stay in role-winning shape.

Paul Jarrod Frank, a celebrity dermatologist who works with Madonna, recommends a series of in-office "tweakments," such as skin-brightening lasers and injectables, to his high-profile clients.

Read on to learn more about how to age like Hollywood royalty.



Cover up like Nicole Kidman

To get Kidman's glow, slather on the SPF. "Sunscreen is the key to anti-aging," says Vargas. "Cell mutation and sun damage accumulate in the skin over time, so . . . people in their 40s and up see the effects of the sun more than younger people."

Kidman's love affair with sunscreen began as an attempt to avoid freckles during her childhood in ozone-poor Australia. Now, the 52-year-old swears by SPF 100 to keep her skin fresh and free from cancer. It's a move that's paid off over the years: The "Big Little Lies" star's skin is age-spot-free with hardly a wrinkle. (Kidman told a German magazine in 2011 that she tried Botox once but hated the way it froze her face.)

Too late to avoid dark spots and other sun damage? Dermatologist Frank suggests Fraxel laser resurfacing, a roughly \$2,000 procedure that clears pigmentation and boosts collagen production in a one-two (only moderately painful) punch. "The downtime is makeup-coverable for a few days, so even celebrities can fit it into their schedules," he says.

