



celebrity outbursts are as common and expected on movie sets as açai drinks and personal assistants. Ditto for the excessive ego soothing that follows. What's more surprising is that when a star's skin freaks out, it receives an equal amount of pampering—and not just from on-set makeup artists. Dermatologists and aestheticians will travel thousands of miles to calm a belligerent pimple or mollify a noticeable brow furrow. But all the fuss isn't just to appease spoiled actresses. "As silly as it may seem, a blemish can interrupt filming, costing studios many thousands of dollars," says Karyn Grossman, department chief of the division of dermatology at St. John's Health Center in Santa Monica. For those of us without a SAG card, skin crises can still be highly annoying. Good thing the tips that work for the stars—from their highly paid skin fixers—apply to everyone.

THE OLD SAYING "THE SHOW MUST GO ON" DOES NOT ACCOUNT FOR MONSTER ZITS. "You can't change the lighting to hide a bump, or shoot from a different angle, without upsetting the continuity of a scene," says dermatologist David Colbert of the New York Dermatology Group in New York City. "On the set of *A Beautiful Mind*, production was slowed because one of the major cast members had an acne cyst. A simple cortisone injection on set cured the problem overnight...and I was put in the last scene of the movie as a doctor."

When actresses' breakouts are especially inflamed, Tina Alster, clinical professor of dermatology at Georgetown University in Washington, D.C., follows cortisone shots with short bursts from her GentleWaves light-emitting diode (LED) device. "A 35-second treatment markedly reduces redness and swelling," she says. (The handheld gadget is currently available only to doctors; other at-home LED machines, such as Perricone MD Light Renewal and Omnilux Clear-U, can help in the same way, just not to the same extent, Alster says.) The bacteria-fighting heat from the Zeno home device also "works with cortisone injections to help cysts heal more efficiently," says Neil Sadick, clinical professor of dermatology at Weill Cornell Medical College in New York City.

After treating existing bumps, dermatologists dole out advice and products to help prevent new zits from forming. "I'll ask the makeup artist to first apply a moisturizer with a built-in antibiotic to kill acne bacteria," says Debra Jaliman,

assistant professor of dermatology at Mount Sinai School of Medicine in New York City. (Jaliman likes her own prescription Rx Moisturizer with 2 percent metronidazole, but says that lotions with benzoyl peroxide, such as Clinique Acne Solutions Clearing Moisturizer, are good options as well.) Experts also urge actors to remove their makeup at the end of the day with the vibrating Clarisonic skin-care brush.

EVERY ACTOR MUST PASS THE MAKEUP TEST WITH NO RASHES BEFORE SHOOTING HER FIRST TAKE. Makeup artists try the exact formulas they plan to use during filming, not only to see what will look good on film, but also to check whether anything triggers a rash or breakout. "We do see some reactions to cosmetic ingredients," says dermatologist Brad Katchen of SkinCareLab in New York City. Occasionally trouble will ensue. When one star attempted to touch up her roots herself halfway through filming a thriller, she had a severe reaction to a chemical in the dye. "Her face ballooned, her eyes swelled shut, and her hands turned puffy," says Jaliman. "I immediately gave her a high dose of prescription steroids, and she was back on set in 24 hours."

For these issues, cortisone is a sure-fire remedy, one Sadick likes to bolster with other skin soothers. To treat one actor with a bad rash brought on by preservatives in makeup, Sadick paired the steroid shot with cold soy-milk compresses, which reduce inflammation. He also recommended a basic moisturizer

by Cetaphil or Eucerin for several days, and preservative-free mineral makeup.

THERE'S NO NASTIER MOVIE VILLAIN THAN THE COLD SORE. "It's crucial to catch them early and stop them in their tracks," says Colbert. "So instead of wasting time traveling to the patient, I'll often use teledermatology." Someone in the film crew will send a high-definition picture to the doctor, and he'll tell the

Special Effects

Makeup tricks for film can also work in real life.

• **WRINKLES:** "I hide them by filling the smile lines around the mouth with Yves Saint Laurent Touche Éclat in a shade lighter than the foundation that I apply over it," says makeup artist Mary Burton, who has worked with Halle Berry.

• **ZITS:** Angela Levin, who did Jennifer Aniston's makeup for *Marley & Me*, uses the tip of "the tiniest brush I have" to trace the base of the pimple with a creamy concealer that's a shade lighter than the skin, feathering it outward. Then she dabs the peak with a creamy concealer that matches the skin "to create the illusion of a flatter surface."

• **SCARS AND COLD SORES:** A pure pigment designed to be mixed with alcohol "works great for textured bumps," says makeup artist Evelyn Noraz, who did Anne Hathaway's makeup for *Bride Wars*. She recommends the Skin Illustrator makeup palettes. —KAYLEIGH DONAHUE

doctor or nurse on set how to treat the problem. Recently, when an ivory-skinned actress filming in the Mexican desert awoke with a cold sore—triggered by intense sunlight and stress—Colbert instructed the nurse to inject it with cortisone before giving her prescription Valtrex and layering on cortisone cream as well as over-the-counter Nexcare and facial sunblock with a high SPF. This combination wiped out the sore in two days. "Most take at least a week to heal naturally," he says.

SOMETIMES PORES AND WRINKLES CAN BE CAMOUFLAGED. Experts obscure them with primers that "lay down a silicone sheet over the skin or creams that temporarily plump it with marine collagen spheres," says Ava Shamban, assistant clinical professor of dermatology at UCLA. (She likes Smashbox Photo Finish Foundation Primer and La Prairie Cellular Treatment Gold Illusion Line Filler.) When these don't cut it, aestheticians get to work. On the set of the first *Sex and the City* movie, Joanna Czech, founder of Sava Spa in New York City, says, "I did different things to brighten the skin, make it appear more taut, and prevent flakiness." If an actress was especially puffy one day, Czech would perform a lymphatic-drainage massage on her face and apply a cold algae mask to firm her skin. (At home, we suggest

the algae-laced Z.Bigatti Re-Storation Inception Total Face Masque, but not for the eye area.) Her favorite on-set tool is the Sapphire 3, a device that combines microdermabrasion with LEDs: "In about ten minutes, it makes pores seem smaller, and it tightens all over," she says. (One session costs around \$300.)

If it's a wrinkle or scar that needs immediate attention, dermatologists come bearing syringes. "I met an actress with a small, sunken scar that was casting a shadow on her cheek during filming," says Grossman. She visited the set to fill the hollow with collagen. Another time, an irate director of photography demanded Grossman take care of an actress's forehead lines. "She had strong lines across her forehead, which I Botoxed and then injected with collagen," she says. The combination makes lines less noticeable but allows for normal facial expressions.

ACTORS CAN ALSO WIND UP WITH GLARINGLY RED SKIN—FROM A VARIETY OF CAUSES, BOTH PREVENTABLE AND NOT. "I've seen actors do some crazy things... it's like they don't realize their face is their fortune," says Jaliman. One famous patient of hers got a chemical peel at a questionable spa while filming in Europe and wound up with first-degree burns. Jaliman FedExed oral antibiotics and Prednisone, an oral steroid, and instruct-

ed the actress to apply washcloth-covered ice packs to her face for 15 minutes every two hours until the swelling subsided. This helped prevent scars, but she was left with broken blood vessels. "The makeup artist was able to hide them when filming resumed a week later, but I had to use a laser on them when she returned to the States," she says. (The CoolGlide laser is best for this, Jaliman says; it usually takes about two sessions at \$750 each.)

Shooting outdoors can also be risky for the skin. "One summer day, I was called to a set near the Washington Monument to help an actor whose nose, chest, and arms were badly sunburned," says Alster. With her portable GentleWaves device and a potent steroid cream, she reduced the visible signs of the burn within hours, wiping out redness and puffiness nearly completely. Hoping to head off a similar fiasco, Colbert sent a case of La Roche-Posay Anthelios XL SPF 60 to a movie set in the swamps of Africa. "I knew the sun was going to be a killer, and someone did end up getting burned," he says. His remedy: prescription cortisone cream for the swelling, Aquaphor to ease the pain, and Bacitracin to prevent infection. "Layering the three healed the burn pretty quickly, so the actor could get back to work." (At home, a 1 percent hydrocortisone cream such as Cortaid can work well, especially when paired with anti-inflammatory Motrin.) ♦

Celebrity Skin

What do women whose careers are based (at least partly) on their faces rely on to keep their skin always looking good? We asked; they told. —JEFFREY SLONIM



EMILY BLUNT: Her skin-care routine includes a trick that's most often attributed to Italian grandmothers: "Occasionally, I actually soak my face in olive oil."



BLAKE LIVELY: "What I do for a living, really, is wear makeup and have my hair done. Patricia Wexler's face wash completely cleared up my skin."



RACHEL BILSON: "I love La Mer cream. That's the best investment I've ever made. Also, you have to wash your face—and don't fall asleep with makeup on."



SIENNA MILLER: "I grab the nearest gently foaming something and the nearest moisturizer, even if it's body cream. And then I get splotchy and have facials."



DITA VON TEESE: "I have good skin, but when I do have a problem, I go to the dermatologist. I use my dermatologist's products and La Mer."

FROM LEFT: DAN MACMEDAN/WIREIMAGE; SARA JAYE WEISS/STARTRAKSPHOTO.COM; AMY SUSSMAN/GETTY IMAGES; EAMONN MCCORMACK/WIREIMAGE; JUAN RICO/FAME PICTURES