

# OK!

FIRST FOR CELEBRITY  
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**3 MAGS FOR THE PRICE OF ONE!**

FREE INSIDE HOT STARS AND OK! USA  
BRITNEY'S EX FIGHTS FOR KIDS AFTER SEX ROMP



OK Magazine

February 16, 2009



Now



10 years ago



5 years ago

## How the stars STOP THE CLOCK!

How does Jen look better at 40 than at 30? The experts tell us how celebrities lose 10 years



5 years ago



Now

**AL:** "Her nose tip looks more refined in the latest photo so perhaps she's had a little shave of cartilage. Other than that she doesn't look 'done' at all."

**AS:** "Her appearance only seems to be subtly enhanced. She may have had a Juvaderm filler in the smile lines and possibly under the eyes to fill in the hollows. I think her lips are naturally large with no fillers. She's probably had recontouring of her nose."

### Simple solutions

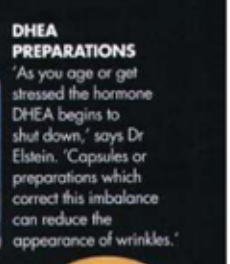
Non-surgical tricks you can try right now

**PEPTIDE PREPARATIONS**  
"Look for creams containing peptides – proteins made up of amino acids," says Daryll Knowles. "They help repair damaged skin."



Age decelerating moisturizer  
**\$100**  
CLINIQUE  
YOUTH SURGE  
SPF 15  
youth surge SPF 15  
age decelerating moisturizer  
anti-wrinkle hydrator  
key combination: 2 AMINOS & NIA  
6

**DHEA PREPARATIONS**  
"As you age or get stressed the hormone DHEA begins to shut down," says Dr. Elstein. "Capsules or preparations which correct this imbalance can reduce the appearance of wrinkles."



Dr. Veta's  
Phospholipid  
Complex  
Phospholipid  
complex capsules  
**\$48.85**  
BIO-CONCEPTS

**LIGHT REFLECTING MAKE-UP**  
"New mineral-based zinc oxide make-ups make the skin appear clear and cover up blemishes," says Alexia. "It can take years off your appearance."



Mineral-based  
make-up  
**\$79**  
JANE IREDALE  
AMAZING BASE  
LOOSE MINERALS  
SPF 30  
377-3166 (COP)  
800-908

**GOOD NUTRITION**  
Maintain your optimal weight by eating fewer carbs and sweet things. Make sure you are getting enough vitamins, minerals and amino and fatty acids. This will greatly improve your skin's health.



Nutritional vitamins  
**\$69.95**  
ALPHA-H  
ALPHA-CEUTICALS  
AlphaCeuticals  
Skin Renewal Vitamins  
1000 mg Vitamin C  
1000 mg Vitamin E  
1000 mg Vitamin B6  
1000 mg Vitamin B12  
1000 mg Vitamin K  
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MAINTAIN YOUR OPTIMAL WEIGHT BY EATING FEWER CARBS AND SWEET THINGS. MAKE SURE YOU ARE GETTING ENOUGH VITAMINS, MINERALS AND AMINO AND FATTY ACIDS. THIS WILL GREATLY IMPROVE YOUR SKIN'S HEALTH.

**RELAX**

Take time to chill out. "When you're really stressed it affects the immune system," says Dr. Adrian Lim. "That in itself is quite damaging to the skin. And someone who is happy will always appear more attractive naturally."



Relaxing candle  
**\$80**  
JO MALONE