

THE TALK

Sparkling Skin at Every Age!

Celebrities sparkle on the Red Carpet every year. In order to do so, they spend a great deal of time to assure their beauty regimes are unique and guaranteed to give them beautiful skin. These Hollywood celebs of every age always maintain their sparkling face. Here is some advice from the physician of many A-List celebrities Dr Reza Nabavian, visiting physician at CosmeSurge, Royale Hayat Hospital on how you can shine like the stars!



Royale Hayat Expert Advice:

Facials are not a luxury they are a must, many of the stars have their own Medical Esthetician that come to their home to give them regular facials! A facial cleans, exfoliates and nourishes the skin to promote clear, well-hydrated skin. But those are not the only benefits According to the New Life Journal's "A Facial it's More Than Meets the Eye" by Julie Pagano, facials regulate the immune system, aid in detoxification, reduce the amount of fluid that has built up in the body, and aid in stress relief when it includes "aromatherapy, lymphatic drainage, exfoliation treatments and acupuncture." Lymphatic drainage helps release toxins that have built up in the body. Ideal to keep those busy celebrities we love calm and beautiful!

Botox- It was very difficult to find one wrinkle or frown on the red carpet, even in celebrities older than our parents. The not so secret, secret is most likely botox....which is performed in a simple clinic visit allowing the worried Oscar nominee to look tranquil and beautiful....and non celebrities looking composed.

Fillers and Fat transfer - Its obvious by looking at many celebrities high school year books they were not born with those luscious lips and perfect cheekbones. We can attribute these assets to either filler or their own fat, gently added to give them the dazzling faces that have made them stars!

Laser Hair Removal - How do our favourite female stars wear those perfect revealing gowns, and have not a single sign of hair or razor burns? The answer for many celebrities is simple laser hair removal, which allows them to have smooth hairless faces and body perfect for couture clothing.

Fraxel and Peels - Lets admit it no one has flawless skin all the time without some help. Yearly fraxel treatments and body peels are indispensable for many celebrities, allowing them to not only perfect their skin; it also helps delay aging holding back the hands of time. No wonder the new thirty is forty!

Thermage Skin Tightening - An essential treatment for many celebrities is the latest breakthrough by Thermage. The only FDA approved treatment to tighten the skin without surgery, the Thermage is done in one simple in office treatment, and the results are as we all notice perfection!