



YOUNGER IN SECONDS

August 23, 2017
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WHAT'S HER SECRET?

Shohreh Aghdashloo

Ceramides Restore Skin's Shine

In 2016, the Emmy winner dealt with the same aging woe we all do: dull, dry skin. The reason? "With age, skin loses the lipids that form its protective barrier, a key to retaining moisture," says **celebrity dermatologist Dr. Anna Avaliani, M.D.** Secret to luminous skin like Shohreh has now? Use a cream containing ceramides (like La Roche-Posay Toleriane Double Repair Moisturizer UV Broad Spectrum SPF 30, \$17, target.com). "They're naturally occurring lipids in the skin's outer layer that help restore the barrier so skin stays supple and dewy." One study even found that daily use of a ceramide-infused cream can increase skin's hydration by 35 percent! Simply massage a pea-sized amount onto the face to see results in three weeks.



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At age 63

66 August 21, 2017 CLOSER



