



CATE

CATE BLANCHETT, 38, is usually coy about her skincare secrets, but we've learned she loves Pro-Ferm Protective Day Cream (1), £65 (www.spacenk.com), which contains skin-strengthening Beta Glucans and retinol to firm and protect.

LUCY LIU, 38, relies on Murad's Vitamin C Infusion Facial (2), a collagen-boosting, antioxidant-rich treatment designed to improve pigmentation, fine lines and wrinkles. £95 (www.urbanretreat.co.uk).

DEBRA MESSING, 39, has discovered Laveré Hydro Sensation Energy Cream (3), £23.39. This rich anti-ageing moisturiser that includes liposomes, ceramides and coenzyme Q10 promises a 40 per cent increase in skin smoothness after six weeks. (www.lovelula.com).

EVA HERZIGOVA, 34, and **SUSAN SARANDON, 61**, visit top London facialist Kirsty McLeod. She advises clients to include an antioxidant-packed moisturiser in their anti-ageing arsenal. Try her Revitalising Vitamin Booster (4), £48, with arctic raspberry and caper bud. (www.kirstymcleod.co.uk).

ELLE MACPHERSON, 44, loves the sun, but keeps her skin glowing and line free with a brightening and firming Vitamin C Facial at Janet Ginnings UK salon, £48 (020 7499 1904). She also knows the power of healthy oils to keep her skin looking youthful and glossy – try Udo's Choice Ultimate Oil Blend (5) which is packed with skin-plumping omega-3 oils. You can't cook with it (it creates nasty free radicals if you do) but you can drizzle it over salads or mix it into porridge, yogurts or smoothies. £16.95 (www.savant-health.com).

SADIE FROST, 42, visits facialist Anastasia Achilleos, who sets her clients 'skin homework'. 'I encourage them to add my Urban Retreat Inhalessence blend (6), £10 (Boots) to warm water to create a cleanser-removing hot compress,' she says. ■



LUCY



DEBRA



EVA



ELLE



SADIE

flash!
 Forty-nine-year-old Michelle Pfeiffer's secret is the hardcore Happy Body diet and fitness plan. 'You can't buy youthfulness, you have to earn it,' says creator Jerzy Gregorek (www.thehappybody.com).

