



TRENDING

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Steps to Achieve Camera Ready Skin



I think most of us know that celebrities don't wake up looking the way we see them on camera. Maybe she's born with it, maybe it's Maybelline, but maybe it's a team of professionals from plastic surgeons, estheticians, wellness coaches, and makeup artists. I was recently asked to shoot 30 makeup tutorials for About.Com. I jumped at the chance (it gets 90 million hits a month), but I only had one month to prepare. Wow!

The first thing I did was stop eating (lol), but seriously I looked at my skin and knew I wanted it to glow. I did a quick 5 day beauty cleanse, along with a series of Fit Body Wraps, Colonics and Foot Detoxes. I did this as a suggestion from Vanessa Galati owner of Cleansing Concepts. Vanessa helps women get ready for big events all the time as part of her "Three Weeks to Weeding" program, which can be tailored for any big event in your life. I started upping my intake of water, and made sure I added vitamins that were skin health specific. By doing this the inside was going to take care of itself, but what about the outside?

I consulted with the very talented team at the office of Dr. Yael Halaas who specializes in facial plastic and reconstructive surgery. Even though I am currently not in the market for plastic surgery, the team that she employs for the other services I need are outstanding.

The Peel: The first step in Camera Ready Skin, and probably the most aggressive is a chemical peel, which stimulates cell production and tightens skin. I chose to have a non aggressive light PCA peel. This helped with the texture and tone of my skin, stimulated the exfoliation process, removed any build-up of dead skin cells, and unclogged my pores. My skin always glows after this. I had a board certified nurse perform my peel by the name of Hazel Forrester, who works with Dr. Halaas.

The Facial: This is another great way to improve skin tone, and texture. Facials are skin type and concern specific. A basic facial usually involves: cleansing, steaming and extraction. Anna Leybovich who also works in Dr. Halaas office, is a board

certified register nurse and a licensed aesthetician. She also has some of the best skin I have ever seen! I had by facial done about one week after the peel, and one week prior to my on air appearance.



Skincare: You have to be cautious about proper skincare, especially after a peel. You want to keep the skin very moisturized, but you don't want to apply a lot of oil. You also want to stay out of the sun, and if you must be in the sun use a good sun screen. You also don't want to help the skin peel (it will do this on it's own), so you want to ditch exfoliators and devices such as Clarisonic. I used calming skincare with organic ingredients from Kimberly Sayer. The Pure Lavender Toner with two ingredients (deionized water and organic lavender flowers) really helped to calm any irritation after my peel. The Ultra Light moisturizer and SPF 30 helped to moisturize my skin, and protect it from the elements.

Sleep and No Stress: I can not stress the importance that that these two elements play in glowing skin. Make sure to get 8 solid hours, and I know stress can be hard to avoid so try calming exercises such as yoga and/or meditation.

The Results: I now have beautiful glowing skin, and I am lights, camera, action ready! For more information on Dr. Halaas and her amazing team, please visit <http://www.drhalaas.com>