

WHAT'S HER SECRET?

Kathie Lee Gifford

Reduce Redness With Caffeine

The issue with the longtime TV host's complexion in 2012? "Warm weather and postmenopausal hormones can increase blood flow to the face, causing blood vessels to expand for a ruddy appearance," says celebrity dermatologist Kally Papantoniou, M.D. Caffeine to the rescue! "Used topically, the antioxidant constricts blood vessels while its anti-inflammatory properties calm skin so redness vanishes." For results in 15 minutes, opt for a hydrogel mask (like 100% Pure Caffeine Mask, \$7, 100percentpure.com). Its high water content helps deliver caffeine deep into skin so it works super fast.

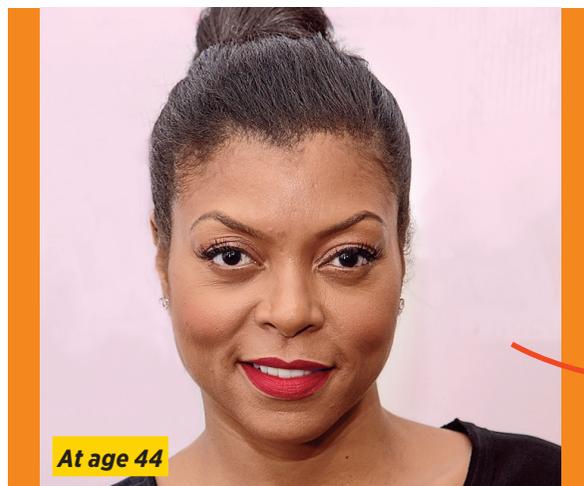


At age 59

Taraji P. Henson

Illuminate Eyes With Highlighter

Bright, wide-awake eyes helped the *Empire* star shave decades from her look this year. One trick? Nixing under-eye concealer and using a highlighter instead, says celebrity makeup artist Nikole Morrow-Pettus, who's worked with Viola Davis and Kristen Wiig. While concealers do cover dark circles, the heavier formula tends to leave a crepey film behind that draws even more attention to the area. "The shimmer of barely there highlighters reflect light, diffusing dark shadows to direct the eye away from discoloration." Look for one with antiaging grapefruit extract (like Smashbox Photo Op Under Eye Brightener, \$20, ulta.com) which helps brighten skin, too. Her tip: Dot highlighter under the eye and onto lids, then blend.



At age 44

Helen Mirren

This Treatment Plumps Strands

The Oscar winner is a shining example of how to age gracefully (and gorgeously!), but fine, flat locks got the best of her in 2014. "As we age, hair's diameter thins," says celebrity hair restoration physician Alan Bauman, M.D. His remedy to instant youthful thick tresses like Helen's now: a treatment with *niacinamide* and *panthenol* (like Pantene Pro-V Expert Collection AgeDefy Advanced Thickening Treatment, \$13, walgreens.com). These potent forms of vitamin B penetrate each individual hair causing them to expand, leaving locks looking full and luscious. Simply massage into wet hair from scalp to ends; then for added boost, blow-dry, lifting at the roots.



At age 69

CLOCKWISE FROM BOTTOM RIGHT: GETTY (5); SPLASH

These ladies seem to be growing younger every year! Closer asked top pros why



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