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SAVE YOUR SKIN

Top facialists reveal the secrets they tell their age-defying, camera-ready clients. Liz Krieger listens in.

ERASE SPOTS One trick to get rid of discoloration on your skin is the most inexpensive and natural: apple-cider vinegar, says Shellie Goldstein, a sought-after aesthetician in New York and the Hamptons. The malic acid in the raw, unfiltered variety (she likes Bragg's brand) helps diminish spots and stop the cycle of over-pigmentation, says Goldstein. Mila Moursi, Jennifer Aniston's facialist, agrees but prefers a combination of 80 percent apple-cider vinegar and 20 percent lemon, applied only in the evening. "And always apply sunblock generously to face and body, and don't forget the hands," recommends Moursi.

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