

CELEB SECRET REVEALED!

Before there was Botox, there was Scotch tape: Beatrice Sheridan, a director I worked with when I was doing telenovelas, used to have me put a piece of masking tape on my forehead right between my eyebrows. Every time I would furrow my brows, I would feel the Scotch tape there. This literally "trained" me to not furrow my brows and cause wrinkles in my forehead. This is much cheaper, and much less scary, than the needle.



endermologie

Endermologie treatments vacuum your skin—sucking at it, but never penetrating the surface of the skin—to get rid of cellulite. Cellulite appears when fat cells get trapped in the connective tissue below the skin, causing the puckered surface. You put on a body stocking, and a machine lifts and sucks your skin, stimulating blood

flow to help minimize the appearance of cellulite. With Endermologie, the cellulite is gone for as long as you do the treatment regularly. If you stop, the cottage-cheese-like surface returns, although not as noticeably. Endermologie can also take some inches off the body, but it's not as though you can eat unlimited rice and beans. No one has invented a machine to allow that. You still have to take care of yourself.

I go through phases of doing Endermologie regularly, then taking it easy for a while. I actually bought my own machine so I could do it at home, because I, like most women, hate that icky dimpled skin that just never goes away, no matter how much dieting and exercise you do. Endermologie costs \$80 to \$100 per session. You will need at least fourteen sessions twice a week to see results that could last for several months, but are not permanent.

