

HOLLYWOOD confidential

Hair and makeup artists aren't the only ones on speed dial for the stars when it's time to hit the red carpet. These are the pros behind some of the best skin in Hollywood **By Mishal Cazmi**



Jessica Alba and Rosie Huntington-Whiteley have Shani Darden to thank for their picture-perfect glow.

SHANI DARDEN

CELEBRITY FANS Jessica Alba, Chrissy Teigen, Rosie Huntington-Whiteley
BEST KNOWN FOR Signature Facial

If Shani Darden's own radiant complexion is any indication, her clients are in excellent hands. The skin-care guru's star-studded Rolodex includes notable models and actresses alike. When award season is in



full swing, celebrities flock to the esthetician's private studio in L.A. to get their faces primed, plumped and picture-perfect. The skin whisperer shares how she won over the A-list crowd.

How were you discovered by your celebrity clients? It was word of mouth. One of my closest friends is Jessica Alba. We became friends from me being an esthetician. So obviously, her just bringing up my name – that's just her being nice. And then I just met so many makeup artists and hairstylists and made some new clients. I was really fortunate to have cool people who would actually refer me.

How early do your clients book their facial with you during awards season? It honestly depends on their skin. I have people who come the day of, and then if someone is breaking out, they come weeks before, and maybe for a few peels right before. But I do see a lot of people the day of.

What are some of their main skin concerns? The biggest would be pigmentation and acne. I do a peel in every facial, and that helps a lot with discoloration. But for someone who has really bad melasma, I can't treat that. You usually have to either get a prescription from a dermatologist or even a laser treatment. The peels I use are more of a maintenance. As for acne, I worked for a dermatologist forever, so that's one of the things I'm really good at.



Shani Darden Texture Reform, \$122, shanidarden.com

Supergoop! Everyday Sunscreen Broad Spectrum SPF 50, \$44, nordstrom.com



Dr. Dennis Gross Skincare Alpha Beta Peel Extra Strength Formula, \$120, nordstrom.com

FROM LEFT: C FLANIGAN/FILMMAGIC/GETTY IMAGES; MICHAEL TRAN/FILMMAGIC/GETTY IMAGES; MICHAEL CLIFFORD; NO CREDIT; RODIN ECKENROTH/GETTY IMAGES; JOHN PHILLIPS/GETTY IMAGES

JENNIFER BRODEUR

CELEBRITY FANS Michelle Obama, Karine Vanasse
BEST KNOWN FOR Being Oprah Winfrey's trusted "skin-care strategist"



Jennifer Brodeur got her start in the beauty business when she developed a custom LED light therapy device called Max+ used around the world. But her career skyrocketed when her skin-care line Peoni landed on Oprah's Favorite Things list. When the Montreal-based skin-care guru isn't making house calls for Oprah (who turned to the expert for her look at this year's Golden Globe Awards), she's heading to appointments with clients like former first lady of the U.S. Michelle Obama. (Michelle's radiant complexion on the cover of her upcoming book, *Becoming?* That's Jennifer's handiwork). Here, Jennifer opens up about her career highs and skin-care philosophy.

When did you start working with Oprah? I've been working with her for a long time. She was one of the first clients to use Peoni. She loved everything about it. I didn't know until later that we were chosen [for Oprah's Favorite Things]. It was a pivotal moment in my career. For her to do that for me was a blessing. It was like my first Oscar.

Michelle Obama is another one of your clients. Ms. Winfrey introduced us. When I first met her, I wasn't sure if it was going to be a one-off because she already had someone taking care of her skin. She asked if I'd come to the White House. I started going there regularly.

What does a typical treatment from you involve? People say that my facials are mystical. I really feel like the skin speaks to me. I cut it up in eight sections in my mind and look at it three dimensionally. I also have a questionnaire prior to that. I have different brushes and am particular about the quality. You could do a red carpet within minutes of my facials.



Oprah Winfrey and Michelle Obama are among Jennifer Brodeur's celebrity clients.



My clients always leave with a very detailed SOS package, especially if they're celebrities.

How often do clients come in to see you? I have the privilege of treating very A-type clients and it's perfect for me. I have a wait list of clients to see me weekly and

I have to say, "It's OK. You can take a month off." It's a case by case, depending on the event. If it's a wedding, I like to take them in six months prior. We look at everything from shampoo to medication. From there, I send what I call my "epidermal strategy" with advice on skin care and what they should be implementing in their lifestyle.

What are some general skin-care tips you like to give women? Stop over-exfoliating, and get more sleep. Everyone can master how to get more sleep. We don't realize that when you sleep, your body rehydrates itself. If you're not sleeping, you're not hydrating and if you're not hydrating, your skin will show it and that leads to a whole barrage of problems. ▶



Peoni L'essence, \$60, jbskinguru.com

Peoni Le nettoyant, \$60, jbskinguru.com

Peoni L'extrait, \$225, jbskinguru.com



Sarah Jessica Parker and Elizabeth Olsen turn to Kate Somerville before stepping onto the red carpet.

'When I started the clinic, my job was helping the person in front of me'

soaks into cells for further hydration.

How early do your clients book their facial during award season? It really depends what the client's goal is. The DermalQuench Oxygen Facial gives immediate results and can be done the day of or a few days before an event. A lot of my clients come in on a regular basis, though, and may start prepping for awards season a few months out. A series of LED lights added to facials help boost collagen and can kill bacteria to help treat breakouts. Laser Genesis is another great option before awards season. A single session will make skin glow, but after a few sessions, the laser – which has no down time – improves scarring, texture, tone and the appearance of fine lines and wrinkles.

What are some of at-home skin-care tips you like to share with clients? Exfoliating on a regular basis is so important. Use ExfoliKate Intensive Exfoliating Treatment a few times a week to maintain glowing skin. I like to take it a step further by steaming my face to soften skin and open pores before exfoliating. This is easiest to do in the shower, or apply a warm, damp washcloth to your face for a few minutes before exfoliating. Finish with DermalQuench Liquid Lift to hydrate skin, this product was inspired by my DermalQuench Oxygen Facial so it's the perfect at-home alternative to the treatment.



KATE SOMERVILLE

CELEBRITY FANS Elizabeth Olsen, Anna Kendrick
BEST KNOWN FOR DermalQuench Oxygen Treatment

Renowned celebrity facialist Kate Somerville needs no introduction among stars who know to visit one of her skin-care clinics whenever they require a beauty boost. Before she became a royal, the Duchess of Sussex would visit Kate's clinic in Los Angeles, and even swore by her products when she was filming *Suits* in Toronto. When Kate isn't tending to famous faces, she's busy expanding her skin-care empire, and just recently launched her line in the U.K.

What facial treatment is best loved by your celebrity clients and what does it typically involve? Our DermalQuench Oxygen Facial is definitely a go-to for getting that red carpet glow. It's full of hyaluronic acid and oxygen so it lifts and plumps the skin and you see immediate results. After cleansing, the skin is drenched in a hyaluronic serum – customized to each client's skin type – infused with antioxidants, vitamins and minerals. Oxygen is then applied as the serum



What made you decide to launch your own skin-care line? It came from a need to give my clients treatments they could take with them. When they left to go on a movie set, for example, they could still experience that beautiful glow while I wasn't there. When I started the Clinic, my job was helping the person in front of me. Now, my goal is to help people worldwide. It's about bringing my Clinic and my expertise to people everywhere.

What are three products that every woman should have in her skin-care routine? A physical and chemical exfoliator like ExfoliKate Intensive is a must. A hydrating and/or moisturizing product is also so important for treating and preventing fine lines and wrinkles. SPF is also key – always wear SPF! I love Uncomplikated SPF 50 because you can reapply it throughout the day without messing up your makeup since it's also a setting spray. You have to reapply sunscreen every few hours to keep it effective.



Kate Somerville ExfoliKate Intensive Exfoliator, \$102, sephora.ca
"We call it 'Hollywood's 2-minute facial!'"

Kate Somerville Wrinkle Warrior 2-in-1 Plumping Moisturizer + Serum, \$114, sephora.ca

Kate Somerville Uncomplikated SPF 50, \$49, sephora.ca

CLOCKWISE FROM TOP LEFT: MICHAEL LOCCISANO/GETTY IMAGES; J.J. THOMPSON; DANIEL HAN; MICHAEL TRAN/FILMMAGIC/GETTY IMAGES; MICHAEL TRAN/FILMMAGIC/GETTY IMAGES; BRIAN PATTERSON; NO CREDIT (4)

SHARON McGLINCHEY

CELEBRITY FANS Maggie Gyllenhaal, Alicia Keys
BEST KNOWN FOR Her holistic approach to skin care

Australian-born Sharon McGlinchey's skin-care brand quickly found its way into Emma Watson's beauty routine, and it's easy to see why. The soft-spoken facialist champions natural, good-for-you ingredients, making an instant fan out of the green beauty-loving star. What's more, her facials go beyond a regular treatment, offering a holistic experience that combines Sharon's love of yoga, reiki and meditation. Here, she chats about what draws women to her skin-care line.

How did Emma Watson learn about your products? Emma's makeup artist Charlotte Hayward found out about MV Skincare via Dotti [another makeup artist]. While they were working together on a shoot, Charlotte told her to try MV and she fell in love with it. This was six years ago. When I was in the Detox Market's Santa Monica store, [an employee] said to me, "By the way, Emma Watson just comes in, she goes straight to MV, grabs the Cleanser, Mist, Moisturizer, Signature Mask. She doesn't look at anything else."

And what about Alicia Keys? Everyone

knows she has a history of acne and struggled with it for a long time. Dotti introduced her to the 9 Oil Cleansing Tonic. It was one of those contributing factors that really helped clear her skin because it's very anti-inflammatory and anti-bacterial.

What are you most known for with your facials? I have no machinery, whatsoever. My hands are the star performer.

It's old-school I guess because I begin with a massage and I don't talk at all once the massage starts. It's very much from my background from yoga, meditation and reiki. It's about helping the body surrender and let go. It's in that very rare, pure stillness where so much of the natural healing occurs in the body. It's a real reset for the mind, body and skin.

What is your beauty philosophy? Less is more.

What's your skin care advice to women? Stop worrying about getting older. Enjoy every moment of your life and every line that comes because it's a badge of honour that you're still here and alive. Stop being aggressive to your skin and be kind to it.



Maggie Gyllenhaal and Emma Watson are fans of MV Skincare.



MV Skincare Rose Hydrating Mist, \$51, thedetoxmarket.ca

MV Skincare Rose Soothing & Protective Moisturizer, \$154, thedetoxmarket.ca

MV Skincare 9 Oil Cleansing Tonic, \$121, thedetoxmarket.ca

CAMERA READY

Cover that red carpet-worthy glow? These are the places to get a star-worthy treatment in time for the Toronto International Film Festival



Spa at Four Seasons Toronto

Visit the recently renovated spa to experience the new Rose Gold Facial, which features a rose-infused colloidal gold mask to heal micro-damage and strengthen skin, and a nano-gold royal jelly mask that's massaged in with rose quartz crystals to tone and tighten. fourseasons.com/toronto/spa



The Radford Studio

Head to Victoria Radford's chic Yorkville studio for a Hollywood Facial, which uses sound waves and electrical currents to help products penetrate deeper into the skin and tackle everything from fine lines to inflammation. The result is the equivalent of 40 facials. victoriaradford.com



Miraj Hammam Spa by Caudalie Paris

Tucked away inside the Shangri-La hotel, the Moroccan-inspired spa is the perfect big city hideaway. The newly renovated spa includes new treatments along with old favourites such as the Caudalie Grand Facial, which is customizable to all skin types. mirajcaudaliespa.com

Spa at the Hazelton by Valmont

The spa brings the Swiss Alps to Toronto courtesy of skin-care brand Valmont. The Rituel Hydration Source Des Bisses facial quenches dehydrated skin and smoothes out wrinkles and fine lines using Valmont's signature butterfly movement, a special massage technique. thehazeltonhotel.com/spa



W SkinCare

The clinic's Low Level Laser Therapy or "Cold Laser" is the go-to treatment for major events and red carpet appearances (The Duchess of Sussex was known to frequent the Toronto location.) The non-invasive treatment delivers maximum dewiness and firm skin with zero downtime so you can get hair- and makeup-ready in a pinch. wskincare.ca

