



Jen – always the picture of radiant health

SCRUB-A-DUB

Cream, oil and shimmer don't work on dry, scaly skin. "The key to beautiful skin is exfoliating *properly*," says makeup artist Mally Roncal, who's worked with Angelina Jolie and Mariah Carey. "The prep is important."

* Pour on the sugar

Whether DIY or store-bought, sweet scrubs are best. Before big events, makeup artist Joanna Schlip tells her clients to mix a cup of sugar with half a cup of olive oil and rub it into damp skin in circular motions. Feeling less crafty? TRY [1] Caribbean Tan Body Exfolia Cinnamon & Coconut (R49.95).

* Go easy on sensitive areas

On the chest, neck and stomach, where the skin is thinner, exfoliate delicately, or "use a face scrub," says Charlotte Tilbury, who did the makeup (and exfoliation) for models at the Victoria's Secret lingerie show.

* Get juiced

For especially rough spots, you might need something with more muscle. "I cut a lemon in half, pour coarse sea salt on both halves and grind each one into the elbows, heels and knees," says makeup artist Scott Barnes, who used this technique on Jennifer Lopez.

“Look for a body lotion with a soft iridescence – you want to glow, not glitter!”

Jada's gold dress highlights her goddess sheen. Smart move!



DRINK IT IN

"Jennifer Aniston doesn't use makeup or self-tan on her legs, just moisturiser," says makeup artist Angela Levin, who works with her. The trick is the kind of moisturiser – and how you apply it.

* Get rich

For supple celebrity shine, Mally uses "insanely rich body cream. You want something thick and yummy; if you turn the jar upside down, it shouldn't budge." TRY [2] Kloovenburg Olive Oil Body Butter (R59) or [3] Nivea Rich Nourishing Body Moisturiser (R29.99).

* Skip the towel

Let your body air-dry for a few minutes. "Rub in the cream when the skin's still warm and moist," Angela says. "It should be so thick that it doesn't disappear completely. After a while, the rest will absorb and leave a shine."

* Oil right

Body oil gives nice sheen, but can be messy, so makeup artist Troy Surratt recommends a few drops of oil in your bathwater. "It has just the right moisturising benefits." Or try an oil-infused body balm. "My favourite for dewy-looking skin is Benefit Bathina (R345) – it doesn't transfer to clothes." ▶

