

★USA★

MAY 15, 2017
ISSUE #20

Selena & The Weeknd
ENGAGED!
HOW HE PROPOSED



HOLLYWOOD'S
SECRET
MEANIES!



Nina & Leo
BIG BABY
NEWS!

**MEGHAN
& HARRY**

**PALACE
CONFIRMS!**

Royal Wedding!

Queen Approves Summer Ceremony!

- *Spectacular \$20 million celebration
- *Princess Kate will be maid of honor!
- ...**ALL THE DETAILS INSIDE!**



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HOW TO SHINE ALL SUMMER

Model and fitness personality **Karen McDougal** teamed up with cutting-edge experts to get the scoop on the latest products and procedures

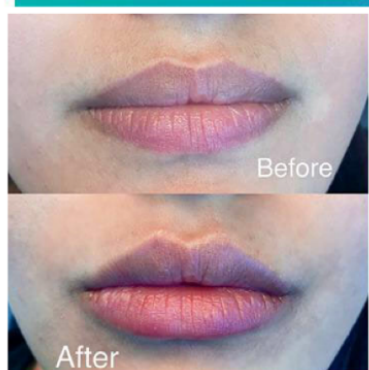


BEST FACE FORWARD

Karen keeps a youthful glow with **Dermaplaning**, where a special blade (painlessly!) scrapes off dead skin and unwanted hair to reveal a smooth, radiant surface.

SPIFF UP YOUR SMILE

Adios, trout pout! While fillers of yesterday often appeared fake, new kid on the block Volbella creates lush and natural-looking lips with less swelling, says New York-based plastic surgeon Dr. David Shafer. But don't stop there: Light



up your grin with Zoom, an in-office laser teeth-whitening procedure, recently improved to suit even those with sensitive chompers. "Switching from halogen to LED lights generates less heat and less potential pain,"

explains NYC dentist Dr. Timothy Chase. "And there's now a relief gel to keep the 'zings' away."

SOOTHE SKIN AFTER LASERS

I love a good chemical peel or laser treatment, but hiding indoors for days after isn't realistic. Oxygenetix makeup uses aloe and minerals not only to cover redness but to relieve raw skin as well. A good hydrator is Glenn Avenue Soap Company's Healing Blend Body Butter (\$14, GlennAveSoap.com), made with all organic ingredients. And remember, the sun isn't your friend! EltaMD's new UV Clear Broad-Spectrum SPF 46 sunscreen (visit EltaMD.com for purchase info) not only fights rays, it combats acne and discoloration.



FREEZE THE FROWN

Botox is great, but many people become "immune" to it after years of treatment. Fortunately, you may not have that problem with Xeomin, the newest injectable that's great for getting rid of fine lines and wrinkles à la Botox — and it will run you about \$100 less!

SEE MORE FROM KAREN ON SOCIAL MEDIA!

TWITTER:

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LIFT SAGGY JOWLS



I swear by Ultherapy, the only FDA-approved nonsurgical procedure for lifting the lower face and ditching the dreaded "jowls" that can make you look so much older. "There's no downtime and minimal discomfort," says plastic surgeon Dr. Shafer. "It's far less invasive than a face-lift."

RESURFACE YOUR FACE

Dr. Kenneth Mark is my go-to when I need a refresh, and his Exfoliating & Hydrating Mask (\$85, KennethMarkMD.com) helps lighten, firm and reduce wrinkles, as well as promote cell turnover. Amore Pacific's Enzyme Peel (\$60, AmorePacific.com) is another must-have and gentle enough to use every day.

