

JULY 2005
Daily Star

ALL NEW DIET & FITNESS

Edited by SAM PARKER



■ **SMOOTH, flawless skin** is an ideal most people aspire to. Yet for many it seems an impossible dream, with common complaints such as acne – or the subsequent scarring this often leaves – making life a misery for young and older people alike.

■ **But if you suffer, you're not alone** – many famous faces have had skin problems. Victoria Beckham, 31, and Brad Pitt, 41, are past acne sufferers.

Golden girl Cameron Diaz, 32, admits she is often still affected by bad "breakouts". In the US stars such as Jessica Simpson, 24, and P Diddy, 35, helped acne sufferers feel less isolated by speaking out about their past skin problems.

■ **Of course, celebs have access to the very best nutritionists, salons and surgical treatments that money can buy.** But the good news for the rest of us is that simple changes in diet, a common sense approach to sun exposure and the increasingly easy availability of affordable treatments really can go a long way to achieving a complexion to be proud of.

■ **Here Frances Furlong, 30 (above), a nurse practitioner at London's City Skinklinic, tells how to combat three of the most common skin complaints.**
● **City Skinklinic. Call 0870 7513870 or visit www.cityskinklinic.co.uk**

HELPING:
Jessica Simpson used to suffer from skin trouble



SKIN SHEEP

How to face up to common problems