



The curious case of the ageless Hollywood stars

It's not just celebrities who are holding back the years, writes Jackie Sinnerton

AGE will always have the last word. Botox, macrobiotic diets, colonic irrigation, post-baby pilates, hair plugs, tooth veneers — they are all just speed bumps along the way.

But no one can argue that today's celebrities are fighting a good fight against the inevitable, and some look like they are winning.

Many of our screen heroes appear to have taken a leaf out of F. Scott Fitzgerald's novel *The Curious Case of Benjamin Button* and are literally ageing backwards.

Today's celebrities are playing smarter when it comes to enhancement. Too much "work" can be worse than no "work" at all. When your face skin is too tight to move and your new veneers too big for your mouth, your craft is going to suffer. Is it possible that Nicole Kidman's recent caning for her acting has something to do with her immobile brow?

It would seem the fountain of youth can definitely overflow just a little too much, and less is more when it comes to cosmetic assistance.

"Look, it is not just a celebrity thing these days," says Dr Ingrid Tall, a cosmetic doctor at Cosmetic Image Clinics.

"A large part of today's population look at least 10 years younger than their chronological age. We look after ourselves better, we want to look better and live longer, and it is not

necessarily follow in the steps of the celebrities.

"We live in a time where we are attracted to youth. I have found that many clients opt for cosmetic procedures to stay competitive at work or in life. Simple procedures can give a great boost to the self-esteem and make people more confident. I have found it has nothing to do with vanity."

Competition at work may well be the reason stars like Jim Carrey, Tom Cruise or Jennifer Lopez go all out to turn back the clock.

Imagine if 40-something Cruise had aged like his balding, overweight, sweaty, character in *Tropic Thunder* ... would he still be pulling in the crowds at the box office?

Survival of the fittest is very much the creed of today's society, and no more so than in Hollywood.

"It is a sign of the times that cosmetic treatments are becoming less detectable. Some are so subtle that even I couldn't tell, for sure," Dr Tall says.

"Non-surgical cosmetic procedures are becoming much more in demand — non-invasive and subtle.

"The celebrities who have gone wrong with cosmetic treatment are those who have gone too far too quickly.

"Today, clients are going for fillers or botox when they are in their 30s. This makes small subtle changes that you can top up over the years.

"If someone like Anna Bligh goes for a procedure in her late 40s, it causes a stir because people notice the change. If she had made the decision earlier in life, no one would have batted an eyelid.

"There is nothing wrong with wanting to look younger (and) feel better about yourself.

"Sometimes in the 30s the outer edge of the mouth starts to turn down or the cheek pads are not so full — easily fixed — a slight improvement, not a barbecue-stopper. Maybe a little lip enhancement in the 40s, and people in their 50s often look at the brow or eye area. There is no need for a drastic facelift if you've maintained your look over the years."

This is the kind of maintenance that is ho-hum in the US. A brow-filler would coincide with a new hairdo or pedicure — no big deal.

Gold Coast author Derek Boughton claims he unearthed the secrets of looking younger 20 years ago. Today the 62-year-old is often taken for a man in his early 40s.

"Anyone can turn the clock back with the right knowledge. People were always asking me why I looked so young, so I decided to share my secrets in a book. (*How to Look Years Younger Naturally*, published by Zeus Publications.)

"You know, you don't need lots of money like the stars."

Boughton almost mocks traditional scientific advice with his lifestyle.

"I don't drink lots of water, I don't hide away from the sun, I visit the dentist every seven or eight years — yet my skin is youthful, I have great teeth, I am fit and healthy with lots of energy.

"Some so-called experts will claim that I have just been lucky with my genes. This might be believable if it were just one aspect, but cannot account for so many areas such as skin, hair, health, face, feet, posture, joints, weight, teeth and so on, the combination of which contribute to how young a person looks.

"People suggest that ageing is a



natural phenomenon and therefore it should be accepted as the inherent order of things.

"I once heard that the best spouse a person can have is an archeologist because the older you get, the more interested in you they become!"

Boughton's secret is a series of rituals that blend into his day. It's a lifestyle

style.
 "There are no magic potions. It is about working on each and every part of your body. I do exercises to improve my eyesight, I massage my scalp in a certain way to promote healthy hair, I work hard at massaging my gums and keeping teeth clean, I do face exercises to keep the muscles toned. A facelift only pulls

skin tighter and eventually it will come loose again. If you pump up the muscles your skin will be smoother — all very simple things explained in my book.

"For things to change in your life, first you must change yourself."

Check out Boughton's website at www.YearsYoungerNaturally.com.

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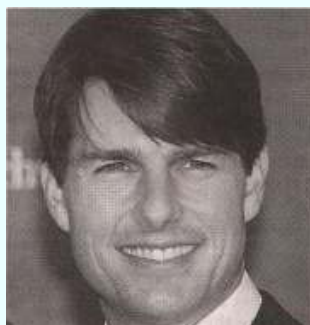
IN GOOD NIC: Cosmetic enhancements might keep a person looking youthful, but having a face with skin too tight to move can't be much fun. Is it possible that Nicole Kidman's recent caning for her acting is because of her immobile brow?



DROP THE KNIFE: She says she's never had and never will have plastic surgery. She also claims to be proud of her imperfections and says wrinkles can be sexy. So, we wonder, just what is Cate Blanchett's secret to such a fresh look?



STILL GOT IT: Perhaps it is his 30-year-old wife keeping him young, or perhaps it is cosmetic surgery. Either way, Tom Cruise can be thankful he hasn't aged like his balding, overweight, sweaty character in Tropic Thunder



CUT ABOVE: A plastic surgeon in the US says Mariah Carey has likely spent about \$150,000 on cosmetic surgery. He suggests her natural look is due to having various moderate procedures over the years, instead of a few big ones all at once

