

MY MAIN AGING CONCERNS

Lines under my eyes and around my mouth.

MY BEST BEAUTY ASSET

My body! My body is the same at almost 40 that it was at 20. Obviously, I work hard for it, and it feels great to wear a bikini and not think twice about it.

MY ULTIMATE BEAUTY SECRET

Eat well! I eat healthy, home-cooked meals, using fresh, whole natural ingredients most of the time, a habit passed down from my mother and grandmother. I truly believe that eating well and exercising daily are the secrets to aging gracefully.

**MY EVERYDAY SKIN ROUTINE**

I wash with a creamy cleanser, like **Arbonne RE9 Advanced**, and follow with their vitamin C serum. Then, I mix self-tanner with **Garnier Nutritioniste Skin Renew Anti-Sun-Damage Daily Moisture Lotion SPF 28** to give my skin a little glow. Lastly, I treat my eyes to **Murad Moisture Silk Eye Gel**.



CHRISTINE AT AGE 23

AGE
39

CHRISTINE AVANTI

CELEBRITY NUTRITIONIST

“I feel that, as I get older, I look better with less makeup—heavy makeup makes me look older, not younger.”



WHEN HOLLYWOOD CELEBS ARE IN NEED OF A DIET MAKEOVER TO TRANSFORM THEIR BODIES, THEY SEEK THE TALENT OF CHRISTINE AVANTI. THIS LOS ANGELES-BASED NUTRITIONIST, CHEF, PUBLISHED AUTHOR AND ANTI-LOW-CARB HEALTH EXPERT, WHO BEGAN HER LOVE AFFAIR WITH FOOD AT THE TENDER AGE OF 5, COUNTS HEALTHY LIVING, AND A LITTLE BOTOX, AS HER SECRETS TO LOOKING GOOD.

**The procedures I can't go without**

Teeth cleaning every three months, instead of the standard six, and Botox—just a small dose around my eyes and forehead. My goal is to prevent deep wrinkles from forming, but I don't ever want my face to look frozen or without expression.

**My plastic surgery experiences**

When I was 20, I had a nose job to reduce the size of my extra-large Italian nose. I also had breast implants in the early 90s but had them removed four years ago because I never really liked them, and I had to wait until I could afford to have them taken out. I'm not against implants; they're just not for me.

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