### 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.

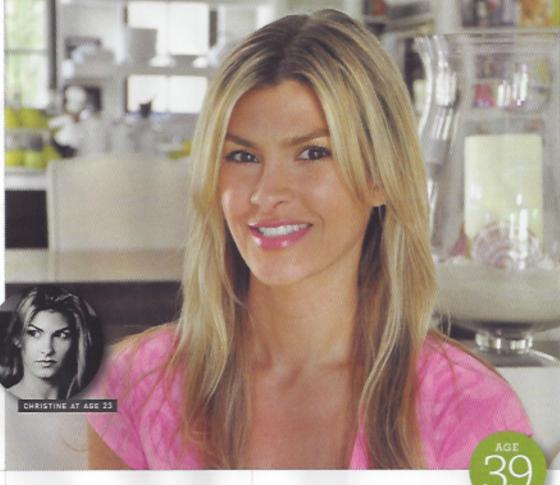
#### MY ULTIMATE BEAUTY SECRET

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.



I feel that, as I get older, I look better with less makeup—heavy makeup makes

me look older, not younger. 99

# CHRISTINE AVANTI

**CELEBRITY NUTRITIONIST** 



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 extralarge 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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