

# InStyle

**GIANT  
GIFT  
GUIDE**

**75 ITEMS  
UNDER  
\$100**

**292**

**NO-COST  
TIPS &  
TRICKS**

**SEXY  
HAIR &  
MAKEUP**  
Holiday  
Edition

**GLAM UP  
YOUR  
JEANS**

**HEIDI KLUM**  
Her Beauty  
Fashion Secrets

# Style 100

**BEST LOOKS & TRENDS  
OF THE YEAR**

DECEMBER 2008 INSTYLE.COM

Instyle

# Beauty | Q&A



**TERRALINA**  
Gentle facial  
cleanser, \$24;  
terralina.com.



**OSMOSIS**  
Clarify serum,  
\$34; yuvaderm  
.com.

HER  
FAVORITE  
SKIN  
“DRINK”!



**AVEDA** Tourmaline Charged  
Eye Creme, \$30; aveda.com.

**Q** Alicia Silverstone has beautiful skin, and yet I’ve heard she uses only natural products. What’s her routine?

**A** Silverstone’s skin-care philosophy is quite simple: “If I won’t drink it, I won’t put it on my skin,” the actress says. That means no parabens, harsh detergents or artificial fragrances—among other synthetic ingredients. For her daily regimen, she relies on Terralina’s Gentle facial cleanser with olive oil and botanical extracts, followed by Aveda Tourmaline Charged Eye Creme and Osmosis chamomile-infused Clarify serum. Twice a week, she uses Tammy Fender Epi-Peel (\$80; tammyfender.com), which combines skin-brightening lavender and rosemary extracts.