

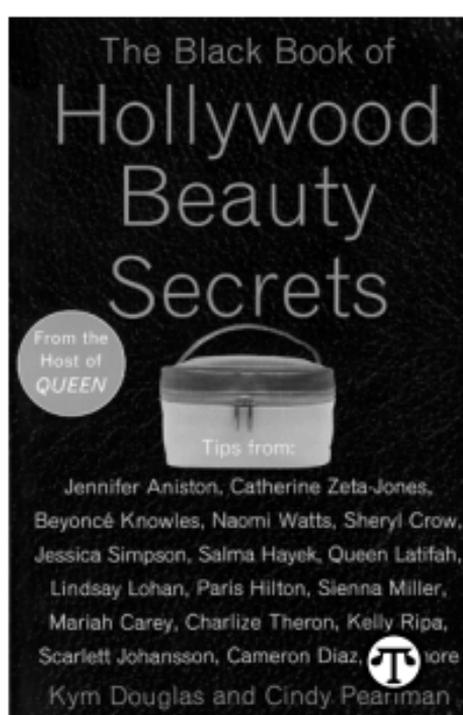
BEAUTY TIPS

Secrets Of The Stars

(NAPSA)—Dryer sheets to calm flyaway hair? Baby toothbrushes to pump up the volume? Kitchen scrub brushes to rub off dead skin? If you've ever wondered how celebrities always seem to look "red-carpet ready" even when they are exhausted and overworked, a new book may offer some (often surprisingly) affordable beauty secrets.

Okay, how do the stars reduce puffiness, lose five pounds in a week, put shine in their hair, buff their skin and vacuum their pores without spending a fortune?

Kym Douglas, host of the Lifetime makeover show "Queen" and



the beauty and fashion correspondent for "The View," and Chicago Sun-Times celebrity journalist Cindy Pearlman had always wanted to know how A-list stars look so, well, A-list.

It turns out that even the most carefully guarded stars were more than happy to dish. The results are collected in "The Black Book of Hollywood Beauty Secrets" (Plume).

With tips from Jennifer Aniston, Catherine Zeta-Jones, Lindsay Lohan, Beyoncé Knowles, Jennifer Lopez, Elizabeth Hurley and Charlize Theron, the book covers everything from top-of-the-line cosmetics to household products, revealing what's worth it and what's not. Funny and yet completely practical, it's a must-have for anyone curious about what stars do to get really beautiful. For more information, visit www.Penguin.com.