



# The Black Book of Hollywood Beauty Secrets

*Kym Douglas, Cindy Pearlman*

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**“We just asked the movie stars how they did it. What did they use? How often? Where did they get it? How can we do it, too? And they told us. We couldn’t believe it either.”**

Kym Douglas, host of the upcoming Lifetime makeover show *Queen* and the image consultant on *The View*, and celebrity journalist Cindy Pearlman had always wanted to know how the A-list stars looked so, well, A-list. It turns out that even the most carefully guarded stars were more than happy to dish. Collected here, in their own words, celebrities and their beauty gurus reveal their tricks of the trade.

How do they reduce puffiness, lose five pounds in a week, put shine in their hair, buff their skin, and vacuum their pores without spending a fortune? Find out from Jennifer Aniston, Catherine Zeta-Jones, Lindsay Lohan, Beyonce Knowles, Jennifer Lopez, Elizabeth Hurley, Charlize Theron, and many, many more!

Kym Douglas is the creator and host of the upcoming Lifetime Television makeover show, *Queen*, airing in October and the image consultant on *The View*. She appears regularly on *Soap Talk*, *Good Day Live*, *Before & After’noon*, and *Your Weekend with Jim Brickman*.

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