

## Paulina Porizkova, 53, shares her facial regime with fans as she reveals her age-defying secrets

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She was one of the top models in the Eighties as she graced the covers of Vogue and the Sports Illustrated Swimsuit issues.

And now the age-defying Paulina Porizkova is letting fans in on one of her secrets on how she continues to look youthful.

The 53-year-old took to social media on Thursday to share a video of herself getting a hydrafacial done while in New York City.



© Paulina Porizkova / Instagram

Telling all: Age-defying Paulina Porizkova shared her facial regime with fans on social media on Thursday after revealing Oprah had inspired her to do so

'After perusing Oprah's Christmas issue, I realized how much I appreciated her sharing her faves, so in that spirit, I've decided to share some of my favorite tips, tricks and magic with you guys,' she began the post.

'This is my secret ( um, not anymore) weapon before shoots, a @laserrae facial. I don't know half the stuff she does, but all of it feels wonderful and if I may say so myself, makes me look a hundred years younger.'

Paulina was seen lying down on the bed while her esthetician worked her magic by 'infusing human growth factors'.



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The beautician Rachel revealed that the human growth factors helped to stimulate Paulina's cellular activity to produce more collagen and repair.

She revealed on her Instagram Stories that she was 'getting ready for something big' - perhaps a new campaign shoot.

Later in the day, Paulina revealed her other secret with weekly acupuncture appointments.

'Here is my other no longer secret secret: acupuncture,' she began.



Beauty secrets: Later in the day, Paulina revealed her other secret with weekly acupuncture appointments



Works for her: 'I go religiously now, once a week to manage the hand I've been given, from anxiety to fibroids to migraines- and get to remain medication free'

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Paulina shared a video of herself as a 'needle cushion' as her acupuncturist Shari placed the needles in specific spots all around her body.

Czech-born Swedish supermodel's post comes after she candidly spoke to New Beauty last year about aging in the public eye.



'It sucks. When your entire life has consisted of looking good, aging publicly, in a word, sucks. This is not for the faint hearted,' she said.

She also said it's a lot of work staying beautiful. 'It's a full-time job — there's a lot of maintenance required,' the Anna actress said.

She has not done Botox but confesses to having done ultherapy many times.



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Open book: 'I hate, personally, is when somebody has obviously had things done but they claim the reason they look so good is yoga and water. I get a little resentful. I think, "You're lying!"

Ultherapy is high-intensity focused ultrasound is a non-invasive therapeutic technique that uses non-ionizing ultrasonic waves to heat tissue.

'I really love it when women admit to doing them!' she said of ladies who make it clear they have had work done.



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