

StyleWatch | Sleeping Beauties: How Hollywood Gets Gorgeous at Night

From Kim Kardashian's trick for supple skin to Hayden Panettiere's anti-aging secret, stars and their glam squads share their favorite tricks to getting gorgeous – during sleep. By Katherine Kluzrik Rentmeester.



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HAYDEN 'S CLEAN SLATE

The *Heroes* star reveals her favorite way to save her own skin: a scueaky-clean beauty regimen. Panettiere tells PEOPLE that before hitting the sheets, "I always make sure 100 percent that all my makeup is off. I *never* sleep in makeup." And it looks like she's on the right path to beautiful skin. Says Karen Sinclair Drake, skincare expert and founder of [Sophyto](#) organics, "For every day you don't remove all your makeup, you age seven days."

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[HAYDEN PANETTIERE ▶](#)

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