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InStyle

# 10 Ways to

# Glowing Skin

Quick tips to save face



If your skin feels dry and tight a few minutes after you wash it, your cleanser is too harsh.

**1 MOISTURIZE AS YOU CLEANSE** “Post-summer skin is often incredibly parched,” says dermatologist Patricia Wexler of New York City. “Everyone should switch to an extra-mild and moisturizing cleanser—such as a formulation with olive oil, which is deeply hydrating but doesn’t clog pores.” Try St. Ives Olive cleanser (\$7; at drugstores).



## 2 KICK-START COLLAGEN

The sun provokes an onslaught of collagen-eroding free radicals. Boost collagen production with a serum that contains peptides or retinol to counteract the damage and smooth skin.

**PATRICIA WEXLER M.D.**  
MMPi.20 Skin Regenerating serum, \$55; at Bath & Body Works.

## 5

### THINK INSIDE OUT

Some dermatologists suggest taking supplements to improve skin. The antioxidant Pycnogenol may help prevent collagen breakdown, Heliocare’s tropical fern extract may help ward off sunburns, and a blend of Omega-3 and Omega-6 fatty acid capsules can promote softness. Check with your doctor to see if supplements are right for you.



- A** Pycnogenol, Twinlab, \$48/60; vitaminshoppe.com.
- B** Heliocare, \$63/60; heliocare.com.
- C** Omega-3, \$6/60; at Whole Foods.
- D** Pycnogenol, Source Naturals, \$48/60; vitaminshoppe.com.

## 4

### GO JEWELRY SHOPPING

Makeup artist Bobbi Brown says any kind of pearls and diamonds cast a flattering glow. She swears by her pink pearls because of the way they “magically bring out the pink” in her cheeks.



Faux pearl necklace with clasp of Swarovski crystals and silver plate, Kenneth Jay Lane, \$500; at Kenneth Jay Lane at the Plaza, N.Y.C.

## 3

### SLOUGH IT OFF

Removing dead surface cells by exfoliating regularly helps skin look its most radiant. For moderate sun damage try a microdermabrasion kit such as Dr. Brandt Microdermabrasion for Face (\$75; at Sephora). For severe sun dappling, go for a peel, like MD Skincare Alpha Beta daily face peel (\$75; at Ulta).

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**ADD POLISH TO YOUR HAIR COLOR**

Celebrity colorist Rick Wellman suggests creating complexion-flattering shine and depth by applying a glaze. "End-of-summer hair can start to look pretty washed out and frazzled—which can make your complexion seem lifeless," he says. "A clear glaze or a color-depositing gloss can make any hair color appear richer and shinier—which will help to reflect light onto the face." Our pick: Clairol Shine Happy (\$9; at drugstores).



**KATHERINE HEIGL'S** lustrous deep golden locks make her skin look luminous.



**ELIZABETH ARDEN** Sun Goddess bronzing powder, \$32; at Macy's.

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**FIX A FADING TAN**

Makeup artist Linda Hay of Victoria's Secret blends tinted moisturizer and liquid highlighter (like Benefit High Beam, \$24; at Sephora) to impart a glow. The final touch? A brush of bronzer.

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**SEE A PRO**

If your skin demands more serious attention, Patricia Wexler recommends asking your dermatologist about a session with one of the new CO<sub>2</sub> lasers (\$2,000 to \$4,000, depending on the area treated) to lighten brown spots and smooth out lines. Expect about two weeks of redness, swelling and crusting. LED (light-emitting diode) therapy can improve radiance and shallow wrinkles in eight to 10 sessions (about \$150 each) with no side effects.

10

**TREAT SPOTS GENTLY**

Although hydroquinone and kojic acid were once the gold standard for fading dark spots, dermatologists now find in some cases these ingredients are irritating and can exacerbate the problem. "When skin is inflamed, it produces more pigment-creating melanin in its defense," Dennis Gross says. Try products with gentle skin lighteners, such as arbutin and niacin derivatives (vitamin B<sub>3</sub>), which also reduce redness. ■



**NIA 24** Intensive Recovery Complex with nicotinic acid, \$110; nia24.com.

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**STEP LIGHTLY**

We all know exercise increases circulation and gets skin glowing. But for your skin's sake, you might want to walk instead of run. "When you pound the pavement, the force of your body weight bounces up into your body," says dermatologist Dennis Gross of New York City. "This jostling can cause collagen breakdown, which can lead to sagging."



**NIKE VENUS** Trainer LE, \$65; nike.com.