

DAY GLOW

Lord Byron once described a beautiful woman as having “a transparent glow, as if her veins ran lightning.” May we offer a more prosaic approach?

By Chloe Metzger

There’s a reason Sephora’s perennially top-selling blush is called Orgasm and why your skin is magically incandescent in your wedding photos: When you’re happy—we mean really, truly, blissed-out-of-your-mind happy—your skin looks like it’s lit from within. And when you’re not, you may spend significant time trying to duplicate that effect. We found simple hacks and speedy tricks that make your skin glow like you just won the lottery while sitting on a beach holding your brand-new puppy. We asked the pros for dozens of them—tricks, that is. We couldn’t wrangle a puppy.

SHOW SOME SKIN

When your complexion has the luster of melba toast, revive it with one of the tricks that models, bloggers, and dermatologists rely on.

Brush it off. Model Miranda Kerr swears by dry body brushing whenever she has an event—which, she admits, is pretty much every day. “I like to brush my skin in the direction of my heart,” she says “I feel like it helps with circulation, and it makes your skin quite bright and soft afterward.” She follows it with her own body moisturizer, Kora Enriched Body Lotion with rose hip oil.

Mask it. The pros’ favorite radiance-enhancing product isn’t a million-dollar, diamond-filled potion but a simple sheet mask. “It creates a barrier that seals moisture into skin, which can make you look dewy,” says dermatologist Jeannette Graf, who recommends vitamin C masks to quickly enhance your complexion. Her favorite is NuvesseMD Skin Therapy Serum No. 5; we swear by Masque Bar by Look Beauty Brightening Masks.



Model Gigi Hadid has the natural glow of health, youth, and good skin care.

Makeup colors: Brow Drama by Eye Studio in Blonde and Baby Lips Moisturizing Lip Gloss in Pink-a-Boo by Maybelline New York.

Take a dip. When beauty blogger and Glossier founder Emily Weiss wants an all-over glow, she heads to the bathtub. “I’ll throw a dollop of coconut oil in an Epsom salt bath and soak for a while,” she says. “By the time I dry off, my skin looks really luminous and hydrated.... Moisture is your friend.”

Get moving. Download the 7 Minute Workout app and do a set to get blood flowing through your body, says Ava Shamban, an assistant clinical professor of dermatology at the David Geffen School of Medicine at UCLA. Then grab something cold—an ice cube, an ice pack, a well-chilled bottle of champagne—and run it over your face. “The extreme temperature change will release heat-shock proteins, a cellular response that repairs and restores skin cells,” says Shamban. A fast workout coupled with the anti-inflammatory effect of ice leaves skin softly flushed.

Layer up. This is so obvious we almost don’t want to say it, but it bears repeating: Moisturizing is the key to glowing skin. “The best makeup in the world won’t look good without a hydrated canvas,” says makeup artist Fulvia Farolfi, who recommends—OK, insists—that you massage one drop of a lightweight facial oil over your skin ten minutes before applying foundation (try Olay Regenerist Luminous Facial Oil). If you have oily skin, swap the oil for a few pumps of a hydrating serum, like Eau Thermale Avène Hydrance Optimale serum or Chanel Hydra Beauty Micro Sérums (Farolfi is a spokeswoman for Chanel).

Makeup Kit

Cinderella had a fairy godmother, Beyoncé has Sir John, and you have a bag of makeup. When there’s no glam squad at hand, you can still get a ball-worthy glow at home by following these makeup artists’ tips.

“The most radiant, beautiful skin has a subtle sheen, so stay away from anything matte, full coverage, or heavy,” says makeup artist Kate Lee. If a tinted moisturizer isn’t enough coverage, Lee suggests a natural-finish light-coverage foundation. We like Urban Decay Naked Skin Liquid Makeup.

“An even complexion is key to looking well-rested and bright before an event,” says makeup artist Robin Black. “Cancel out redness by tapping a few dots of your concealer under the eyes, on top of the lids, around the nose, and on the chin.” But don’t go crazy: “You want to show off your natural skin texture as much as possible.” Try Tom Ford Concealing Pen.

The worst thing you can do is cover your skin with powders and then add a sparkly strip of highlighter on top of that, says Lee. If you absolutely must take away some shine, stick with colorless pressed powder, which “diffuses the light without altering the color,” and press it over your T-zone with a damp sponge. Make Up For Ever HD Pressed Powder is a great choice.

“To make your face look like it’s glowing from within, dab a peach cream blush across the apples of your cheeks, then blend it along your cheekbones and tap the excess from your fingers into the crease in your upper lid,” says makeup artist Hung Vanngo. He uses CK One Cream + Powder Blush Duo in Grace on Victoria’s Secret models for a sexy flush year-round.

“Red eyes destroy a luminous look,” says Farolfi, who keeps a bottle of eye drops in her makeup kit. “Squeeze a few drops in each eye. The clearer your eyes look, the brighter the rest of your face appears.”

In your 40s and beyond, tap a drop of serum over your makeup on your cheekbones, and lightly spritz your face with rose water. Says Black, “Hydrated skin looks really youthful.” Try L’Oréal Paris Youth Code Skin Recharger serum.

60-SECOND HACKS

Set the timer. Ready, set, glow.

Mist over. “If my skin is matte after I add powder, I’ll spritz it with rose water and then gently press my hands over my face,” says makeup artist Robin Black. “The warmth from my hands sets the makeup and keeps powder from ruining my glow.”

Switch strokes. Beauty vlogger Tanya Burr picked up this skin trick from British facialist Emma Hardie: “When cleansing, Emma taught me to use a microfiber cloth to massage the cleanser into each section of my face with little downward strokes to release tension. My skin instantly looks bright and energized.”

Mix it up. For a dewy look, makeup artist Tom Pecheux has been known to dip a foundation-covered brush in a few drops of facial oil before buffing the mixture into the skin. “It won’t look like you have any makeup on,” he says.

Add a bit of balm. “If I’m feeling tired or dried out, I’ll apply some lip balm and tap the excess along my cheekbones and brow bones in a half-moon shape to get a little boost of moisture. When your face turns in the light, it throws off a pretty sheen,” says Weiss, who uses her own Glossier Balm Dotcom.

Break out your sponge. “Midday, if my makeup is looking dry or creasy, I’ll spritz on a mist, then use the tip of a Beautyblender to smooth creases and pat more moisture into the skin,” says makeup artist Kate Lee.

Pat down. “People make the mistake of putting illuminating powders or creams all over their face, but that will make you look like a disco ball,” says Lee. For a natural look, she rubs Laura Mercier Foundation Primer Radiance between her hands and then lightly presses her palms along the cheekbones and jawline. “It has the smallest hint of shimmer,” she says.

Take cover. “I mix moisturizer with a concealer that’s a littler paler than my skin tone for a really natural-looking glow,” says Black. She swipes and blends it across her forehead, brow bones, under-eyes, chin, and the bridge of her nose with a concealer brush. “In a pinch, I’ve even used a nude or white eyeliner pencil,” she says.

Buzzworthy

Coffee, booze, boozy coffee—we used to think that anything that dehydrated our bodies also dulled our skin. But our daily shots of espresso (sans whiskey, sorry) may prevent dark spots, according to a new study from Japan published in the *International Journal of Dermatology*. Women who drank the most coffee (averaging three cups a day) had significantly fewer age spots than those who drank the least (especially impressive given that all of the study participants wore sunscreen daily). Coffee accounted for 50 percent of the polyphenols in their diet, which may regulate dark-spot formation in the skin.

Now we're just waiting for some good news about Kahlúa....

Glow Agents

Five products that make skin so bright, people will think you flipped a switch.

Yes to Grapefruit Pore Perfection Brightening Peel

The hefty dose of fruit acids and vitamin C in this rinse-off peel leaves your skin smoother and brighter after just a few treatments. (If you have sensitive skin, wear it for half the suggested time.)

Elizabeth Arden SuperStart Skin Renewal Booster

This serum-slash-gel moisturizes like an oil but sinks in without feeling slick, so you can layer more hydrating products on top for maximum radiance.

Yves Saint Laurent Touche Éclat Blur Perfector

The lightweight balm-to-powder primer smooths pores and fine lines while leaving behind a soft rosininess. Use it before makeup or throughout the day.

Estée Lauder Double Wear Makeup To Go Liquid Compact

Press a button inside this compact and a drop of lightweight foundation seeps out for mess-free application. It has hyaluronic acid to plump up skin immediately, and it comes in 20 shades.

Becca Shimmering Skin Perfector Pressed Champagne Glow Palette

The peach-gold highlighter in this palette does the impossible: looks amazing on every skin color with its mix of pinks and yellows. The copper bronzer gives cheeks a believable glow.