

Beauty Insight

18 Genius Tips for Healthy, Glowing Skin



1

"Using your fingertips, massage a serum [try Neutrogena Hydro Boost Serum, \$20, at drugstores] or oil into your face before applying makeup. The stimulation can help get the blood moving to wake up your whole complexion."

—MOLLY R. STERN, MAKEUP ARTIST TO CARA DELEVINGNE

2. "When my complexion looks dull after a long flight or late night, I use the ZIIP device [\$495, ziipbeauty.com], which delivers electric currents into the skin. Twelve minutes leaves my face luminous and much firmer."

—APRIL LONG, BEAUTY EDITOR

3 "Hanging my head upside down for three minutes a day is my long-term strategy for getting that lit-from-within glow."

—RENEE ROULEAU, AUSTIN-BASED AESTHETICIAN

4 "The Sjal Kashmir Saphir Perfecting Mask [\$150, sjalskincare.com] is unreal! It's my jet lag antidote, or for when I want my skin to look as if I've had a facial when I haven't."

—RACHEL GOODWIN, MAKEUP ARTIST TO EMMA STONE

5 Mix a few drops of luminizer [try L'Oréal Paris True Match Lumi Glow Amour Glow Boosting Drops, \$15, ulta.com] with your moisturizer or foundation, then apply the mixture with a damp sponge. It will create an even, sheer layer of sheen that looks more natural than a highlighter."

—GITA BASS, MAKEUP ARTIST TO ELIZABETH OLSEN





"My Skin Fetish highlighter stick [\$72, [patmcgrath.com](#)] works amazingly as a body shimmer. The trick is to hunch your shoulders forward so your collarbones pop out; that's where you want it. Add powder on top for even more glow. It photographs beautifully!"

—PAT MCGRATH, MAKEUP ARTIST

7. "Use toner before serum or cream. Think of it as a glass of water for your skin. Serums and creams can penetrate deeper if the skin is hydrated."

—NACHI CLICK, OWNER OF MIST BEAUTY

8 "Strengthening the skin barrier is key. To do that, use an overnight multitasking treatment like Thank You Farmer Back to Relax Soothing Gel Mask [\$38, [sokoglam.com](#)]."

—CHARLOTTE CHO, COFOUNDER OF SOKO GLAM

9 Apply five drops of vitamin C serum [like Avon Anew Vitamin C Brightening Serum, \$30, [avon.com](#)] underneath SPF each morning to target free radical damage, help lighten brown spots, and even out your skin tone."

—NATALIE SMYTH, BLOGGER AT ROAD TO GLOW



"Exfoliate at night with a glycolic acid peel like Cane + Austin Retexture Pad 10% Glycolic Facial Treatment [\$60, [sephora.com](#)]. It leaves your skin instantly smoother and brighter!"

—SHEREENE IDRIS, M.D., DERMATOLOGIST IN NYC

11 "When my face looks blah, I'll do sheet masks [try St. Ives Glowing Sheet Mask Apricot, \$2.50, at drugstores] for seven days straight. It has a compounding effect of hydrating and smoothing that delivers crazy glow by week's end."

—MAUREEN CHOI, BEAUTY EDITOR

12 "Remove anything that causes 'background noise': little things that aren't too noticeable but when removed make skin look flawless. Blackheads are the perfect example. Bioré pore strips [\$16, [ulta.com](#)] are great for the dots on your nose or chin."

—HEATHER WOOLERY-LLOYD, M.D., DERMATOLOGIST IN MIAMI

13. "Add an extra layer of glow by using a powder highlighter on top of a cream. I love the Maybelline FaceStudio Master Chrome Highlighter [\$10, at drugstores] because it's not glittery or chunky—it just gives the ultimate glimmer."

—ERIN PARSONS, MAKEUP ARTIST TO GIGI HADID



14

"I like quarterly resurfacing with the Clear & Brilliant laser [\$300–\$1,000 per session]. If you're over 30, try a yearly Fraxel Dual [\$600–\$1,800], which is more powerful. Both fade sun-induced spots that make skin look dull."

—ROBERT ANOLIK, M.D., DERMATOLOGIST IN NYC

15 "Massage a salt scrub all over the body with a Korean washcloth; it's coarser than a regular one. The combo sloughs off dead cells for the smoothest skin ever."

—MYLAH MORALES, MAKEUP ARTIST TO RIHANNA

16 "Before and after a flight, I run ice cubes over my face until they melt. My pores love this skin shocker."

—THUYEN NGUYEN, FACIALIST TO CINDY CRAWFORD

17 "A procedure like Aquagold Fine Touch [about \$600] combines microneedling with a hyaluronic acid filler injection to give you a dewy, hydrated appearance while stimulating new collagen production."

—ANNIE CHIU, M.D., DERMATOLOGIST IN REDONDO BEACH, CALIFORNIA

18 "All hail bath salts. One soak with Herbivore Detox [\$18, [sephora.com](https://www.sephora.com)] and my skin is softer, more purified, and baby smooth."

—LINDSAY SCHALLON,
SENIOR BEAUTY EDITOR



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