

TEXT *Marisol Goodson*

GO WITH THE GLOW

Just dew it

Who says luminous, lit-from-within skin has to be reserved for red carpets and runways?



Glowing skin is healthy skin. A luminous complexion is bright, light reflective and uniformly smooth, which signals that the skin is functioning efficiently on all cellular levels. That means the dermis is churning out plenty of new collagen, elastin and skin-firming hyaluronic acid, and the epidermis is continually refreshing its waxy outer layer – aka the stratum corneum – to guard against UV damage, bacteria and water loss. But when the skin's processes are disrupted, that organised architecture becomes incredibly chaotic, leading to collagen loss, clogged pores, blotchiness or overproduction of oil ... all of which dial down the dew-factor.

SLOW AND STEADY WINS THE RADIANCE

Wondering what happened to that crystalline complexion of your youth? Over time, due in large part to sun exposure and pollution, your skin's ability to undo past damage is compromised, causing an influx of unevenness, sunspots and dull patches. The first step to a more radiant complexion is slathering on a moisturising broad-spectrum sun block like Eve Lom's Daily Protection +SPF 50, which contains a combination of UV filters and antioxidants to thwart environmental free radicals.

Step two is equally important and involves nightly chemical exfoliation with Chantecaille's Retinol Intense,

which contains a powerful vitamin A derivative that boosts collagen production while sloughing dead skin cells. When you were a teenager, your cells shed every 28 days like clockwork, but once you hit your thirties, some of those cells fall off every 45th day instead. A slower rate of turnover means skin accumulates micro-mounds of dead cells, resulting in a matt, stucco-like texture that scatters light rather than reflects it.

If your skin is too sensitive for retinol, get your glow on with a vitamin C infusion. Charm in Cell's Super Vital Lotion boasts a patented Toco-Vita-C that is clinically proven to be more stable and effective than vitamin C alone. The latter is a valuable brightener, but its efficacy has been difficult to maintain for topical use.

THE FAST TRACK TO BRIGHTER SKIN

To simulate that fresh-off-a-five-mile-run flush, swathe just-washed skin in Chanel's Hydra Beauty Micro Sérum, a pearlescent essence that instantly wakes up your face and lays a smooth base for make-up. In the palm of your hand, spread a few drops of La Prairie's Skin Caviar Concealer • Foundation SPF 15 and dab it with the tip of a pre-moistened cosmetic sponge, which dilutes the formula and makes it sheerer. Using a stippling stroke, apply the foundation to your face and neck, but

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skip the eye contour – enlist the product's peachy concealer to eclipse dark circles instead.

To mimic the light-reflective effect of genuinely dewy skin, now's the time to master the art of highlighting. For a subtle, eye-catching gleam, make like you're wearing a ski mask and apply Estée Lauder's Pure Color All-Over Illuminator above the brows and on the top of the cheekbones for a sun-kissed lustre. To selectively blot out areas of high shine, dip a small eye-shadow brush in translucent powder (we love Rodial's Instaglam Compact Deluxe Illuminating Powder) and sweep it on the creases around the nose, the area between the eyes, the upper lip and chin. Finish with a pop of cream blush and a tinted lip balm and you're good to glow.