

10 Ways to Get a Winter Glow

1

DDF Revolve 400x Micro-Polishing System, \$95; ddf skincare.com.

EXFOLIATE, EXFOLIATE, EXFOLIATE!

Ever wonder why a child's skin looks lit from within—even in the depths of winter? "It's because children don't have a thick layer of dead skin cells sitting on the surface," says N.Y.C. dermatologist Arielle Kauvar, who recommends sweeping away flakes several times a week with a gentle rotating brush.

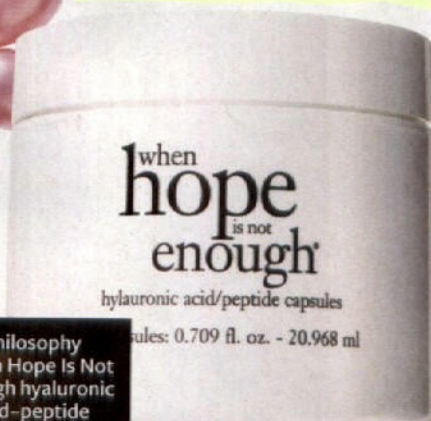
2

QUENCH YOUR SKIN

Going from cold, windy air outside to dry heat inside sucks the moisture out of your skin, says N.Y.C. facial plastic surgeon Jennifer Levine, who suggests switching to a heavier moisturizer in the winter (try Olay Definity Night Restorative cream, \$25; at Target). If you're acne prone, look for an oil-free formula (below) loaded with water-binding hyaluronic acid.



Philosophy When Hope Is Not Enough hyaluronic acid-peptide capsules, \$50; philosophy.com.



3

DEW BETTER

Adding a humidifier to your bedroom? No-brainer. But don't stop there: Snap up a mini travel version for your desk at work (we love the Air-O-Swiss Travel Ultrasonic humidifier, \$50; amazon.com). In addition to softening skin, it will help put the twinkle back in dry, red eyes.

4

"SHEER OUT" FOUNDATION

"To prevent base from looking cakey, mix it with a few drops of moisturizer," says Gwyneth Paltrow's makeup artist Leslie Lopez, who exfoliates her clients' skin with a warm, damp muslin cloth before applying the dewy concoction. "It thins the foundation and gives you an extra boost of moisture."



GWYNETH PALTROW

PINCH YOUR CHEEKS

...or fake the same effect by dabbing rose-tinted blush onto skin that's been lightly primed with moisturizer (see Tip No. 4). Another ultra-natural option: Clarins Instant Blush Magic Colour (\$26; at Macy's). The translucent pink gel (bottom right) morphs into the perfect shade for your unique skin tone.

Left: Bobbi Brown Pot Rouge for Lips and Cheeks in Pale Pink, \$22; bobbibrown.com. Benefit Posie Tint, \$28; benefitcosmetics.com.

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