Going with Your Own Glow

Glow-How:

The first step is to discover your own genuine, innate glow. If you’ve been tanning, allow your skin to fade back to the natural glowing tone. These radiant people go with their own glow, and you can do the same.

WHAT’S YOUR GLOW?

The first step is to discover your own genuine, innate glow. If you’ve been tanning, allow your skin to fade back to the natural glowing tone. These radiant people go with their own glow, and you can do the same.

You can do this at www.skincancer.org/Quiz. The Fitzpatrick Skin Type quiz will give you in-depth sun protection advice tailored to your skin type.

DAILY ROUTINE FOR GLOWING SKIN

Proper cleansing, morning and night, is a must for glowing skin. Your cleanser doesn’t have to lather or foam to work; many cleansing cloths, for instance, don’t lather, yet take all the effort out of washing your face.

In the morning, if you use a vitamin C serum, put it on after cleansing your skin. Then apply a sunscreen with a sunscreen of SPF 15 or higher, followed by makeup.

If you exfoliate, do it after cleansing in the evening. Then, if your skin can tolerate it, apply a prescription or over-the-counter product available in a broad price range.

Remember, going with your own glow doesn’t have to cost a fortune. Sunless tanners and sunscreen together provide easy and effective ways to enhance your natural glow while protecting your skin.

But use a light hand. You can always apply more! The idea is to have definition, not to look like you’re wearing a lot of makeup.

When purchasing makeup in a department store, try it on your hand or near your jaw line first to make sure it’s the right shade. Many stores have special “daylight” lighting that should give you a good idea of how the product will look in natural light, but you can always go outside to check the color. If you’re buying makeup in a drugstore, check the return policy—many stores will let you return opened packages as long as you have the receipt.

SUNLESS GLOW

If you simply can’t resist a tan, sunless tanners work well, producing an overall tanned look without causing skin damage. They come in many different formulations, including lotions that darken your skin gradually, as well as options for people with naturally lighter or darker skin. Added fragrances have improved the way they smell, and special ingredients minimize streaking or uneven tanning.

Before applying a self-tanner, prep your skin by exfoliating with a scrub or loofah, then moisturize. This ensures that the tanner will be absorbed evenly. Since self-tanners can cling excessively to dry skin, depositing a great deal of self-tanner and leaving you with an uneven color, make sure you don’t apply too much to typically dry areas like the knees and elbows.

So go on, get glowing!

SCF: Is tanned skin still in style?

SD: Definitely not. Tanned skin is very 2000’s porn star. The connotations are all negative. It’s unhealthy and kind of sleazy. Very Rock of Love!

SCF: What three colors do you associate with having great, healthy, natural glowing skin?

SD: Tilda Swinton is pale and interesting. Michelle Obama is hirsucous and well-moisturized. Lucy Liu is a flawless porcelain doll.

SCF: How can we convince young women that having untanned skin — skin that has not been damaged from harmful ultraviolet (UV) rays — is the new beauty ideal?

SD: Burning and blistering your skin is like smoking packs of cigarettes or excessive boozing. It’s negative and gnarly and self-destructive. You must love yourself, which includes loving your epidermis.

SCF: What is your advice for the young girls who visit the tanning salons as an after-school activity?

SD: Young people are always going to do crazy reckless stuff. I know I did. The most important thing they need to know is that lying on tanning beds is self-destructive and potentially lethal.

SCF: Any final words?

SD: Love your skin, don’t barbecue it!
Going with Your Own Glow

DORIS DAY, MD

Have you ever noticed that some people seem lit from within? Their skin appears naturally luminous whatever its shade, from porcelain to richest ebony. They don’t necessarily have flawless features, but they know how to protect and enhance their skin’s natural radiance. These radiant people go with their own glow, and you can do the same.

WHAT’S YOUR GLOW?
The first step is to discover your own genuine, innate glow. If you’ve been tanning, allow your skin to fade back to the natural color on parts of your body that have had little or no exposure to the sun, like the inside of your arms, or your buttocks. This is your own personal, beautiful, natural glowing tone. It is also the shade you should use to help determine your true skin type (also called skin type). If feel you must have some color on your face, consider bronzers and blushes, which come in many different formulations, including lotions that darken your skin gradually, as well as options for people with naturally lighter or darker skin. Added fragrances have improved the way they smell, and special ingredients minimize streaking or uneven tanning.

But use a light hand. You can always apply more! The idea is to have definition, not to look like you’re wearing a lot of makeup.

When purchasing makeup in a department store, try it on your hand or near your jaw line first to make sure it’s the right shade. Many stores have special “daylight” lighting that should give you a good idea of how the product will look in natural light. Sunscreen, you need to apply a separate but you can always go outside to check the color. If you’re buying makeup in a drugstore, check the return policy — many stores will let you return opened packages as long as you have the receipt.

SUNLESS GLOW
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Before applying a self-tanner, prep your skin by exfoliating with a scrub or loofah, then moisturize. This ensures that the tanner will be absorbed evenly. Since self-tanners can cling excessively to dry skin, deposing a great deal of self-tanner and leaving you with an uneven color, make sure you don’t apply too much to typically dry areas like the knees and elbows.

When you’re using self-tanner, follow the directions on the package, and wait at least 12 hours after shaving to apply. Avoid using sunless tanner on skin with active eczema. Remember, even if the self-tanner includes sunscreen, you need to apply a separate sun-protective clothing, using a sunscreen with an SPF 15 or higher, and avoiding tanning and UV tanning booths. For all our Guidelines, go to www.skincancer.org/ Guidelines Proper cleansing, exfoliation, topical lotions, creams, serums, and gels, makeup, self-tanners and sunscreen together provide easy and effective ways to enhance your natural glow while protecting your skin. So go on, get glowing!”

DIY DAY is clinical assistant professor of dermatology at New York University’s Langone Medical Center.

Glowing vs. Tanning: Simon Doonan Talks Tough

Michelle Obama is luminous and well-moisturized, Lucy Liu is a flawless porcelain doll. How can we convince young women that having untanned skin — skin that has not been damaged from harmful ultraviolet (UV) rays — is the new beauty ideal?

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SD: Definitely not. Tanned skin is very 80s porn star. The connotations are all negative. It’s unhealthy and kind of sleazy. ‘Very Rock of Love’

SCF: What three concepts do you associate with having great, healthy, natural glowing skin?
SD: Thilda Swinton is pale and interesting. Be yourself. For a pale girl to acquire a deep tan is bizarre. Whatever color your skin, you should emphasize your God-given gorgeousness. I don’t try to deny it.

SCF: What is your advice for the young girls who visit the tanning salon as an after-school activity?
SD: Young people are always going to do crazy reckless stuff. I know I did. The most important thing they need to know is that lying on tanning beds is self-destructive and potentially lethal.

SCF: Any final words?
SD: Love your skin, don’t barbecue it!