

# VOGUE INDIA

## The only tricks you need to know for instantly glowing skin

Chloe Metzger | August 25, 2016

You won't believe how easy these are



When your complexion has the lustre of Melba toast, revive it with one of these tricks relied on by models, bloggers and dermatologists

### **BRUSH IT OFF**

Model Miranda Kerr swears by dry body brushing. “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 moisturiser, Kora Enriched Body Lotion with rose hip oil.

### **MASK IT**

The pros’ favourite radiance-enhancing product is a simple sheet mask. “It creates a barrier that seals moisture into the skin, which can make you look dewy,” says dermatologist Dr Jeannette Graf, who recommends vitamin C masks to enhance your complexion.

### **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.” .

### **LAYER UP**

Moisturising is the key to glowing skin. “The best make-up in the world won’t look good without a hydrated canvas,” says make-up artist Fulvia Farolfi, who insists that you massage one drop of a lightweight facial oil over your skin 10 minutes before applying foundation. If you have oily skin, swap the oil for a hydrating serum.

### **GET MOVING**

Download the 7 Minute Workout app and do a set to get blood flowing through your body, says California-based dermatologist **Dr Ava Shamban**, and then grab something cold. “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.

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