



BEAUTY

On with the glow

The one beauty secret we will always want to know is how to get radiant skin that seems lit from the inside. Now, a new generation of products is giving us that power. *NEWBYHANDS* reveals how to prep your way to a lustrous, warm luminosity – or how to fake that heavenly healthy finish

Fashion royalty

KATE M
VIV
GEORGIA

McQUEEN FORE
KATE M
MODERN LO

The skincare

For those of us not born with the genes, achieving this quality of skin is down to skincare as much as it is make-up – backstage this season, the beauty pros spent as much time prepping the models' skin as they did making it up. Your two essentials now are a good hydrating cream or, even better, a serum or mask (*Kéraskin Aqua-Lipidium Masque*, £31, is incredible) – used generously, these can perform a mini miracle on dry skin, especially if used after a peel. Go for those that use enzymes or AHAs (*Alpha-H Liquid Gold Smoothing and Perfecting Mask*, £46, is excellent) to evenly smooth skin, rather than grainy, somewhat hit-and-miss scrubs

Once skin is polished and plumped up, stage two is about customising your base. The professionals secretly mix in a little serum with either a foundation or a tinted moisturiser – it's the trick to getting that velvety, second-skin finish. 'Or, for a more dewy skin, mix one drop of essential oil – rose or neroli work well – in with your base,' says Lynsey Alexander, senior make-up artist for MAC. 'It gives that beautiful glow without having to use a highlighter. For oilier skin, use one or two drops of a hydrating serum – this also thins out the base, giving a dewy, more skin-natural finish; applying it with a brush gives a finer layer, so it's less ageing.' For the best 'mixer' serums, try *Chanel Hydramax+ Active Sérum*, £70; *Decléor Aromessence Néroli Essential Serum*, £42.89; or *SkinCeuticals Hydrating B5 gel*, £56

Glow-boosting products

With added radiance, these creams give dull skin a truly instant boost. *Shu Uemura UV Under Base SPF30*, £29, is a super-clever mousse that gives sun protection with a bit of colour, and

enough coverage to leave skin looking naturally smooth and even-toned. *Philosophy Divine Illumination* moisturiser, £56, blends a shot of honey gold with cream to brighten up pasty skin; or, for a more silvery gleam, try *Dr Sebagh's* beautiful new *Luminous Glow*, £72.

The pro tricks

Make-up artist Aaron de Mey finishes with a spray of *Lancôme's* aromatherapy-rich *La Base Dewy Glow*, £30.50 – it gives that beautiful plump, velvety finish. Backstage, Tom Pecheux mixes *Estée Lauder's* iconic *Advanced Night Repair*, £51, with foundation to get his sheeny finish. For the perfect shimmer-free, real-skin highlight, Val Garland blends a final dab of eye cream along the cheekbone and up around the browbone – *Nivea Natural Beauty Radiance Boosting Eye Cream*, £6.63, also adds a tiny hint of shine.

Skin-transforming must-haves

Think 'Vaseline-on-the-lens effect' when using *Dior's* remarkable *Hydra Life Skin Perfect* lotion, £48; it leaves bare skin several steps closer to flawless. *Philosophy the Supernatural Poreless Flawless*, £26, adds a hint of colour and absolutely lives up to its claim to mattify; I love it under, or even over, base. *Laura Mercier Invisible Loose Setting Powder*, £29, leaves skin looking luminous and peachy-soft; it's the best powder possible. Blend *Lancôme's* gorgeous *Eclat Miracle*, £20, over cheek- and browbones for that high-end polished-skin effect.

The skin prescription

Taking the right oils could be a better skin option than drinking water – by boosting and protecting the oily skin cell membrane, you stop dehydration in the first place. Pharmacist Shabir Daya of Victoria Health (www.victoriahealth.com) recommends omega-rich *Power of Krill by Life-flo*, £24.95 for 60 capsules; or, for ultra-dry or sensitive skin, *Skin Restoring Ceramides by LifeExtension*, £25 for 30 capsules, contain one of the best skincare ingredients to help protect the skin's vital barrier from within. For dull complexions, herb-based *Tejaswini ClearSkin Capsules*, £12.30 for 30, detox and deep-clean to balance and brighten in one.

Fresh skin facials

Nothing beats a good professional peel, and MD Formulations has been doing them for over 35 years. *The Illuminating Prescription Facial*, about £100 for 75 minutes, is customised to polish and brighten skin as needed (for salons, ring 0870 850 6655). Or to deep clean and plump skin, the *Doctor Duve Jet Peel* facial is one of the best I've tried. From £165 for 90 minutes at Glow Spas in London (020 7730 9977). □

The ESSENTIALS

