

Wow-Worthy Winter Skin

Let's be honest: Pasty isn't a good look. Good thing you can safely restore a head-to-toe glow when the sun goes into hiding.

By Faye Brennan



1/ Reveal Brighter, Softer Skin

Low humidity outside plus heat inside can leave skin dry and rough. Use a grain-based exfoliating body scrub in the shower to refine rough areas, says Laura Ann Conroy, a Bliss Spa massage therapist. Opt for a sugar-based formula like **(1) Bliss Blood Orange + White Pepper Sugar Scrub** (\$36, blissworld.com), which melts faster than salt and makes skin soft.

2/ Get a Believable Bronze

Ditch dark self-tanning products and gel formulas for a gradual self-tanner lotion—like **(2) St. Tropez Gradual Tan Plus Firming 4 in 1 Body Lotion** (\$40, sephora.com)—which can make your complexion one to two shades darker after each use, says Sophie Evans, a St. Tropez self-tanning expert. Apply it before bed every three or four days.



3/ Hyper-Hydrate

For your glow to last, your skin needs to retain the hydration that freezing temps can strip away. Be liberal with a coconut oil-based moisturizer, which helps bind in H₂O to leave your skin soft. “Apply it after your first shower post-self-tanning, and then at least once a day,” says Conroy. Try **(3) Alba Botanica Natural Hawaiian Body Cream Nourishing Coconut Milk** (\$14, albabotanica.com).

4/ Go for Glimmer

Cream-based makeup—especially formulas containing vitamin E and green-tea extract—will calm and hydrate red, inflamed patches (or a Rudolph nose) caused by icy-cold winds, says Kate McCarthy, international makeup artist and brand manager for Glō Minerals. Try **(4) Laura Mercier Crème Cheek Colour in Rosebud** (\$24, lauramercier.com) for soothing, vitamin-rich cheek protection and a pretty flush.



Want more? Check out *Look Better Naked!* (Rodale), by *WH* editor-in-chief Michele Promaulayko. Available at lookbetternakedbook.com.

PARTY PREP

On holiday party nights, opt for a temporary bronzer cream that's just a shade or two darker than your skin tone, and rub it over all of your exposed parts. It offers a hit of hydration and will revive your faux tan. “Most wash off with soap and water, so it's perfect for achieving a quick glow without the weeklong commitment of a self-tanner,” says Evans. We like *Per-fekt Body Perfection Gel* (\$48, perfektbeauty.com), which contains hyaluronic microspheres to make skin supple.

A tinted CC cream will give your face an instantly warm, flattering glow. Try *Origins Smarty Plants CC SPF 20 Skin complexion corrector* (\$35, origins.com) for its light, color-correcting finish that combats aging with plant extracts.

