



The ideal outdoorsy glow: rosy, not ruddy

THE CLOSE-UP

COLD FRONT

→ Seeing crimson cheeks and a Rudolph nose? Time to get the red out. BY CHERYL WISCHHOVER



SkinCeuticals Phyto Corrective Gel, \$62; Burt's Bees Sensitive Night Cream, \$15

Last winter, after skiing in subzero temperatures for several hours, I looked in the mirror and was horrified to discover bright red streaks on the slivers of skin where my face mask had slipped down. It wasn't sunburn or windburn—but it wasn't the healthy glow of Lindsey Vonn after a successful run, either. This was an unnerving “Do I need to go to the hospital?” scarlet.

Once inside, my complexion eventually calmed to a less alarming pink. My problem, it turned out, was run-of-the-mill seasonal redness (albeit an intense version, thanks to inclement weather). But a flushed face isn't just about appearance; it can also be a sign of distress. “Redness is the skin's red flag,” explains Dennis Gross, M.D., a dermatologist in New York City. “It says something's wrong.”

This time of year, redness is almost inescapable, even if you're *not* one of the 16 million Americans with rosacea. Dryness and temperature extremes conspire to turn your face into a flaky, ruddy mess. Then there's the holiday-party-season factor: Spicy foods and alcohol can cause increased facial flushing. Another common trigger? Working out. “Exercising, especially in extreme heat or cold, makes redness worse,” says Elizabeth Hale, M.D., a dermatologist in NYC.

Any of these factors can trigger a cycle that ultimately affects your skin's ability to protect itself. “Skin is our barrier to the outside world,” Dr. Hale

GILLES BENSIMON. STILL LIFE: CATHY CRAWFORD; STYLING, SALLY PENN. OPPOSITE: CLOCKWISE FROM TOP: ERICA MCCARTNEY; STYLING, PAUL PETZY (2). GETTY IMAGES, LOIC LEMEUR.

SKIN

Reveal a #NoFilter complexion with gentle and effective glow-boosting treatments.

A dose of retinol or vitamin C will help give you incandescent skin. Used twice weekly, the right sheet mask can produce radiant results; Yes to Grapefruit Pore Perfection Paper Mask (\$16 for five) instantly brightens with orange and lemon peel and calms winter-stressed complexions with aloe. Ideal for sensitive skin, the exfoliating Nude Detox Gentle Brightening Fizzy Powder Wash (\$42) uses fruit enzymes, omega-rich açai berry oil and acerola extract to amplify glow and enhance tone. To minimize pores and improve texture without drying, Kate Somerville DermalQuench Liquid Lift+Retinol (\$98) refreshes with oxygen and

increases cell turnover with plant-derived retinol; you'll see a brighter complexion within minutes. If you prefer to treat while you sleep, Belif First Aid Overnight Brightening Mask (\$34) incorporates crushed pearls and gold for wake-up-gorgeous results. For next-level radiance, consider micro-needling, a procedure in which a dermatologist or an aesthetician rolls tiny needles all over your face for a quick dose of luminosity and plumping. It works by causing microscopic damage to the skin, which then stimulates collagen production. To see maximal results, several treatments four to six weeks apart are ideal, but even one can be enough to see a temporary difference.



HAIR

Grow it, strengthen it, repair it, love it. A made-for-you elixir will help strands shine.

In the quest for healthy hair, a customized salon treatment is like a personal trainer for your strands. Kérastase Fusio-Dose Hair Lab (starting at \$30) and Shu Uemura Haircare Bar (\$28 to \$40) offer made-to-order combinations of concentrates that work in as little as five minutes. You'll walk out of the salon with instant shine and added resilience. At home, a weekly session with Obliphica Professional Seaberry Hair Mask hydrates and restores elasticity, while a few drops of R+Co Tinsel Smoothing Oil lend dry hair a gorgeously glossy (not greasy) sheen.

Obliphica Professional Seaberry Hair Mask, \$38; R+Co Tinsel Smoothing Oil, \$24



Herbal Essences Naked Smooth & Soft Conditioner (\$5) infuses strands with moisture.

says. "In the winter, our skin tends to be drier, so it's also much more sensitive."

That explains why ingredients that normally play well with your skin—retinoids and alpha hydroxy acids, but also acne treatments such as benzoyl peroxide and salicylic acid—may cause your complexion to flare up come winter. "You're more prone to irritation from products that might not otherwise give you a problem," Dr. Gross says. (A note for those with darker skin: Just because you can't see redness doesn't mean the

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effects aren't there. Tightness, loss of radiance and discomfort are other signs that your skin is stressed.)

Since you're not going to sit inside all winter long, prevention is the key to halting dryness and redness. Start by switching to a mild facial cleanser such as Olay Foaming Face Wash for Sensitive Skin (\$5), and avoid hot water. Look for thicker moisturizers with ingredients like ceramides, which mimic the skin's natural lipid barrier, and hyaluronic acid, which locks water in. Burt's Bees Sensitive Night Cream soothes with aloe, while SkinCeuticals Phyto Corrective Gel hydrates and calms inflammation.

Protection against the elements, of course, is essential. Ski masks and goggles can prevent windburn as well as sun exposure, and sunscreen is necessary even in the winter. (Try Philosophy Ultimate Miracle Worker SPF 30, \$28.) Antioxidants such as vitamin C and ferulic acid help repair skin, and to help them absorb better, exfoliation is a must. Dr. Gross's new Alpha Beta Ultra Gentle Daily Peel for Sensitive Skin (\$88) uses alpha hydroxy acids in levels that won't exacerbate redness.

Now, I'm much better prepared for this winter's ski trip to Telluride: I've got my thick face cream, SPF 30 and a new wrap-around ski mask. After the last run of the day, I plan on having a healthy glow—the kind that doesn't need any covering up. ●

BEAUTY BUZZ

→ SELF's beauty department shares this month's best finds.

Balms away

Talk about sweetening the deal: The newest lip balms protect against chapping, add a shot of pretty color and taste like dessert. Made with grapeseed oil and avocado butter, the citrusy CoverGirl Colorlicious Oh Sugar! balms (\$7) come in 10 semisheer shades. Clinique Sweet Pots (\$20) contain an exfoliating sugar scrub and a tinted balm in the cutest macaron-inspired packaging. For a transparent finish, the vanilla-scented ChapStick Total Hydration 100% Natural (\$3) soothes with argan oil and conditions with shea and mango butters. Go on, treat yourself—and your lips, too.

CoverGirl Colorlicious Oh Sugar! balms in (from top) Punch, Gumdrop and Taffy



GAME CHANGER

Laxmi

WHO Leila Janah, founder of Laxmi, a luxe new skin-care line that sources ingredients from women in low-income communities around the world—and pledges to pay them at least triple the local average rate. "Women are often the breadwinners," she says. "If you provide them with a livable wage, they invest in their families."

WHY Laxmi's small-batch organic products feature radiance-boosting ingredients such as Namibian marula oil and Rwandan moringa. The ultra-creamy shea butter in Nilotica Facial Crème (\$72) plumps, while the Gold Pressed Cleansing Oil (\$56) can remove makeup or prevent dry skin.

GLOWY SKIN, ASAP

An ingenious new treatment for the time-starved: splash masks, which produce softer, smoother skin while you shower. Just pour half a capful of the liquid "mask" into your palm, dilute with water, and dab on your wet face—no rinsing necessary. Thanks to complexion-brightening ingredients like lactic acid and blueberry extract, you'll see results even before you pat your skin dry. Try it twice a week (on your body, too) for the speediest way to glow from head to toe.

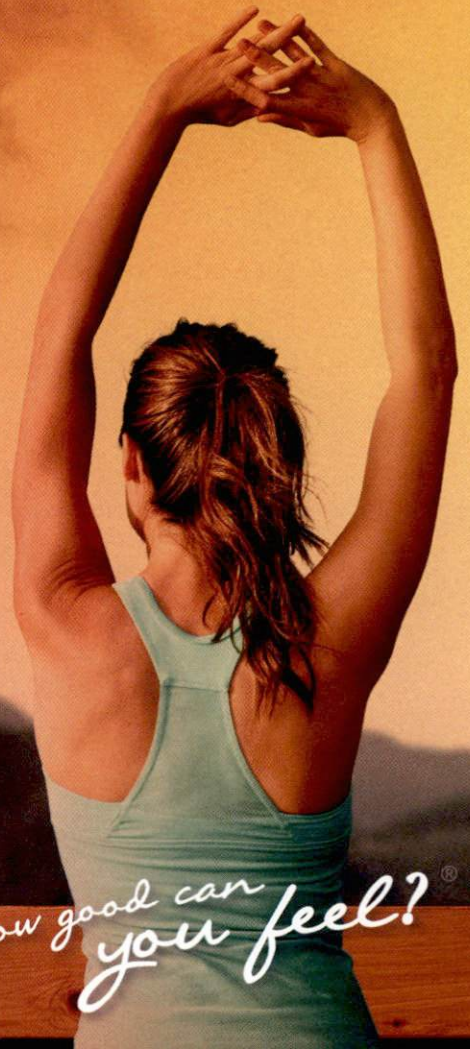
Blithe Rejuvenating Purple Berry splash mask, \$48; GlowRecipe.com





*infuse well-being
into every day*

There's living. And there's loving life. We're here to help with the second one. Our intriguing blends of herbs and botanicals support energy, stamina, focus, and overall well-being. Cup after cup, day after day, life is good.



*how good can
you feel?*