Going with Your Own Glow

A Step by Step Guide to Glow-How:

The first step is to discover your own genuine skin cancer and your reactions to sun exposure. 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 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 importation tone.

It is also the shade you should use to help determine your true skin type (also called the Fitzpatrick skin type), which can give you an idea of your genetic risks of skin cancer and your reactions to sun exposure. 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 dirt 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 retinoid (topical vitamin A, used to treat signs of aging) with your moisturizer or night cream. Because retinol and other vitamin A skin treatments make your skin sensitive to sunlight, use these products only at night, and be sure to use an SPF 15 or higher sunscreen during the day, reapplying every couple of hours if you’re out for an extended period. Also, take a few days off before having a facial treatment such as waxing or a chemical peel.

A little bit goes a long way for both serums and retinoids, so you don’t have to apply a lot. This also applies to the many antioxidant-rich topical, over-the-counter products available in a broad price range. So remember: going with your own glow doesn’t have to cost a fortune.

MAKEUP

If you 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.

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-tan 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 SPF 15+ sunscreen each subsequent time you go out in the sun.

Finally, preserve your own glow by following The Skin Cancer Foundation’s Prevention Guidelines every single day. These include seeking the shade, wearing 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!

SCF: Is it safe to tan?

SD: Definitely not. Tanned skin has finally fallen out of fashion for good. The Skin Cancer Foundation went right to the source: Read on for an exclusive interview with Simon Doonan, creative director for Barneys New York and author of Eccentric Glamour: Creating an Unusually More Fabulous You.

SCF: Is tanned skin still in style?

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

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

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

SCF: 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!

The skin color you were born with is always going to be the right one for you. Be yourself. For a pale girl to acquire a deep tan is bizarre. Whatever color your skin, you should emphasize your God-given goodness. Don’t try to deny it.

SCF: Simon Doonan Talks Tough

Over the years, the bronzed look has gone in and out of style. To find out if the appeal of tanned skin has finally fallen out of fashion for good, The Skin Cancer Foundation went right to the source: Read on for an exclusive interview with Simon Doonan, creative director for Barneys New York and author of Eccentric Glamour: Creating an Unusually More Fabulous You.

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SCF: Any final words?

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Do you ever notice that some people have that golden glow? Their skin appears naturally luminous whatever its shade, even lit from within? Their skin appears naturally radiant. 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 glow. 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.

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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 retinoid. Many stores have special “daylight” lighting that should give you a good idea of how the product will look in natural light. See a number of stores 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
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-tan 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 applying to apply without using sunscreen on tanner on skin with active eczema. Remember, even if the self-tanner includes 90% sunscreen, you need to apply a separate SPF 15+ sunscreen each subsequent time you go out in the sun. Finally, preserve your own glow by following the Skin Cancer Foundation’s Prevention Guidelines every single day. These include seeking the shade, wearing 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.

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So go on, get glowing!

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Michelle Obama is luscious and well-moisturized. Lucy Liu is a flawless porcelain doll. How can we convince young women that having unbuttoned skin — skin that has not been damaged from harmful ultraviolet (UV) rays — is the new beauty ideal? SCF: How can women adapt their style to fit their natural skin tone? SD: Burning and blistering your skin is like smoking packs of cigarettes or excessive boozing. It’s negative and gaudy and self-destructive. You must love yourself, which includes loving your epidermis.

SCF: Can we convince young women 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! 

Glowing vs. Tanning: Simon Doonan Talks Tough

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OVER THE YEARS, THE BROWNED LOOK HAS GONE IN AND OUT OF STYLE. TO FIND OUT IF THE APPEAL OF TANNED SKIN HAS FINALLY FALLEN OUT OF FASHION FOR GOOD, THE SKIN CANCER FOUNDATION WENT RIGHT TO THE SOURCE. READ ON FOR AN EXCLUSIVE INTERVIEW WITH SIMON DOONAN, CREATIVE DIRECTOR FOR BARNEYS NEW YORK AND AUTHOR OF ECCENTRIC GLAMOUR: CREATING AN INSANELY MORE FABULOUS YOU.

MICHELLE OBAMA IS LUSCIOUS AND WELL-MOISTURIZED. LUCY LIU IS A FLAWLESS PORCELAIN DOLL. HOW CAN WE CONVINCE YOUNG WOMEN WHO HAVE NAILED TAN- SKIN — SKIN THAT HAS NOT BEEN DAMAGED FROM HARMFUL ULTRAVIOLET (UV) RAYS — IS THE NEW BEAUTY IDEAL?

SCF: IS TANNED SKIN STILL IN STYLE?
SD: DEFINITELY NOT. TANNED SKIN IS VERY 80S POMO STAR. THE CONNOTATIONS ARE ALL NEGATIVE. IT’S UNHEALTHY AND KIND OF UGLY. ‘VERY ROCK OF LOVE!’

SCF: WHAT THREE CELEBS DO YOU ASSOCIATE WITH HAVING GREAT, HEALTHY, NATURAL GLOWING SKIN?
SD: TAYA SIVISION IS PASSIONATE AND INTERESTING. MICHELLE OBAMA IS HAMUSCIOUS AND WELL-MOISTURIZED. LUCY LIU IS A FLAWLESS PORCELAIN DOLL.

SCF: HOW CAN WE CONVINCE YOUNG WOMEN WHO HAVE NAILED TANNED 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 GAUDY AND SELF-DESTRUCTIVE. YOU MUST LOVE YOURSELF, WHICH INCLUDES LOVING YOUR EPIDERMIS.

SCF: WHEN TANNED SKIN COMES BACK INTO FASHION, WHAT ADVICE WOULD YOU OFFER?
SD: ITS NOT SOMETHING TO GO AFTER. IT’S IMPORTANT TO BE TRUE TO YOUR SKIN TONE. IT’S NOT IN YOUR CONTROL. BUT IF YOU FEEL YOU MUST HAVE SOME COLOR ON YOUR FACE, CONSIDER BRONZERS AND BLUSHES, WHICH COME IN BOTH POWDER AND CREAM FORMULAS.

SCF: CAN WE CONVINCE YOUNG WOMEN WHO VISIT THE TANNING SALON AS AN AFTER-SCHOOL ACTIVITY?
SD: YES. IT’S IMPORTANT TO UNDERSTAND THAT LYE ON TANNING BEDS IS SELF-DESTRUCTIVE AND POTENTIALLY LETHAL.

SCF: ANY FINAL WORDS?
SD: LOVE YOUR SKIN, DON’T BAR-BECUE IT!

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Michelle Obama is luscious and well-moisturized. Lucy Liu is a flawless porcelain doll. How can we convince young women who have unbuttoned skin — skin that has not been damaged from harmful ultraviolet (UV) rays — is the new beauty ideal? SCF: When tanned skin comes back into fashion, what advice would you offer? SD: Yes. It’s important to understand that laying on tanning beds is self-destructive and potentially lethal. SCF: Any final words? SD: Love your skin, don’t barbecue it!