

How can I keep my healthy summer glow going right into the fall?

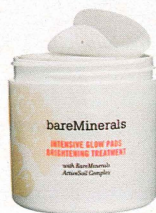
Who cares if it's gray out? She's little miss sunshine!

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THE DERMATOLOGIST SAYS:

"When the weather cools off, your skin is prone to dehydration, which can lead to a dull, ashy complexion. I recommend using a glycolic-acid peel once a week—but not more often than that, unless you have very oily skin. It dissolves dead skin but isn't as harsh as a scrub. (Try BareMinerals Skincare Intensive Glow Pads, below, \$35.) If you have sensitive skin or you're prone to dark spots, as most African-American and Asian women are, skip the peel and use a daily cleanser containing either lactic acid or salicylic acid, which are gentler exfoliants." No matter what your skin type, follow with a moisturizer or serum formulated with skin-brightening antioxidants like vitamin C, coffeeberry, or ferulic acid. (Try Jason C-Effects Anti-Wrinkle Day Lotion SPF 30, \$15.95, which has vitamin C.) If your complexion still looks blah, use a cleansing brush such as the Clarisonic Mia 2, \$149, once a week (but not on the same day you do a peel). "It deep-cleans pores so your skin appears smoother and reflects light better."



—**Mary P. Dupo**, a clinical professor of dermatology at Tulane Medical School in New Orleans

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THE MAKEUP ARTIST SAYS:

"For a low-key glow that's believable in the fall, I use a tinted moisturizer or a gel bronzer—I find that these look more natural than a powder bronzer. Choose one with light-reflecting pigments, which create a healthy sheen." (Try Aveeno Positively Ageless Correcting Tinted Moisturizer SPF 30, \$19.99, or Sue Devitt Gel Bronzer SPF 40, \$37.50.) To complete the fresh, dewy look, rub a bright peach or pink blush on the apples of your cheeks—try Mark Just Pinched Instant Blush Tint in Peachy (above, left) or Cheeky (above, right), \$8 each—and swipe on a warm neutral lip gloss.



—**Sue Devitt**, makeup artist and founder of the cosmetics and skin-care line Sue Devitt Beauty

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THE SPRAY-TAN PRO SAYS:

"Women assume they shouldn't use self-tanner after summer, but it's a great, subtle way to perk up your skin. If you're fair, go with a gradual formula—the color builds slowly over several days, so it's less obvious. Spread it on your face, upper chest, and shoulders, but go light on your neck, which absorbs more color." (Try Jergens Natural Glow Face Moisturizer with SPF 20, \$8.99, or St. Tropez Gradual Tan Everyday Face, \$25.) For medium or olive skin, use a regular self-tanner—which will deepen your skin tone about two shades—such as Lancôme Flash Bronzer Tinted Self-Tanning Face Lotion, below, \$34. It takes six to eight hours for the color to develop, so apply the formula at night after washing your face, and skip your moisturizer (which can cause streaks). If you wake up with uneven color, "buff a cotton pad with baby oil along the splotch, then gently exfoliate it away."



—**Fiona Locke**, St. Tropez spray-tanner whose clients include Olivia Wilde and Katharine McPhee