

THE
DERMATOLOGIST-APPROVED
SECRETS
TO
Glowing Skin

The Latest Tools You Need for Radiant,
Youthful Skin





THE *Glowing Skin* TOOLKIT

Gentle Cleanse

- Avoid stripping your skin of precious oils by using a gentle cleanser every night.
- For most skin types, try [Ursula Major Fantastic Face Wash](#).
- You can skip a morning cleanse if you washed your face the night before, or try ultra-gentle [Micellar Water](#), or an oil-cleanser for very dry skin.

Exfoliate

- Dead-skin buildup = dull skin. Regular exfoliation, whether chemical or physical, makes newer, softer skin visible, unclogs pores, reduces dark spots, and helps moisturizers penetrate more deeply.
- Chemical exfoliants, such as AHAs and BHAs, loosen surface dead skin cells, and can actually provide very gentle exfoliation. Try [Lotion P5 PIGM 400](#).
- Physical exfoliants can range from scrubbier sugar formulas for oilier skin, to ones with mild rice powder for normal, dry and sensitive skin. Try [Daily Microfoliant](#).

Tone

- Today's toners are a great prep for your skin. They can help balance your skin's pH after cleansing, provide light moisture, antioxidants and tighten pores.
- Apply toner immediately after cleansing at night or water-rinsing in the morning, **before** your skin dries. Try [one-ingredient Leven Rose Rosewater Toner](#).
- For a nourishing dose of antioxidants, try [Josh Rosebrook's Hydrating Accelerator](#).



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Vitamin C

- Vitamin C is an important antioxidant that helps stop cell damage in the skin by neutralizing free radicals.
- "Serums with vitamin C also stimulate collagen production, which slows as we age," [says Debra Jaliman, M.D., a board-certified dermatologist.](#)
- Look for formulas in colored bottles, with vitamin E and/or ferulic acid. An affordable option: [TruSkin Vitamin C Serum for Face.](#)

Retinol Alternative

- If you're concerned about using retinol because of irritation or toxicity, Bakuchiol is an effective, plant-based alternative.
- "Studies have shown that bakuchiol helps prevent fine lines and wrinkles, and helps with pigmentation, elasticity, and firmness." [Debra Jaliman, M.D., a board-certified dermatologist.](#)
- Try [Alpyn PlantGenius Melt Moisturizer.](#)

Sunscreen

- Look for SPF 30 or higher. Apply it even on indoor days, and make sure it is the last step in your morning skincare regimen.
- Tinted BB cream: [Suntegrity 5-in-1 Tinted Sunscreen.](#)
- Sunscreen + moisturizer: [Josh Rosebrook Nutrient Day Cream with SPF 30.](#)



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Moisturizer

- If you want to use a separate moisturizer under your sunscreen, or at night, look for those that include humectants, like hyaluronic acid, glycerin, aloe vera, honey, and alpha hydroxy acids, according to [Dr. Sandra Kopp of the Schweiger Dermatology Group](#).
- For day, try [Odacite Beautiful Day Moisturizer](#).
- For night, try affordable [Andalou Naturals Purple Carrot + C Luminous Night Cream](#).

Bonus! Body glow-getters

- Keep your glow going from your neck down. For an effective, pretty-smelling scrub, try [Kopari Coconut Crush Scrub](#).
- For an affordable body brush for dry brushing or in the shower, try [Dry / Wet Body Brush with Massage Nodules by ROMER](#).
- Affordable exfoliating shower gloves: [Madholly's Exfoliating Shower Bath Gloves](#).
- Nourishing body oil: [One Love Organics Gardenia + Tea Antioxidant Body Serum](#).