



Good to GLOW

Your head-to-toe guide to getting your glow on all summer long **By Mishal Cazmi**

We chase that summer glow all year long – you know, the kind that feels like you’ve just returned from a sunny break in the Caribbean or walked the red carpet like J.Lo. Warm, radiant and sun-kissed, its ephemeral nature is what makes it so very special. Here, we break down the best ways to get the bronze look without booking a plane ticket or baking in the sun.

Peel Project

“When you talk about glowing skin, a lot of people think about bronzing powder, but it really starts with having good skin that can glow,” says Maxime Poulin, international makeup artist for Guerlain. He recommends incorporating a gentle peel into your skin-care routine. A chemical peel, usually made of alpha-hydroxy acids (AHAs) and beta-hydroxy acids, will slough off dead skin cells. “It will also allow the skin care you apply after to penetrate better.”

Unlike the in-office variety administered by pros, most at-home peels are gentle. If you’re a peel newbie, Maxime recommends looking for alpha-hydroxy acids like glycolic acid and lactic acid, which won’t irritate your skin. Each acid has a different function, so choose one that works best for your skin’s needs. Glycolic, for example, is considered the best AHA for anti-aging because it penetrates deeper into the skin, thanks to its small molecule size. Lactic acid, on the other hand, will balance your pH, especially if you’re on the sensitive side. The result is a quick and easy glow-up sans makeup.



Philosophy the Microdelivery Dream Peel, \$68, [sephora.ca](#) and [shoppersdrugmart.ca](#)

Goopglow 5% Glycolic Acid Overnight Glow Peel Light, \$175, [sephora.ca](#)

LaSpa Intensive Anti-Aging Glycolic Peel (10%) Overnight Treatment Kit, \$130, [laspanaturals.com](#)



Neutrogena Bright Boost Facial Moisturizer, \$35, [shoppersdrugmart.ca](#)

Ole Henriksen Banana Bright Vitamin C Serum, \$86, [sephora.ca](#)

Caudalie Vinoperfect Instant Brightening Moisturizer, \$79, [caudalie.ca](#)

Charlotte Tilbury Magic Serum Crystal Elixir, \$100, [charlottetilbury.com](#)

On the Bright Side

When it comes to boosting radiance, vitamin C is a skin-care superstar. Not only is it a potent antioxidant that protects skin against free-radical damage, it also helps treat and prevent the signs of photoaging and brightens the complexion, says Dr. Katie Belezny, a Vancouver-based dermatologist. L-ascorbic acid is the most commonly used form of vitamin C, though some brands have tapped into other ingredients that perform like vitamin C. Caudalie, for example, harnesses the skin-brightening properties of viniferine, which is derived from grapevine sap.



Clinique Powder Pop Flower Highlighter, \$43, [sephora.ca](#)

Westman Atelier Super Loaded Tinted Highlight, \$98, [holtrenfrew.com](#)

RMS Beauty Master Mixer, \$48, [thebay.com](#)

HB Face Baked Highlighter, \$40, [hbface.com](#)

Highlight Reel

Light-reflecting highlighters have become a makeup mainstay for their ability to brighten and illuminate skin. Maxime recommends applying them on the high points of your face like the apples of the cheeks, down the bridge of the nose and on your cupid’s bow. He even taps some onto lids so that it gives the illusion of bright, open eyes. Highlighter brings extra attention wherever you apply it so avoid areas you don’t want to emphasize like your forehead or your chin. “Remember that shadows recede and highlights brings forward,” he explains.

The quality of your highlighter is important, says Maxime. Avoid products with large glitter particles or tons of shimmer. “Choose one with fine diamond powder so it doesn’t make you look older or amplify textures or pores.” For a natural-looking glow, stick to shades like rose gold and warm pink, which will suit most skin tones. **H**



Givenchy Teint Couture Healthy Glow Powder, \$67, [holtrenfrew.com](#)

Chanel Healthy Glow Illuminating Powder, \$82, [chanel.ca](#)

Fenty Beauty by Rihanna Cheeks Out Freestyle Cream Bronzer, \$42, [sephora.ca](#)

Guerlain Terracotta Nude Glow Powder, \$70, [sephora.ca](#)

Charlotte Tilbury Airbrush Bronzer, \$65, [charlottetilbury.com](#)

If you’re using a cream formula, press the product into the skin. A rubbing motion will displace the bronzer and make it look splotchy. The only time you want to rub is when you’ve accidentally over-applied and need to buff it out.

Light Show

There’s no single way to get sunkissed skin. These glow-giving picks let you amp it up with minimal effort



M.A.C Cosmetics Strobe Face Glaze, \$35, [maccosmetics.ca](#)

Marc Jacobs Beauty Glow Away Bronzing Coconut Body Stick, \$52, [sephora.ca](#)

Sephora Collection Bright Future Instant Glow Face Mist, \$22, [sephora.ca](#)

Rodial Instant Glow Primer, \$45, [shoppersdrugmart.ca](#)