

Your A-to-Z Guide to

Skin

Amazing

Head-to-toe makeup, skin, and photo hacks that will get your glow on point for prom.

BY SALLY HUNWICK



PETER THOMAS ROTH Glycolic Solutions 20% Complex Jumbo Peel Swabs, \$48 for eight, peterthomasroth.com

a

A IS FOR ACID

Specifically, glycolic—the ultimate radiance-getter. “It dissolves the dead cells that sit on the top of skin,” explains Sameer Bashey, M.D., a derm in Beverly Hills, CA. Use these glycolic-soaked swabs (left) once a week pre-dance.



ZENDAYA

b

BYE, BOD-NE!

Clap back at neck-down breakouts by sudsing up with a salicylic acid wash before bed. (Leave it on for a minute before rinsing, like a mask.) “It removes dead skin cells, unclogs pores, and controls oil production—which all reduce acne,” says Shereene Idriss, M.D., an NYC dermatologist. Postshower, mist AcneFree’s spray on trouble areas (it contains salicylic acid, plus soothing vitamin B), and slip on loose-fitting cotton pj’s that won’t trap oil or dirt on your skin.



NEUTROGENA Body Clear Body Wash Pink Grapefruit, \$8.50, drugstores
ACNEFREE Body Clearing Acne Spray, \$11, Walmart stores



DIOR Fix It 2-in-1 Prime & Colour Correct in Green, \$36, dior.com

IT COSMETICS Bye Bye Breakout, \$28, ulta.com

c

COVER A PIMPLE

Because *of course* you’d get a zit on the big day. Ugh! Try this two-step pro method: “First, tap a tiny bit of green primer on your pimple,” says makeup artist Katie Jane Hughes. (This one cancels out redness and contains smoothing silicones that make anything you layer on top of it go on easier and stay put longer.) Then dab on a longwear concealer using a pointy eyeliner brush for precision, says Hughes. (It Cosmetics contains antibacterial tea-tree oil.)

d

DEAL WITH DARK CIRCLES

You can get a good night’s sleep before prom and *still* have undereye shadows. “They’re often caused by allergies and inflammation from rubbing,” says Dr. Idriss. Our favorite fix: Ole Henriksen’s eye cream (which has a color-correcting tint plus brightening vitamin C to disguise circles both now and later), followed by Urban Decay’s full-coverage waterproof concealer.

OLE HENRIKSEN Banana Bright Eye Crème, \$38, sephora.com
URBAN DECAY All Nighter Waterproof Full-Coverage Concealer, \$29, sephora.com



e

EXFOLIATE

The key to epic selfies: a smooth complexion that reflects light. Get it with a scrub that has both physical and chemical exfoliants. (Garnier’s has argan nutshell powder and salicylic acid.) “The buffers remove dead skin cells as the acid gets into pores to de-gunk,” explains Dr. Bashey. For best results, Shari Marchbein, M.D., an NYC dermatologist, says: “Massage it gently over skin for 30 seconds no more than three times a week.”



GARNIER SkinActive Deep Pore Green Tea Exfoliating Scrub, \$9, drugstores

f

FAUX GLOW

The idea that you can get a “healthy” tan is fake news... unless you’re using self-tanner! One of the easiest to use: NKD SKN’s organic preshower formula. Apply it all over, wait for 10 minutes, then rinse off. You’ll see a change within four to eight hours. The color is subtle but buildable, so you can reapply it every day for a few days until you reach your ideal shade.

NKD SKN Pre-Shower Tan, \$20, [ulta.com](#)



CAMILA CABELLO



FIRST AID BEAUTY Hello FAB Coconut Water Cream, \$34, [Sephora stores](#)

h

HYDRATE WITH H.A.

Hate your dry skin, but despise the sticky film most moisturizers leave behind even more? Meet hyaluronic acid. “It’s a fast-absorbing humectant—meaning it draws moisture from the air into your skin—that delivers serious hydration without any oily residue,” says Dr. Idriss. (Try it in First Aid Beauty’s coconut-scented moisturizer, here.)

g



GLOTION

Part highlighter, part face lotion: This makeup-meets-skin care hybrid makes skin look LuMee-lit. Before applying foundation, massage a pea-size amount on your entire face (just as you would a reg moisturizer). If you have oily skin, layer just a few drops onto your high points (the bridge of your nose, cheekbones, and Cupid’s bow), says Hughes.

L'ORÉAL PARIS True Match Lumi Glotion, \$15, [drugstores](#)

i **INVEST IN A FACIAL**
Celebs swear by having one done before hitting the red carpet. “The right one can make skin look brighter and clearer for your big event,” says Cindy Kim, cofounder of Silver Mirror in NYC. Your facialist will deep clean your skin, steam it, exfoliate it, perform light extractions (to clear out clogged pores), and apply a mask or serum, says Kim. (Skip the extractions if it’s the day before prom.) When it’s over, ask about an at-home routine to keep your skin flawless.

TRUE BOTANICALS Hydrating Oil, \$74, [truebotanicals.com](#)



j **JOJOBA OIL**

Crazy but true: You can reduce excess oil by using oil. “Jojoba won’t clog pores, plus its texture is almost identical to the oil your skin naturally produces,” says Dr. Idriss. “This tricks your oil glands into thinking they’ve produced enough sebum, resulting in less shine.” Try our favorite by True Botanicals. (PS: A little goes a long way, so it’ll last for months!)

K

KEEP YOUR FACE CLEAN

The best way to ensure that all your makeup and daily buildup of dirt come off? “Double-cleanse,” says Kim. “Use two different types of cleansers, one after another.” Start by swiping a cotton pad soaked in micellar water all over (this removes makeup, which often repels basic water), then suds up with a traditional cleanser.

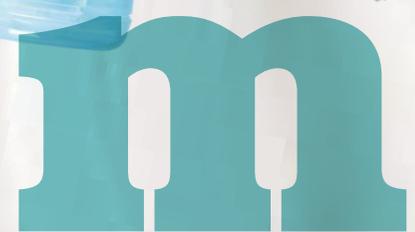


BURT'S BEES
Micellar Cleansing Water, \$12, drugstores
DRUNK ELEPHANT
Beste No. 9 Jelly Cleanser, \$34, sephora.com



LA ROCHE-POSAY
Hydraphase Intense Masque, \$20, la Roche-Posay.us

PIXI BEAUTY
T-Zone Peel-Off Mask, \$22, pixibeauty.com



MULTIMASKING

It's not just for epic selfies! Multimasking (using multiple masks at once) benefits skin because not all areas of your face have the same needs, says Dr. Marchbein. During the month leading up to the big event, cover your T-zone (the area that typically produces the most oil) once a week in Pixi's clarifying peel-off mask, and then apply La Roche-Posay's hydrating cream mask to your cheeks and dry patches to soften them.

1

LED

Exposing skin to blue LED light can **nix breakouts by killing the bacteria in your oil glands and reducing inflammation**, says Kim. “While you may see clearer skin in as little as just one use, the best results are cumulative. Commit to using your device daily for a few weeks before prom,” she adds. Bonus: You can't overdo it like you can with other acne treatments (just follow the directions specific to your device).

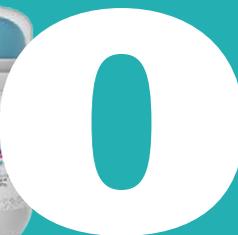
REVIVE LED Blue Light Therapy Essentials, \$49, revivelighttherapy.com



n

NATURAL LIGHT

Want gorge pics with your crew? Go outside! “Natural light is super-flattering,” says Hughes. “It diffuses imperfections for a filter effect.” Another trick: “Before snapping, always tap the center of your phone to set the white balance,” says Hughes. “That way your skin won't end up with a blue or yellowish tint in photos.”



OXYGEN

Bubble masks are fun—and have major skin benefits too. “They react with oxygen in the air to better remove dirt and oil from pores, while pushing the good-for-you ingredients of the product into your skin,” says Dr. Marchbein. We love Yes to Cotton's nourishing version, here, which transforms from a cream to a foam once it touches your face.

YES TO COTTON Oxygenated Facial Mask, \$16, drugstores



DEMILLOVATO



P



PREP WITH PRIMER Guarantee your makeup stays flawless from preparty pictures to after-party Snaps with a multitasking primer, like Almay's. It uses green and lavender mattifying microspheres to cancel out red and grayish tones and cut shine.

ALMAY 5-in-1 Primer, \$14, almay.com

Q **QUICK CONTOUR** Score Demi-like cheekbones in seconds with this dual-ended sculpting stick. (It comes in three colors for different skin tones.) Simply run the darker shade along the hollows of your cheeks and the highlighter on top of cheekbones, then blend with your fingers.



RIMMEL LONDON Insta Duo Contour Stick, \$7, drugstores



R **REDUCE REDNESS**

Whether you're flushed from nervousness or slaying it on the dance floor, consider this mist a must for instantly chilling out your complexion. It contains calming aloe and anti-inflammatory rose extract and is tiny enough to stash in your clutch.

HERBIVORE Rose Hibiscus Hydrating Face Mist, \$16 for 2 oz., herbivorebotanicals.com

S

worrying about your hair, dress, or date—it's messing with your skin! Stress increases the hormone cortisol, which is linked to increased

T **TINTED MOISTURIZER**

Hydrates skin? Check. Camouflages spots? Check. Protects with SPF 30 (hello, outdoor pics!)? Check. Unless you're trying to cover all over acne or scars, this sheer formula will enhance your glow all night.

BAREMINERALS Complexion Rescue Tinted Hydrating Gel Cream, \$29, bareminerals.com



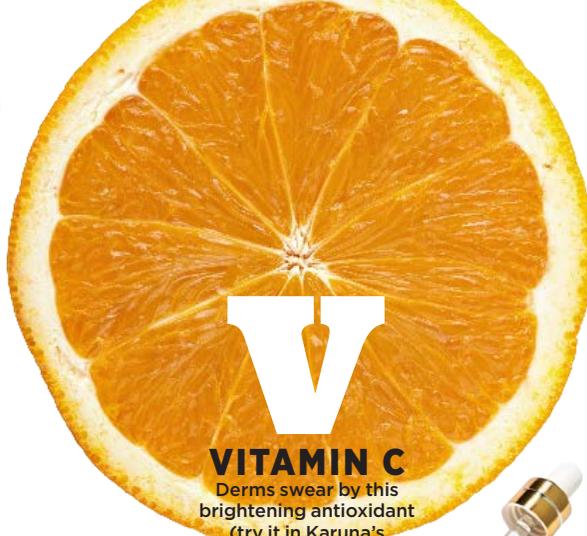


U

UV PROTECTION

We all know that SPF is essential for keeping your skin safe, but wearing it on the reg can help keep your complexion clear too. A yearlong study found that women who used SPF 30 on their face every day (and no other beauty products) saw a significant improvement in skin texture and clarity.

AVEENO Absolutely Ageless Leave-On Day Mask Lotion Broad Spectrum SPF 30, \$20, drugstores



V

VITAMIN C

Derms swear by this brightening antioxidant (try it in Karuna's treatment) for fading acne scars. "It inhibits melanin production and oxidation—two processes that make spots appear darker," says Dr. Idriess.



KARUNA Vitamin C+ Pearls, \$48 for seven treatments, karunaskin.com

W

WATER

The easiest pretty-skin hack ever? Munch on H₂O-rich veggies, like celery and cucumbers, say Whitney Tingle and Danielle DuBoise, cofounders of Sakara Life, a plant-based meal-delivery service. "The water from hydrating plant foods is better absorbed and retained by skin cells than water you drink, leaving skin dewier for longer." Genius!



Z

ZAP A ZIT

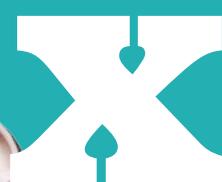
To shrink a spot by morning, apply Sunday Riley's antimicrobial sulfur mask (you can use it all over or as a spot treatment) for 30 minutes. Then pop on one of Alba Botanica's acne dots and wear it overnight. Each patch contains salicylic acid to reduce redness and inflammation, while the barrier it forms prevents bacteria from getting to the pore.

SUNDAY RILEY Saturn Sulfur Acne Treatment Mask, \$55, sephora.com



ALBA BOTANICA Acnedote Pimple Patches, \$10, albotanica.com

Additional reporting by Lauren Balsamo



X OUT OIL

To avoid looking greasy, layer a mattifying serum under your makeup (Belif's contains pore-shrinking plant extracts and sebum-reducing green clay) and then set your look with a finishing powder. Glossier's uses kaolin clay to absorb excess shine throughout the day with zero cake factor.

BELIF Hydra Sebum Control Essence, \$42, sephora.com
GLOSSIER Wowder, \$22, glossier.com



SIMPLE SKINCARE Water Boost Skin Quench Sleeping Cream, \$9, drugstores



Y

YAWN

Logging a full eight is a beauty no-brainer, but getting to bed early is just as important. "Skin's restorative powers kick in between the hours of 10 P.M. and 2 A.M.—but only if you're sleeping," says sleep expert Michael Breus, Ph.D. If you're awake during that time, you miss out on things like skin cell turnover (your natural exfoliation process) and repair. Simple Skincare's sleeping cream was made to be worn overnight so you wake up to hydrated skin.

MAIN PHOTO: NICK OWEN; STILL LIVES: ORANGE AND WATER SPLASH; GETTY IMAGES; TV STUDY: UV PROTECTION; SKIN RESEARCH CENTER; JOHNSON & JOHNSON CONSUMER COMPANIES, INC.