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BEST
SKIN
EVER
NO-MAKEUP
TRICKS

APRIL 2014 £4.00

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TROUSER SHAPE
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Holmes'*
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1 THE DOUBLE-CLEANSE SECRET

Cleansing is THE most important part of your entire good-skin regime, and double cleansing has the power to change your skin type entirely. Firstly, apply cleanser to dry skin, massage with a tiny amount of water, then buff off with a wet muslin cloth to remove pore-blocking dead skin cells. Then repeat for a deeper clean. **Cetaphil Gentle Skin Cleanser**, £8.99, is the greatest tool in the raw skin revolution.

Still not convinced?

The main obstacle to wearing this trend is confidence. Own a look and you can pull it off. It's not surprising that a study found '44% of women have negative feelings when they are not wearing make-up'. But Dr Sheri Jacobson, clinical director of Harley Therapy (harleytherapy.co.uk), can help. Her tips:

Test your view of 'reality':

Write out your assumptions about what would happen if you went out in no make-up: 'people will stare'; 'I'll be overlooked'. Then give it a test run to the shops and see if your predictions come true or if something different happens.

Look outwards:

People think about themselves more than they do anyone else. Chances are they're not paying as much attention to you as you think.

Beauty is not as exterior-based as we believe:

We're more likely to see a nicer, more attentive person as beautiful. Beauty is about perception.

2 THE FACIALS THAT WILL REINVENT YOUR SKIN

After a session of LPG's new **Endermolift**, from £70, one ELLE staffer's boyfriend commented on how amazing her skin looked. Without make-up. An electronic device stimulates synthesis of hyaluronic acid (cell-plumping molecules found naturally in the skin that hold 1,000 times their weight in water). Want something more hardcore? ELLE visits Dr Maurice Dray (drdray.co.uk) for his **Mesolift** injections, from £200 - a cocktail of vitamins, amino acids and hyaluronic acid. It's *almost* pain-free and leaves skin dewier than you could fake with make-up. And at home, **Dr Bragi Marine Enzyme Intensive Treatment Mask**, £110, delivers a high concentration of fast-working, skin-plumping enzymes.

3 SERUM IS YOUR NEW FOUNDATION

With superior ingredients being driven deeper into the skin, serum means you can forgo moisturiser entirely, and it creates a base so you don't need foundation. The latest generation is tinted, for better multitasking. By Terry has launched **Cellularose Brightening CC Lumi-Serum**, £59, in four shades: the palest lifts porcelain complexions; the rose hue boosts dull skin; the apricot adds glow to all skin types; while the bronze imparts a summer flush. Use **The Body Shop Facial Massager**, £6, to drive the serum into the skin - the massage action of the roller improves circulation. Want to boost your radiance year-round? **Estée Lauder Clear Difference BB Cream**, £33, gives dewy, light, natural coverage while simultaneously treating imperfections.



4 IT IS POSSIBLE TO FAKE PERFECTION

It's rare to be blessed with perfect skin, but primers and blurrers can act as Photoshop for your face. True pure skin is freshly cleansed, but if you absolutely cannot face the idea of going out without make-up, primers such as **Dior Glow Maximizer Light Boosting Primer**, £28.50, or **Eve Lom Flawless Radiance Primer**, £40, can fake that healthy, flushed glow. Skin-blurring products use polymers to soften the look of imperfections without the need for foundation. Apply all over as you would foundation - **Lancôme Visionnaire 1 Minute Blur**, £40, is a good choice.

SEE IT • WATCH IT

See the spring/summer skin trends at elleuk.com/beauty/make-up-skin

5 MASTER THE 'NO MAKE-UP' MAKE-UP TRICKS

Cheekbones and brow-shaping are all you need. Contouring is simple science: darker, matt areas look further away, while lighter ones appear nearer. Fake cheekbones by blending a matt bronzer like **Nars Matte Multiple in Cappadoce**, £29, under your cheekbone from hairline to the apple of your cheek. Next, blend highlighter above the bone from the centre of your eye to the corner of your brow to make cheekbones 'pop'. Blend a little bronzer on to eyelids if your eyes need definition. Fill in brows with a pencil and brush with gel. ●

