

gentle exfoliating products include Olay Regenerist Thermal Skin Polisher, £7.49, which has glycolic acid, and CACI Amino-Lift Peptide Complex, £45, the latest wonder serum containing retinolA, which speeds up cell turnover.

The painless peel

The quick and gentle VI Peel, £300, available at London's BeautyWorksWest, is a huge hit in Hollywood with fans such as Jessica Biel. As well as removing dead skin, it also erases discolouration, fine lines and acne marks. Skin flakes off subtly over a week, unlike other peels where two days' post-peel hibernation is crucial.

Blemish banishers

Blemishes are glaringly obvious at this time of year as skin becomes paler. Invest in powerful antioxidant Skinceuticals Phloretin CF, £128 for 30ml, proven to lighten dark spots. If thread veins and redness on the nose and cheeks are a problem, try La Roche-Posay Rosaliac, £14.50, which immediately shrinks capillaries. Large, open pores also make skin lose its lustre. Estée Lauder Idealist Dual Action Refinishing Treatment, £34, creates a smoother surface or, for all-over radiance, Elemis Visible Brilliance, £40, instantly transforms dull skin.

A faux glow

If you want instant facial radiance, cheat, says make-up artist Caroline Barnes, who is responsible for Kylie's glow. 'Adapt your



Guerlain Météorites Perles Impériales Powder For The Face, £33.50, leaves a radiant glow

make-up base to create modern, luminous skin that glows rather than shines.'

- Start off with a radiance booster that has a low level of shimmer. 'Worn on its own, it will create a dewy, fresh finish, or underneath foundation it will give an enhanced effect,' says MAC creative director of make-up artistry Terry Barber.
- Use concealer only where needed.
- 'Stick to luminous foundations and apply with a brush to make pores look tighter,' says Barber.
- Opt for light powder on the T-zone and cream blushers.
- Avoid cream or powder bronzers that can dull the skin or look too glittery.
- Liquid or creams with a light-reflective quality should be used to highlight, not to give blanket coverage. 'Go one shade lighter than your skin tone,' explains Barber. 'If it looks too silver on the skin, you've taken it too light. Dab highlighter on the cheekbones, down the nose and in the inner corners of the eyes. Avoid fine lines – high shine exaggerates wrinkles.'

Dream sheen

Shu Uemura UV Under Base Mousse Shimmer, £26, lights up the complexion. Giorgio Armani Beauty Lasting Silk UV Foundation, £30, gives exceptional coverage with a luminous finish. Givenchy Mister Bright Touch of Light Pen, £18.59, lights up pale and olive skin.

Glow-ometer

Testing your glow is the latest craze to hit New York. Dr Macrene Alexiades-Armenakas uses a spectrophotometer to quantify the skin's radiance. The UK's version, Biotherm Bioscan, measures hydration, sebum and elasticity – all things that can affect radiance if they're out of balance.

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Clarins Gold Attraction Face Palette, £35, is perfect for olive and dark skin

Nars Soft Touch Shadow Pencil in Skorpios, £15, brightens eyes