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bright side

if your skin has a case of the blahs, it's time to see the light, says dermatologist paul jarrod frank. by katie dickens



caudalie vinoparfait radiance serum, \$79, caudalie-usa.com



dr. andrew weil for origins mega-bright skin illuminating moisturizer, \$50, origins.com



garnier skin renew dark spot treatment mask, \$17, garnierusa.com

perricone md omega 3 dietary supplement, 90 day supply for \$99, perriconemd.com

first aid beauty facial radiance polish, \$24, sephora.com



ahava time to treat facial renewal peel, \$35, ahavaus.com

DR. FRANK'S PRO TIPS



There is a whole category of makeup dedicated to imparting that "lit from within" glow, but, as is usually the case, the real thing is so much better. "To get it, you must establish the right regimen and healthy habits," says Dr. Paul Jarrod Frank. Sun is the main cause of dark spots and uneven tone, so daily sunscreen application is the first step. To fade existing discoloration, apply a serum or spot treatment containing a lightening agent like kojic, glycolic, or lactic acid twice daily. As dead skin cells don't reflect light very well, it's important to slough them off twice a week with a peel or scrub. Follow up with moisturizer spiked with brightening Vitamin C. And

if you're having a lot of fun in life, chances are your complexion is paying the price. "A diet rich in sugar and carbs, late nights, and high alcohol consumption saps skin of its natural radiance," says Dr. Frank. If you can't bear to give up your vices, these products will help, plus you can cheat by using a luminizing primer. Just follow the doctor's orders and, in time, everything (or at least your skin) will "be illuminated."



napoleon perdis radiance boosting primer, \$42, napoleonperdis.com



dr. dennis gross skincare alpha beta daily glow moisture, \$42, sephora.com



orgo brightening spot pigment correction gel, \$48, beautycirque.com