

stripes & sequins

MARCH 6TH, 2014



LOOKING YOUNG.

GRACE ATWOOD | BEAUTY | 34 COMMENTS

The question I get from you guys most is about my skincare routine. This is extremely flattering, so thanks. The truth is I have always just looked young. I remember being sixteen and getting asked if I was twelve and wanting to cry. When I was a senior in high school people thought I was a freshman. And when I finally turned 21 I got hassled all the time getting into bars. I guess it's finally coming in handy? Secondly, I know I look younger than my age {32} but please keep in mind – I have a professional taking my photo over here. So my skin probably looks a loooooot better in photos than it does in real life. That said there are some things I swear by, and some tips & tricks I've picked up over the years so I thought I would share them here. And this goes without saying, but I'm by no means an expert – this is just the stuff that works for me!!

Moisturize + Hydrate! A LOT.

- For a daily moisturizer I am a big fan of **SISLEYOUTH**, which I wrote about in more detail **HERE**... it's a great lightweight day cream with anti-oxidants galore. I love that it really sinks in and hydrates – without being greasy.
- At night I love a good face oil. **THIS ONE** from Josie Maran is really nice, as is **RODIN**. Sunday Riley **JUNO** is another longstanding fave. You can also make your own, though I haven't tried it yet. My friend Emma mixed me a really amazing blend that I am begging her to sell. I like to put so much on after washing my face that it feels greasy... by morning everything is absorbed and my skin is nice and soft.
- I don't like wasting my money on overpriced products and find that a lot of the more expensive ones tend to be overrated but all of that said, I do really love **CREME DE LA MER**. It is probably my biggest beauty indulgence, though I use it {very} sparingly. {I've mentioned this before but the smallest {1 oz.} size lasts me at least a year and a half.} I like the original – not the “soft.” The soft one does not last nearly as long as the original. But La Mer is a godsend, especially in the winter. My skin is sensitive and gets upset... red, chapped, + dry in the winter. If I apply La Mer before bed, it is fixed. I also love it when I have a hangover.
- Drink up. I drink a LOT of water. Like, a crazy amount of water. I refill my **BIG BKR** water bottle 4 or 5 times a day at work (and it's one liter), drink another one at the gym, and at least one large mason jar of water with lemon when I get home.

Less is more!

- I know this sounds a little hippie-ish, but other than moisturizer, I really just don't like putting stuff on my face. I rarely wear foundation or concealer. I hate having “gunk” on my face and feeling like my skin can't properly breathe. For big occasions and photo shoots I wear tinted moisturizer {**LOVE THIS**} or sometimes, **BB CREAM**, but most days I just apply a little bit of bronzer {**THIS ONE**, from Benefit is my favorite... I've been using it for ten years!}
- If it doesn't feel good, it probably isn't good for you. I tossed my Clarisonic because it hurt my face. This is just common sense, but I won't use any scrub that hurts, or any serum or potion that makes my skin feel tight or irritated. Beauty should not be painful. A while back, everyone was raving about Nerium so I tried it. It made my skin feel tight and itchy so I ditched it. Even if a product claims to do miraculous things, if it doesn't feel good, don't use it!
- Wash your face before bed. Just do it. I didn't start doing it routinely til maybe a year ago, but my skin looks a lot better for it. This **CLEANSING OIL** is my favorite.

Nutrition is {really} important.

- I visited **SUSAN CIMINELLI** a few months ago and she told me that a daily Vitamin C supplement {I take 500mg of **ESTER-C** once a day} would help the broken capillaries on my cheeks. I thought I had minor rosacea but she said it was actually broken capillaries. Who knew? The vitamin C helped quite a bit and my skintone has started to even out. Susan is a great resource for natural/alternative beauty. I'm about halfway through **HER BOOK** – it is awesome and full of good advice – including DIY recipes that you can make with things in your pantry. Also, unrelated, but her **ALGAE DEEP CLEANSE** is one of my favorite products – ever. It cleanses and exfoliates and leaves your skin completely glowing. It has a huge celebrity following.
- I also try to eat well. I avoid dairy + gluten 95% of the time – I know this is hard {cheese is my kryptonite}, but my skin is so much happier for it and I feel a zillion times less bloated. And I always eat organic produce and free-range meats!

I also think {and this could be terrible advice /is not even remotely scientific} that acting younger than you are helps. I am incredibly immature, love goofing around with my friends, and just being silly. I really believe that if you never act your age, you'll never look it. One last thing {only because you asked} I have not had Botox! I would never judge anyone else for doing it, but it's just not for me – *at least right now!*



Lastly, I am really bad about sunscreen. Of course I put it on if I go in the sun, but I am bad about using it on a daily basis. If anyone has a good *all natural* moisturizer with SPF {that doesn't feel heavy or gunky!!}, please share!

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