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InStyle

Beauty | Q&A

Q How do I pick the right bronzer for my complexion, and what's the best way to apply it?

A "The key is to find a color that's two or three shades deeper than your natural skin tone," says L.A. celebrity makeup artist Fiona Stiles. Fair skin looks best in peachy hues, which add a bit of warmth. "Pick a shade that's more beige than brown," she says. Golden brown bronzers flatter olive skin. And if you have dark skin, look for rich bronze with an orange or apricot undertone "so your face isn't monochromatic," says Stiles. To apply, L.A. makeup artist Spencer Barnes recommends a dense, fluffy powder brush; it will evenly disperse the bronzer. "Use a light hand," he says. "Apply it along the hairline, the bridge of your nose, and the sides of your cheeks. If you darken your whole face, you'll create a muddy cast."

DARK

IMAN Sheer Finish bronzing powder in Sand, \$14; at Walgreens.

FAIR

CHANEL Moisturizing bronzing powder in Terre d'Or, \$50; chanel.com.

OLIVE

MAC To the Beach bronzing powder in Golden, \$22; maccosmetics.com.

DARAC BEAUTY Tour Quam powder brush, \$36; qvc.com.

Q What does a facial peel do, and are the at-home versions as effective as office treatments?

A "Skin cells turn over every month, and peels help speed up the process," says N.Y.C. dermatologist Paul Frank. In-office peels improve texture and tone, undo sun damage, and last three to six months. At-home products infused with glycolic acid (like the Brazilian Peel) or fruit acids and physical exfoliants (Olay Mini-Peel) also exfoliate dead skin, but results are subtler and last only one or two months since the active ingredients are less concentrated, says N.Y.C. dermatologist Anne Chapas. "Don't expect miracles, but home peels can make skin softer and smoother."

BRAZILIAN PEEL \$78; sephora.com.
OLAY Regenerist Daily Thermal Mini-Peel, \$18; drugstore.com.



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