

THE **FINE LINE** —

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You're Not Too Old For... Going Makeup Free

Fresh-faced, makeup-free looks continue to trend, yet the \$8 billion cosmetics industry lives to throw shade(s) our way. Can we, as aging women, consider the no makeup look? Of course, we can!

The **#nomakeup movement** on Instagram is 15 million strong — and there's no reason for you to buy into the notion that a bare face equates to giving up, no longer caring, or being too tired to bother. Au

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With an **exceptional skin care routine** — and a commitment to holistic wellness — makeup free can look better than a face covered in even the finest concealer, foundation, blush, and more. Here are some of our favorite products to ensure you bare your best face.

FROM THE INSIDE OUT

Thanks to a growing roster of nontoxic beauty brands — **Planted in Beauty**, **BeautyCounter**, **Juice Beauty**, and **Crunchi** to name a few — skin care products are safer, more innovative, and more efficacious than ever. But beautiful skin is more than, well, skin deep. It is evidence of a healthy, balanced body. For a radiant glow, you need to manage stress and get proper sleep, daily exercise, and plenty of water. We also swear by wellness supplements like **Elle Macpherson**'s Super Elixir and **Bobbi Brown**'s Evolution_18 protein and collagen powders.



BEAUTY TECH

We are all for a [Glo-Pro](#) or [dermaplaning tool](#) as part of a skin care routine. We like microdermabrasion and [microneedling](#), too. And we're also eager to experiment with some NASA-worthy game changers. (We still find beauty experiments part of the fun of being a woman.) [Foreo UFO](#) combines dermal technologies with Korean mask formulas for a "transcendent smart mask treatment" featuring LED light therapy, cryotherapy, thermotherapy (cold and hot settings), and T-sonic pulsations, so a mask can penetrate deeper and work harder. With a hot mode to help infuse creams and serums and a cold mode to reduce redness and puffiness, the [Homedics Beauty Duo Climate Hot and Cold Sonic Facial Wand](#) feels like a magic wand.

NO-MAKEUP MAKEUP

If you find au natural too hard to imagine, here are a few products you might like.

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Lush Lip Scrubs smooth lips and increase blood flow (and thus color).

IT Cosmetics Your Skin but Better CC+ Cream contains anti-aging properties and a hearty dose of SPF.

Perricone MD No Makeup Instant Blur gives skin a natural-looking satin finish.

PHOTOS: IRINA POLONINA, COURTESY OF FOREO UFO

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