

Beauty Trend: Create Yoga Skin for Your Next Date Night



y [Mara Miller](#)

Need some [date night](#) makeup inspiration? Yoga Skin is a new [beauty trend](#) meant to give yourself fresh, glowy skin without actual yoga involved. Sara Hill created the trend in a video she posted on Instagram and it went viral because of the technique's blending of makeup and skincare products. The sheer to minimal coverage makes your skin appear healthy and natural.

This look gives off the feeling that you just stepped out of a yoga studio. Here's how to achieve your own dewy-fresh, natural looking Yoga Skin.

1. Follow your usual morning skin routine: You don't need to do anything else different for the first step. Use what works, because your skin thrives on routine.

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2. Use silicone-free primer: Silicone primer acts like spackle for your pores by filling them in. This kind of primer can cause breakouts if not removed properly at the end of the day. Silicone-free, in this case, is better, because you are working with cream and water-based makeup and it doesn't clog your pores, avoiding any build-up.

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3. Start creating the mixture: You're creating a mix for your face with 3-4 pumps of a foundation, a drop of facial oil, a drop of liquid highlighter, and the optional glow drops. If you have oily skin, use less skincare products and more foundation. If you have dry skin, you can add moisturizer. Sheer to medium coverage liquid foundation is best for this look. Some water-based foundations also have additional nutrients in the formula to help your skin.

Not all oils are bad for your face. Facial oils penetrate the skin, depositing added nutrients into the skin and plumping it. Again, just be mindful of your skin type before choosing one.

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4. Massage the mixture into your skin: You can use your hands for this to help it sink into your skin. Remember, this is natural, so the mixture doesn't just sit on top of your face. The look is buildable and won't have the packed-on foundation effect that can sometimes happen with other foundations and powders.

5. Concealer: Use liquid or cream concealer only where you need it, like your T-zone or under your eyes if you have dark circles. You can apply it with a fluffy brush for an even application, or use the tips of your ring fingers for a softer, blended look.

6. For the rest of your makeup application: Be mindful that this is a creamy, fresh, natural look, so use very little powder, although a tiny bit when you are finished applying the foundation is acceptable. If you use powder, tap as much of the powder off of your brush as possible and be careful not to cake it on. Some lipstick with a cream-like consistency can act as a light cheek color in place of powdered blushes to complement the look.

7. Make sure the setting spray you use is alcohol-free: Alcohol can have a drying effect on your skin and take away the shine, so it's best to choose a setting spray that will make your makeup stay with the healthy glow the Yoga Skin technique creates.

Do you like the natural, glowy look of Yoga Skin? What tips do you have for creating the natural look?