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Here's How the Angels Prep Their Skin For the Victoria's Secret Fashion Show



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by JENNA RENNERT



Photographed by Corey Tenold

This Monday marks the taping of the annual Victoria's Secret Fashion Show and for the first time ever, it's taking place in Shanghai. After months of rigorous workouts, healthy eating and disciplined skin routines, the Angels are officially on their way to the glittering Chinese city. And while the show won't officially air until November 28, Instagram feeds will soon be flooded with a first look at the glittering bras, finely sculpted abs, voluminous beach waves—and that unmistakable healthy, celestial glow. And yet, following a long-haul flight and a whirlwind lead-up schedule, runway-worthy skin isn't as easy to come by as one might think. Early maintenance, an arsenal of targeted products, and, yes, a dedicated on-call facialist is required.

New York City skin guru Mzia Shiman, who regularly treats the show's top faces at her Upper East Side spa, will be on-site at the show for her seventh time this fall and, as usual, plans to work on each of the 60 girls in Shanghai. "Over three days," she says, "[they] come to me for treatments and any last minute fixes." Here, according to Shiman, is exactly how it works. Immediately upon touchdown, she provides each girl with a rejuvenating eye mask to help combat puffiness and an **Intraceuticals** 3-step hydration kit (containing a trio of serums and moisturizers packed with hyaluronic acid) to use leading up to the show.

Each day, at the hotel which serves as the Angels' home base, Shiman performs a tailored skincare session, involving cleansing, a soothing face massage with Decleor's cult neroli oil, a 20-minute brightening mask and her signature, cherry-on-top oxygen infusion, in which pure oxygen is pressed into every pore to plump, smooth and even out texture. Shiman's method excludes harsh exfoliation methods or extractions—those, she says, should be done up to a month prior to a big event, but not after. But just in case a last-minute breakout arises, she is prepared: "I avoid using heat," she explains, as it will further irritate zits and, instead, applies light pressure to drain the infection, followed by a drying lotion, like Mario Badesco's calamine formula.

For anyone looking to get the Angel glow at home, slathering on rich moisturizers and patting on that model-approved eye mask is a good start, but it's not a quick fix. "The models prepare all year for this," she says. Monthly facials, which include Shiman's basic but effective strategy of steam, extractions, oxygen and collagen-boosting LED light therapy treatments, in addition to "drinking a skin-boosting green juice a day" will provide a supernaturally fresh-faced appearance—whether there's a pair of 60 pound runway wings in the mix or not.