

BECOME A HEALTHIER EATER (Even If You Loove Dessert)

# SELF

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On Our

## Glow naturally

**Multitask with a mask.** While brushing your teeth, let your face absorb rejuvenating ingredients. "Treatments packed with vitamins and antioxidants plump the skin's surface to create a dewy

**Soothe irritation.** "When you're under pressure, the body begins releasing chemicals that cause inflammation," says David E. Bank, M.D., a dermatologist in Mount Kisco, New York. "Skin becomes easily aggravated."

When you're tense, skin is more susceptible to environmental stressors such as pollution and UV rays, research shows. Always wear moisturizer with SPF 30 or higher to ward off wrinkle-causing free radicals.

## Wake up your makeup

**Be clear.** Bloodshot eyes are a red alert that you're running on empty. Fatigue causes blood vessels to expand and absorb more invigorating oxygen, Dr. Graf says. Shut down the bleary look by defining upper inner lash lines with a deep blue eyeliner. "Blue counteracts red, making the whites of the eyes brighter and veins less noticeable," says Petra Strand, a makeup artist in London.

**Brighten up.** Opt for a light-reflecting foundation (rather than a matte formula) to impart an energized luminescence, Strand says. Apply with a sponge for even results and dab a pink-toned concealer under eyes to diffuse shadows.

**Play with color.** "Cream blushes effortlessly fade into skin for a just-back-from-a-run rosy flush," Barose says. Smile broadly, then apply onto the apple of cheeks using a circular motion. Berry and pink shades are best for fair skin; corals work well for medium and darker complexions.

lenses, or eight-ounce glasses.

**Treat your eyes.** Apply a caffeine-laced eye cream first thing in the A.M. to perk up peepers as fast as a cup of joe sharpens attention. Caffeine is like a diuretic for skin, drawing out excess fluid to depuff undereye bags, Dr. Wechsler says.

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Kick breakouts! Exercise helps to regulate zit-promoting hormones.

Courtesy of FGPR