

BECOME A HEALTHIER EATER (Even If You Loove Dessert)

SELF

YOU AT YOUR BEST

300+ Totally Free



INSTANT-ENERGY KIT

Out of steam? Refresh your look any time of day with these fast-acting, radiance-reviving essentials.



GARNIER Nutritioniste
Skin Renew
anti-puff eye roller

Bag those eye bags! Caffeine-rich Garnier Nutritioniste Skin Renew Anti-Puff Eye Roller, \$13, helps erase circles.



Revitalize fatigued skin with Skyn Iceland Arctic Brightening Serum, \$65, which has mushroom extract, a proven discoloration fixer.

Calm skin irritation in 10 minutes. Chamomile and algae in Being True Comforting Care Mask, \$44, quickly ease inflammation.

Hydrate skin A.M. or P.M. with Cosmedicine Private Nurse Recovery & Repair Night

PROTECT YOUR PRECIOUS SKIN

SAY AH Clenching your jaw when you're feeling tense can lead to loss of structural support (both collagen and fat) as well as sagging jowls, Dr. Bank says. Bite feeling tight? Open for five seconds, close; repeat three times.

hydration, Dr. Wechsler says.



Restore shine with a Brush Strokes brush, \$8. Its boar bristles distribute hair's natural oils.

Frizz doesn't stand a chance against the flyaway-taming aloe in Umi Sliquid, \$23.

umisliquid.

Umi Sliquid. Aloe styling lotion providing a silky, shiny texture, heat and humidity protection.

CREATE "YOU LOOK AMAZING!" HAIR

TAKE A STAND To rescue hair from its midday slump, separate into sections all over, then spritz a volumizer throughout the scalp. "Slight hold and texture keep roots standing straight," Fekka says.

PULL IT UP Does your hair need a 3 P.M. break as much as you do? Brush it into a high ponytail, then pat down flyaways with a serum. "And the polished style makes eyes appear more lifted," Gerdak says.



WARREN-TRICOMI
VOLUMIZING SPRAY

Organic rosemary, honey and wheat proteins in Warren-Tricomi Volumizing Spray, \$17, give hair soft, flexible hold.



Add zest-for-life zip to pallid faces with Treat Candy Color Mineral Lip & Cheek Stain in Raspberry, \$18.

If skin gets spotty or dry around noon, fight back with CoverGirl & Olay Simply Ageless Foundation, \$17.

Up late? Fake alertness by lining bloodshot eyes with shimmering blue Rimmel Spark It Up! eyeliner in Lapis, \$5.

Downplay dark shadows with the beige hue of Paula Dorf Eye Liner Enhancer in Baby Eyes, \$25.

GIVE YOUR MAKEUP A MAKEOVER

FIX FLAKES To keep your mascara fresh, dip a cotton swab in an oil-free makeup remover, then gently swipe eyelashes and brush away any debris with a lash comb.

LOOK ALERT Squinting at the cursor all day got your eyes looking teeny tiny? Line the innermost corners with a beige pencil. "Adding a touch of light where shadows are most pronounced instantly opens up the eyes," Barose explains.