

Your Home: **Safe From Toxins**

Prevention

WINTER | 2012

Are You A Stress Eater?

Get Control With
The Hunger Fix

**Lose Weight
Forever!**

The Most Powerful New Supplement

That You're Missing

23 Smart Ways To
Stop Colds & Flu

1-Minute Fat Blaster

Firm Your Belly, Butt, And Thighs

Wake Up Prettier!

Glowing
Skin & Hair
Overnight

Get Happy

Goldie
Hawn
On How
To Glow
At 67!

10+
Hearty
Winter
Recipes

\$3.99US



WAKE UP



The background of the entire page is a blue-toned photograph of a person lying in bed, covered with white linens. The person's face is partially visible, looking towards the camera. The linens are draped and folded, creating soft shadows and highlights. The overall mood is serene and cozy.

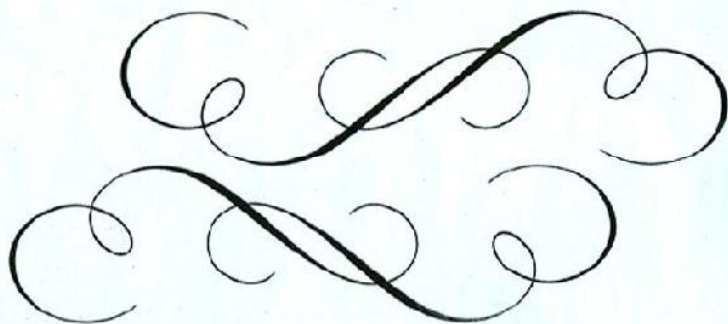
*P*RETTIER

*Put the long nights of winter to good
use and wake up with a glowing complexion,
shinier hair, and smoother skin all over*

BY KATIE BECKER
MODEL PHOTOGRAPHS BY ANNA WILLIAMS
PRODUCT PHOTOGRAPHS BY CLAIRE BENOIST

EVEN

THE WORLD'S BEST CONCEALER can't fake how great you look and feel after a full night's rest: Your eyes open wider, your outlook brightens, and your skin glows. You already know that **SLEEPING PEACEFULLY** improves your mood and boosts your energy, but there's also **PROOF OF ITS BEAUTY BENEFITS**. A study published in the *British Medical Journal* found that the less people slept, the less attractive they were rated by peers. Perhaps it's because sleep is necessary for **BUILDING NEW SKIN CELLS** that keep your complexion looking fresh. In fact, a recent study published in the *Proceedings of the National Academy of Sciences* found that **SKIN REGENERATION IS MORE ACTIVE AFTER DARK**. "At night, your pituitary gland releases more of the growth hormones that stimulate skin-cell regeneration," says sleep specialist Michael Breus, PhD. And the body's reparative enzymes—proteins that initiate production of new skin and hair cells—also get to work in the wee hours; their activity peaks at 3 AM, according to Los Angeles dermatologist Harold Lancer, MD. In short: **WHILE YOU SLEEP, YOUR BODY IS BUSY BEAUTIFYING**, and there's plenty you can do to make the process more effective. These simple moves will maximize the beauty potential in every wink.



WAKE UP WITH... A FIRMER COMPLEXION

Ever feel as if you've aged overnight? The cause may be dry skin, which can make lines more noticeable. (Research shows that skin's water-evaporation rate increases in the evening.) Apply a moisturizer such as **Dr. Jart+ Water Fuse Water-Max Sleeping Mask** (\$48; sephora.com) before bed, run a humidifier while you sleep, and try sleeping on your back. "Mushing your cheek against a pillow every night folds skin in the same place and can cause wrinkles in the long run," Dr. Lancer says. If you can't change your position, consider the **Cupron Cosmetic Pillowcase** (\$50; cupronsales.com). A recent study published in the *Journal of Cosmetic Dermatology* found that the copper particles infused in its threads helped decrease wrinkle depth in 4 weeks.

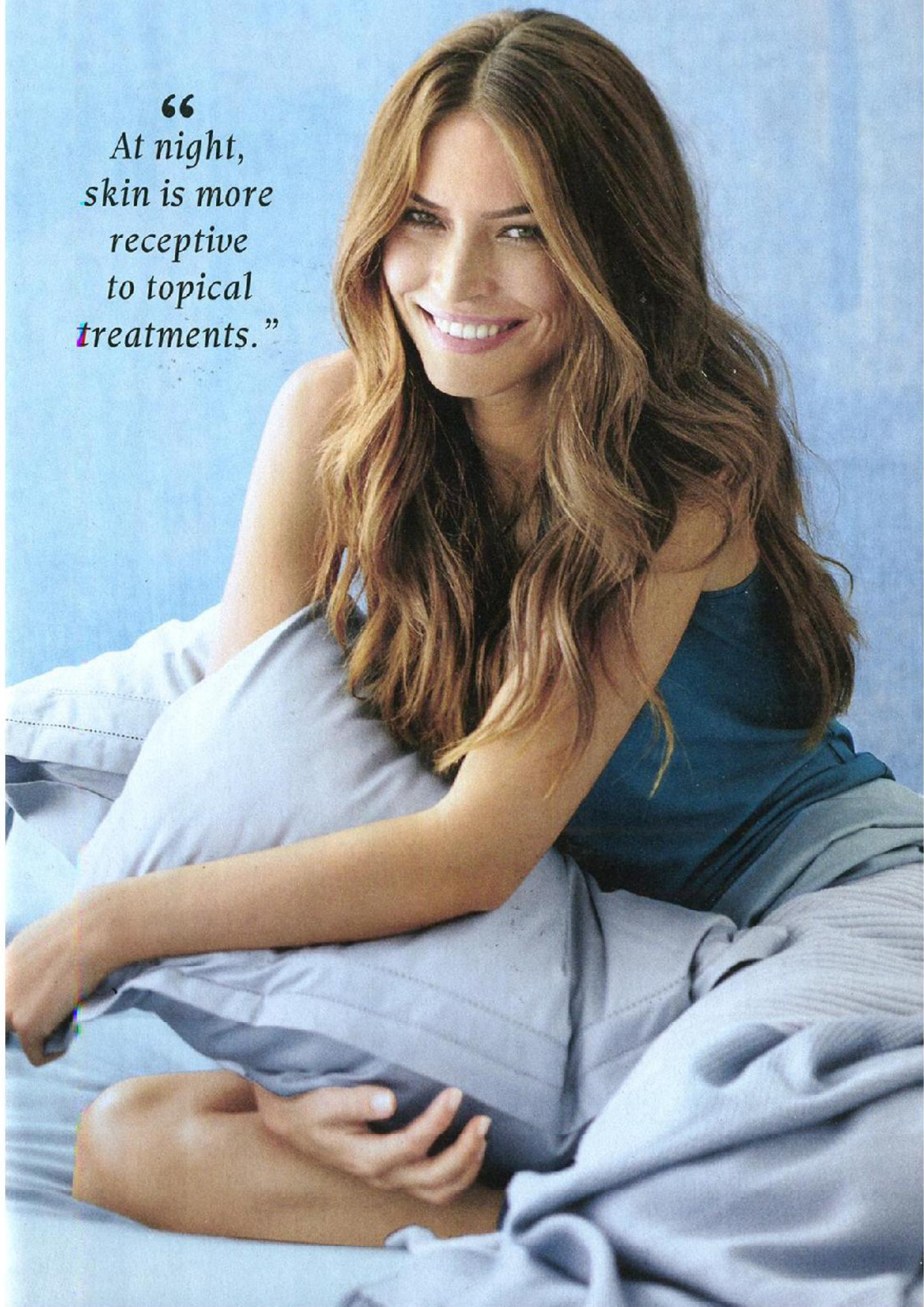


WAKE UP WITH... MORE EVEN SKIN TONE

At night, skin is more receptive to topical treatments, like those that even out skin tone. "Your complexion can make better use of active ingredients when it's not performing other functions, such as defending itself from the sun," Dr. Lancer says. "Plus, some brightening ingredients, like retinol and vitamin C, are deactivated in sunlight." To fade spots, apply **Garnier Skin Renew Dark Spot Overnight Peel** (\$17; drugstores), with vitamin C, before bed.



“
At night,
skin is more
receptive
to topical
treatments.”







WAKE UP WITH...
HEALTHIER HAIR

"The worst thing you can do to your hair at night is sleep with it wet," says Boston hairstylist Nicholas Penna Jr. "Water swells hairs, making them more fragile and likely to split and break as you rub your head against the pillowcase." If you shower at night and don't have time to dry your hair before bed, keep your strands wrapped up until morning. (A turban made out of an old T-shirt is less cumbersome than a towel.)

Even hair that's already dry can benefit from extra moisture before bedtime. Smooth on a leave-in treatment with moisturizing oils, so the product has the entire night to penetrate deeply. Try **L'Oréal Professionnel Liss Ultime Smoothing Night Treatment** (\$35; lpsalons.com for salons), which can be applied to damp or dry hair. And consider switching to a satin pillowcase if your hair is thinning. "The slippery fabric prevents strands from getting roughed up and breaking off," Penna says.





WAKE UP WITH... A SMOOTHER BODY

If your elbows, knees, hands, and heels are already dehydrated from harsh winter weather, the skin can flake and crack while you're sleeping. To prevent this, apply a body lotion that contains moisturizers as well as gentle exfoliating acids. "The exfoliators remove dead skin cells so skin is more supple, and they clear the way for moisturizers to penetrate better," Dr. Lancer says.

Try **Eucerin Intensive Repair Very Dry Skin Lotion** (\$12; drugstores), with an exfoliating alpha hydroxy formula and moisturizing glycerin.





WHY CLEANSING BEFORE BED MATTERS

Skin can't function as it should if daily grime (or makeup) is coating it. Another reason to wash up? Moisturizers applied after cleansing are more effective, because damp skin is 10 times more absorbent. Keep **Pond's Evening Soothe Wet Cleansing Towelettes** (\$5; drugstores) by your bed for nights you're just too tired to trek to the bathroom.

“
*Exercising during the day
can help prevent puffy eyes from
developing at night.*”



WAKE UP WITH...

LIGHTER UNDER-EYE CIRCLES

There's more than one reason you might wake up with raccoon eyes, and establishing the cause is the first step to fixing dark circles, says Ellen Marmur, MD, associate clinical professor of dermatology and genomic science at Mount Sinai School of Medicine in New York City. She suggests this trick: Gently stretch the skin under your eye until it's taut. If the dark area doesn't budge as skin moves, it's probably a result of hyperpigmentation, which can be caused by sun damage. Try applying a product with skin-lightening licorice root, like **Dermalogica Age Reversal Eye Complex** (\$75; dermalogica.com), before bed. If the dark hue becomes less noticeable as you pull your skin, it may be from blood that pools in the eye socket at night and is visible through the thinning skin under your eyes. To strengthen and plump skin so it's less transparent, use a cream with collagen-stimulating peptides, like **Mary Kay TimeWise Repair Volu-Firm Eye Renewal Cream** (\$40; marykay.com).



WAKE UP WITH...

EYES THAT AREN'T PUFFY



Your body's parasympathetic nervous system takes over at night, helping to flush fluids that build up in tissues during the day. But if you sleep fitfully, this system doesn't function as well, so the interstitial fluid accumulated around your eyes doesn't have a chance to drain. Even with proper sleep, puffy eyes are a possibility. The reason? Your body's horizontal position allows fluid to pool in the eye sockets, according to Dr. Marmur. She says exercising regularly and cutting down on sodium during the day can help prevent puffy eyes from developing at night. You might also consider massaging in an eye serum or eye gel containing caffeine, such as **L'Oréal Paris Revitalift Triple Power Eye Treatment** (\$25; drugstores), before you doze off (and when you wake). "Caffeine is a diuretic that helps keep the fluid moving," says New York City dermatologist Macrene Alexiades-Armenakas, MD. Just avoid thick eye creams or oil-based products. "Those rich formulas can migrate into your eyes during the night, causing stinging irritation that leads to more puffiness," says Dallas-based aesthetician Renee Rouleau.

