

Happy Begins Here

# Health

## DROP 2 SIZES

With the Magic  
Carb Diet

**Fresh  
and Fast  
Spring  
Makeovers**

### FEEL AMAZING 24/7

- Burn More Calories
- Boost Brainpower
- Sleep Like a Baby

**IS SUGAR  
TOXIC?**

Bottom Line  
P. 89

**ANNA FARIS**

**HAS A  
SEXY**

**WORKOUT  
SECRET**

**10**

**MINUTES  
TO A  
BEAUTIFUL  
BUTT**

**STOP PAIN**

Facebook Can  
Heal You P. 97



LOVE YOUR

# looks

→  
A cool room  
(about  
65 degrees)  
promotes  
better z's.

## Get the Ultimate Beauty Sleep

Wake up to a gorgeous glow, no-puff eyes and bouncy hair? It's not a dream if you follow our easy tricks.

By COURTNEY DUNLOP



→  
Keep your nighttime skin routine simple so you're less tempted to skip it.

SCAN TO SHOP!  
SCAN THE FACE OIL TO PURCHASE THE ITEMS ON THIS PAGE (CLEAR NOW ON PAGE 4)



Disney princesses don't typically share their get-gorgeous secrets, but here's a reveal: Sleeping Beauty was onto something. Fully rested people are perceived as more attractive, and even healthier, than their sleep-deprived counterparts, found a recent study from Sweden.

Skin pros know this well: "When women ask what's the one thing that will make the biggest improvement in their looks, I tell them, 'More sleep,'" says New York City dermatologist Amy Wechsler, MD. This may not come as a surprise to any woman who has ever gotten a decent amount of shut-eye and was flooded with "You look great!" compliments the next day.

OK, so there's the quit-skipping-on-sleep sell. And then there's reality: Sometimes stress, seasonal allergies or girls' nights out conspire against our best intentions to rest up, and often beauty challenges erupt overnight. Enter the tactics and new products experts rely on to max out the look-good benefits of your sleep.

### Soften Skin

**P.M. CHALLENGE** Extended exposure to dry air from indoor heat or air-conditioning can sap moisture from skin, leaving it dry and papery in the morning. **SLEEP STRATEGIES** Apply a few drops of facial oil before bedtime, says Los Angeles and Dallas celebrity aesthetician Renée Rouleau: "It acts like a bodyguard, so less moisture escapes." Try (1) antioxidant-rich Arya Essentials Face Oil (\$92; [aryaessentials.com](http://aryaessentials.com)). Dr. Wechsler's go-to: a cool-mist humidifier. The new Crane SmartDrop Cool Mist Humidifier (\$169; [bedbathandbeyond.com](http://bedbathandbeyond.com)) connects to Wi-Fi, so you can control it right from your smartphone.

### Stay Smooth

**P.M. CHALLENGE** Smoothing your face into a pillow leads to skin creasing. "I can look at a client and tell how she sleeps!" Rouleau says. "We naturally lose a teaspoon of collagen—which keeps skin plump—every year from the time we're 30," adds Montclair, N.J., dermatologist Jeanine B. Downie, MD. That means those morning sleep lines around the eyes, nose and mouth are more likely to become permanently etched. **SLEEP STRATEGIES** Your best bet is to sleep faceup, but if that's never going to happen, try this tactic from New York City dermatologist Francesca Fusco, MD: "Hang your face off the edge of the pillow to minimize squishing." You can boost skin elasticity by dabbing an overnight cream with water-retaining hyaluronic acid and

plumping peptides onto areas that tend to crease. Try youth-boosting (2) Garnier Ultra-Lift Miracle Sleeping Cream (\$17; at mass retailers).

### Prevent Eye Puff

**P.M. CHALLENGE** "Swollen eyes happen because you're lying flat and gravity is working against you—fluid can't drain," Dr. Wechsler says. The situation gets worse if you ate a salty dinner: Think Sushi Face. **SLEEP STRATEGIES** Switch from an eye cream to a lighter gel—oils in heavier formulas can seep into eyes and create more puff, says Washington D.C. dermatologist Tina Alster, MD. Try (3) Elizabeth Arden Flawless Future Powered by Ceramide Eye Gel (\$40; [elizabetharden.com](http://elizabetharden.com)), which contains algae extract to boost circulation. If

## WHY SLEEP LOOKS SO GOOD ON YOU

When you're doing off, your skin is just getting started. Research shows that epidermal stem cells are synced with circadian rhythms, your body's natural response to light and darkness in a 24-hour period. During the day, these cells help defend against damage from environmental stressors like UV light and pollution. At night, your skin works overtime to replenish those superhero cells.



allergies bring on puff problems, or you ate a high-salt dinner and have a big meeting in the morning, take an oral decongestant like Claritin (\$11; at mass retailers) at bedtime. Dr. Alster says, "It will help reduce swelling and minimize redness by constricting blood vessels."

### Beat Breakouts

**P.M. CHALLENGE** When you're stressed, cortisol levels spike, boosting oil production (and possibly pimples). You're at extra risk for zits if you've skimped on sleep, Dr. Fusco says, because that's typically when the hormone stabilizes. **SLEEP STRATEGY** Apply a lightweight salicylic acid serum after washing your face. It helps keep oil out of pores and speeds up skin's natural exfoliation process. Olay Fresh Effects Spot Zinger 2-in-1 Salicylic Acid Acne Spot Treatment (\$7; at mass retailers) does the job without dryness or irritation.

### Hydrate Lips

**P.M. CHALLENGE** Since lips lack oil glands, they're very susceptible to dehydration from heat and air-conditioning. Notes Dr. Wechsler, "If you breathe through your mouth at night because your nose is stuffed or for anatomical reasons, your lips are even more likely to be parched."

**SLEEP STRATEGY** Every night, bolster moisture with a lip treatment that has ceramides—the lipids found in skin—such as

Dr. Jart Ceramidin Lipair (\$15; sephora.com). Gently run a wet toothbrush over your lips before applying, says Los Angeles celebrity makeup artist Katey Denno: "It will remove flakiness so the balm can really penetrate and soften lips."

### Score Fresh Roots

**P.M. CHALLENGE** Many of us sweat while we sleep, and there are thousands of sweat glands

on the scalp—the reason why you can wake up with oily hair even if you washed it before hitting the sack.

**SLEEP STRATEGY** For fresh hair in the morning, press dry shampoo onto your scalp with a makeup sponge before heading to bed. Try (4) Philip B. Russian Amber Imperial Dry Shampoo (\$40; philipb.com).

### Save the Blowout

**P.M. CHALLENGE** No surprise here: Tossing and turning while you snooze leads to tangling and a deflated style.

**SLEEP STRATEGY** Wind hair into two Princess Leia-style buns

on the sides of your head, then secure them with fabric hair ties to avoid a dent, says Los Angeles celebrity hairstylist Jenny Cho. Come morning, unravel and tousle with your fingers for major bounce.

### Revire Curls

**P.M. CHALLENGE** Curly hair is porous, meaning it has an open cuticle that allows moisture to easily escape. Add to that the friction from your pillowcase and the result is f-r-i-z-z.

**SLEEP STRATEGY** Once or twice a week at bedtime, work a protein-packed leave-in conditioner, like (5) René Furterer Karité Intense Overnight Leave-In (\$33; renefurtererusa.com), through dry strands. Then apply a few drops of hair oil to seal in moisture from the mask. ■



← Head off second-day hair 'B' with a spritz of dry shampoo.

#### PILLOW TALK

"Oils and dirt on your pillowcase can absorb back into hair while you sleep," hair pro Jenny Cho says. "Try to swap yours out at least once a week."

**SCAN TO SHOP!**  
SCAN THE DRY SHAMPOO TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 4).

## BEST TIPS FOR FAKING A GREAT NIGHT'S SLEEP

#### TO PERK UP SKIN...

► This hot-cold technique from aesthetician Renée Rouleau gets circulation going and moves out fluid like a pump. Let the hot shower water hit your face and gently massage around your eyes. After the shower, apply a bag of frozen peas for five minutes.

#### TO MAKE EYES LOOK BIGGER...

► "A high ponytail or even a half-updo lifts the eye area and gives the entire face a more open, alive look," says Los Angeles celebrity hairstylist Sunnie Brook Jones.

#### TO DISGUISE DARK CIRCLES...

► Try New York City celebrity makeup artist Emily Kate Warren's trick: Apply stick concealer directly to the darkest part (typically the inner corners), let sit for a few seconds to dry, then use a fluffy makeup brush to fade out the edges for a natural effect.

#### TO GET GLOWING...

► "Two shades of blush can do wonders to revive your skin," says Los Angeles celebrity makeup artist Fiona Styles. Apply your regular blush to the apples of cheeks, then add a bit of a brighter shade just at the tops of cheekbones for extra lift.