

YOU'VE GOT



TO TRY THIS!

We asked nearly two dozen makeup artists, hairstylists, and wellness gurus for their top secrets to looking and feeling good. Ahead, timeless—and brilliant—advice.

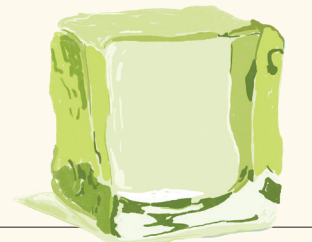
BY MELANIE RUD

Skin

PUT YOUR BAGS ON ICE

Keep ice cubes made from organic green tea or coffee in the freezer and rub them around your eyes every morning. Both ingredients have high concentrations of caffeine to improve microcirculation and reduce excess fluid buildup. And the cold temperature will further help reduce puffiness.

—*Elina Fedotova, owner of Elina Organics Skincare and Spas in Kalamazoo, Michigan, Chicago, and Pompano Beach, Florida*



PAIR THESE ANTI-AGING SUPERSTARS

Retinol may be the best-known anti-aging ingredient, but it pairs beautifully with barrier-repairing and brightening niacinamide. Alternate between both powerhouse ingredients at night to enhance radiance and leave skin soft and smooth. Switching back and forth also can increase your skin's tolerance for retinol and reduce the potential for irritation.

—*Howard Sobel, MD, clinical attending dermatology and dermatologic cosmetic surgeon at Lenox Hill Hospital and founder of Sobel Skin*



Pür Go with the Glow Niacinamide Drops, \$30; ulta.com. M-61 ProSmooth Retinol Night Cream, \$96; bluemercury.com



DON'T FORGET YOUR (SKIN) VITAMINS

I follow the A, B, C, D rule: topical vitamin A (retinoids), an oral B-complex supplement, topical and oral vitamin C, and an oral vitamin D supplement. These four vitamins are well-aligned with skin biology and really boost skin health.

—*Mona Gohara, MD, associate clinical professor of dermatology at Yale University*

CONSIDER BOTOX TO BOOST YOUR MOOD, TOO

When we frown or scowl, we both exude and internalize negative emotions. Numerous studies have shown that cosmetic Botox injections—which minimize your ability to make these expressions—may help reduce the symptoms of depression and even make you happier. Start early, and you'll need less over time. (Translation: big savings.)

—*Omar Ibrabimi, MD, PhD, dermatologist based in Connecticut*

REACH FOR MOISTURIZER, STAT

Your skin is most prone to dehydration immediately after cleansing. There's a 60-second window before moisture evaporation occurs, which I call the golden minute. Applying any skincare products within this minute can help prevent dehydration and lock in moisture.

—*Renée Rouleau, celebrity aesthetician*

Wellness

TRY EAR SEEDS

In Chinese medicine, the ear has dozens of acupressure points that when stimulated can help reduce stress, manage pain, balance hormones, and more. Ear seeds are tiny beads on a clear plastic sticker that apply a gentle, consistent pressure on acupoints and stimulate the nerves, which tell the brain to react, a time-tested and easy at-home wellness practice. As an added benefit, ear seeds made of Swarovski crystal or 24-karat gold look like a pretty piercing.

—**Sbari Autb**, cofounder and chief healing officer at WTHN

TASTE THE RAINBOW

One easy way to be sure you're eating a wide array of vegetables (which can improve everything from immunity to gut health) is to make it a goal to have five different colors at every meal. Each food color contains different vitamins, polyphenols, and antioxidants, and eating colorfully ensures you're getting all those diverse nutrients.

—**Whitney Tingle**, cofounder and co-CEO of *Sakara Life*



RETHINK WHEN YOU EAT

One secret to optimal digestive health is waiting to eat in the morning until you're truly hungry. Try enjoying a cup of coffee or tea, energizing yourself with a moment of movement, and then having a nourishing brunch. Your body will benefit from the overnight fast and be grateful for food when it actually wants it.

—**Tracy Anderson**, founder and creator of the *Tracy Anderson Method*



KEEP WORKOUTS SHORT

Commit to less so you can show up more. Five 10-minute weekly workouts can be more effective than just one hour-long workout each week. Exercising for even 10 minutes can shift how you feel both mentally and physically and have a hugely positive impact on your day. Experiencing that shift daily is better than just weekly.

—**Megan Roup**, founder of the *Sculpt Society*

THINK LIKE A PLANT

Give yourself the same basics a plant needs: hydration, some oxygen every day via a walk outside, and a little sunshine when possible. Wellness really can be that simple, with no need to get hypervigilant about diet, exercise, or fancy supplements.

—**Giselle Wasfie**, founder of *Remix Lifestyle*

Makeup

BRUSH YOUR LIPS

Not only does this exfoliate the lips to remove dead skin, it also causes a little bit of temporary swelling to create the appearance of a fuller pout. Simply brush your dry lips with a wet toothbrush for 20 seconds. Rinse, pat dry, and finish with a good lip balm.

—Bryan Cantor, celebrity makeup artist



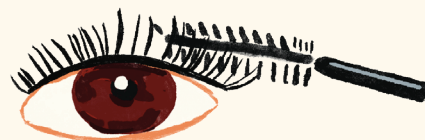
USE MASCARA IN PLACE OF EYELINER

When I'm on the go, I sometimes use my mascara as an eyeliner. Rather than stroking it up and down, place the wand at the base of your lower lashes and wiggle it horizontally into the waterline to quickly and effortlessly create the look and definition you'd get with liner.

—Deepica Mutyala, founder and CEO of Live Tinted



CoverGirl Exhibitionist Stretch and Strengthen Mascara, \$12; drugstores



EASILY REMOVE MASCARA SMUDGES

To get rid of unwanted speckles or smudges after you apply mascara, wait for them to dry, then brush over with a dry spoolie. This picks up the flakes without messing up the rest of your makeup.

—Jenny Patinkin, makeup artist and founder of Jenny Patinkin Eco-Luxe Beauty Tools

ALWAYS USE BLUSH AND BRONZER

Nothing in nature is one flat color, so foundation, powder, or tinted moisturizer always looks better when paired with both blush and bronzer. Blush creates the look of healthy circulation, and bronzer adds warmth. Choose a bronzer color that mimics the look of your skin when it's tan; a neutral pink blush is pretty much foolproof. And don't worry about the two clashing—as long as both of them work well on your complexion, they'll pair nicely together.

—Andrew Sotomayor, celebrity makeup artist



Milk Makeup Bionic Liquid Bronzer in Shapeshift, \$30; sephora.com. Lumene Invisible Illumination Liquid Blush, \$25; lumene.com/us

CREATE YOUR OWN TINTED SUNSCREEN
Tinted sunscreen is wonderful, but if it doesn't blend well with your skin tone, take the DIY route. Simply mix your favorite sunscreen (make sure to use a nickel-size amount for your face) with a little bit of concealer or foundation to create a perfect match.

—Jordan C. Carqueville, MD, founder of the Derm Institute of Chicago



GO HIGHER WITH BLUSH

Put your index and middle finger together, and then rest them vertically against the bridge of your nose. Blush should start on the tops of your cheekbones, right next to your fingers, and be blended up at an angle toward your hairline. This makes your face look much more lifted than applying it on the apples of your cheeks, which sit lower when your face is at rest.

—Todd Harris, celebrity makeup artist



PREP WITH POWDER

Apply a little bit of ultra-fine setting powder before foundation, especially if your skin is oily. It will help control shine and increase the coverage of your base in areas you may need it. I use a fluffy brush to sweep a tiny amount of powder onto my T-zone or anywhere I need a little extra coverage, then blend my foundation on top.

—Annie Lawless, founder of Lawless Beauty



Saie Airset Radiant Loose Setting Powder in Translucent Deep, \$30; sephora.com

Hair

KNOW WHEN TO SNIP

Regular trims are important for the health of your hair, but just *how* regular depends on your length. Short styles should be cut every four to six weeks because the precision of these looks requires more polish. Six to eight weeks is a good time frame if you have medium-length hair, as trims will help even out layers and create shape, while eight to 10 weeks is perfect for those who want to maintain or achieve long hair.

—**Anthony Cristiano**, celebrity stylist and salon owner



GO FOR A GLOSS

If you want to add shine, enhance tone, or tweak your color slightly, a gloss is a near-perfect in-salon treatment. (You can also try an at-home version.) It leaves hair softer, too, and is especially ideal for commitment-phobes who aren't ready for full-on color but do want a little extra depth or warmth.

—**Adam Bogucki**, master stylist and manager of LifeSpa in Chicago



Drybar Liquid Glass Instant Glossing Rinse, \$34; drybar.com



CREATE BLOWOUT-BAR VOLUME

If you want maximum lift, aim your dryer at your roots first. Use your fingers to help move around the hair for extra height, then use a round brush until the roots are 100 percent dry before moving on to the lengths. This keeps the roots from frizzing and ultimately falling flat.

—**Nunzio Saviano**, New York City stylist and salon owner

GET CURLS THAT LAST

When curling your hair with an iron, hold the finished curl in the palm of your hand for five seconds before dropping it. Letting it cool, even for this short amount of time, helps lock in the shape.

—**Sunnie Brook**, Biolage celebrity stylist

USE NATURAL OILS TO YOUR ADVANTAGE

An oily scalp isn't necessarily a bad thing—in fact, it gives you an excellent pre-shampoo treatment. Use a natural-bristle brush to brush through your hair from roots to ends until smooth. Then wash as usual. This distributes your scalp's oils, which act as a natural protectant and impart moisture and shine. Plus, this works on all hair types and textures.

—**Anna Ayers**, cofounder of Rabua hair and skin products