

Wake up lookin'

No wonder they call it beauty sleep! While you're resting, your body is working hard, regenerating and repairing skin cells. That makes nighttime the perfect time to do anything from plumping fine lines to brightening your smile!

Get dazzling teeth by morning!

Coffee, tea, wine . . . your teeth can pick up dulling stains throughout the day. To keep your enamel bright and white, gently remove those surface stains before you hit the sack. "Mix a teaspoon of baking soda with a few drops of hydrogen peroxide. Dip your brush in it and gently make tiny circles over your teeth," says Carl Lavorata, D.D.S. "The solution's slightly gritty texture helps polish your teeth and lift stains, so they don't set in while you sleep."



Tip!
Want to grow longer, stronger nails? Before bed, massage them with cuticle oil. It'll increase circulation, stimulating healthy nail growth!

Make your hair grow faster!

Treat yourself to a nightly bedtime scalp massage, says celebrity stylist Evelyn Danclair. You'll unwind and increase blood flow to the scalp, promoting healthy hair growth!

- 1 Blend 5 drops lavender oil into 1/4 cup sweet almond oil.
- 2 Dip the pads of your fingertips into the oil.
- 3 Massage the hair line near your temples with small circles, slowly moving to the back of your head.



g gorgeous!

Make your body velvety-soft by morning!

You'll feel smooth and silky when you wake up if you slather on a nighttime body cream before bed. They're specially formulated to work with your body heat to penetrate deeply into the skin. And since the lotions are rapidly absorbed, you don't have to worry about leaving a greasy film on your sheets!



Erase fine lines overnight!

For the best rejuvenating benefit, smooth on a retinol cream before bed, recommends dermatologist David Bank, M.D. "Retinol creams are one of the most effective antiaging treatments you can use, but sunlight can break down their active ingredients

and cause irritation." If you let the cream go to work overnight, you'll speed the shedding of dull, lined skin to wake up with younger, plumper, smoother skin!

Our pick: Neutrogena Intensive Anti-Wrinkle Night Cream, \$17.49, in drugstores.



Clear a blemish while you sleep!

The best way to get rid of a pimple? "Dry it with a benzoyl peroxide gel, which kills pore-clogging bacteria," says Dr. Bank. And he says using it strictly at night is ideal. Why? Your skin will be more receptive to the treatment at night, and taking a break from it during

the day prevents skin from getting too dry. Plus, since the gel looks cakey under makeup, you won't have to worry about it ruining your pretty daytime look!

Our pick: DDF 5% Benzoyl Peroxide Gel with Tea Tree Oil, \$24, www.sephora.com.



Wake up with shiny, gorgeous hair!

Treating your hair to a nourishing nighttime treatment really pays off in the morning! "Since they penetrate and fortify the hair shaft for hours, you'll notice an immediate difference after you shampoo in the morning," says Danclair. "Your hair will be much more manageable and have lots more luster."

Our picks: Mizani H2O Intense Night-Time Treatment, \$17.96, www.just4beauty.com; Jonathan IB Revitalizer Overnight Oil, \$44, www.beauty.com.



NEXT WEEK: Wash your way smoother, softer and less stressed!

Smart ideas to make you Beautiful!

Easy tricks to Fall asleep fast!

1 Have a worry-free night!

Place a pad of paper and a pen next to your bed. Before you go to sleep, jot down any thoughts or concerns. Sleep experts say the habit clears your head, setting the stage for a peaceful night's sleep!

2 Lavender helps you sleep like a baby!

Spritzing your bedroom with a lavender mist can help you fall asleep in seconds! Even better, inhaling the relaxing scent is proven to help you sleep deeper and longer, too!

Our pick: Aromatherapy Mists, \$6.99, www.auracacia.com.

3 Do this in the a.m. to sleep tonight!

Love to walk? Into step classes? Being active in the morning helps you fall asleep earlier and sleep longer, according to one study. Get moving later in the day, and research suggests you won't enjoy the same benefit.

4 Rub here to dissolve tension!

Treating yourself to a two-minute neck massage can prime your body for sleep. It lowers blood pressure, calms the nervous system and loosens tension at the base of the neck!

5 The break that relaxes you!

You'll drift off more easily when you turn off TVs and computer screens at least 30 minutes before bed. Why? They produce light that makes your brain think it's daytime, disrupting the chemical balance needed to fall asleep.

