



**PLUMP YOUR PUCKER** Mix crushed mango with a dash of cayenne pepper and lemon juice, apply to lips and leave on for a few seconds. Rinse well. "This could replace collagen!" says Parrinello. (Note: Don't try if lips are chapped or sunburned, or if you have sensitive skin.)

artist Laura Mercier. "It moisturizes skin *and* lubricates for a closer shave."

### Buh-bye to puffy eyes

Try sleeping on not just one but three pillows to drain fluid from your face, suggests Paul Jarrod Frank, M.D., director of the Fifth Avenue Dermatology Surgery and Laser Center in Manhattan. "Also, keep some spoons

brush into Visine instead of water, says Rosie Rodriguez, makeup artist for Tarte cosmetics in New York City. "The shadow gets creamy instead of balling up, which makes it easy to be precise."

### Keep makeup in place 24/7

No time for end-of-the-day touch-ups? Spritz hairspray in the air slightly above your head, then close your eyes (a must!), look up and let the mist fall on

### Give your nails some face time

Face creams with glycolic acid can help hydrate peeling, winter-dry nails, says Dr. Katchen. "Glycolic acid smooths and sloughs rough nails the same way it exfoliates dead skin cells from the face," he explains. Rub it into your nails and cuticles every night before bed; you should see results within a few weeks.

### Banish those blemishes

Yeast, the same natural (and cheap!) ingredient that makes bread rise, can also clear up troubled skin overnight, says Sonya Dakar, founder of the Sonya Dakar Skin Clinic in West Hollywood, California. Add several drops of water to a package of dry yeast, apply to breakouts before bed and rinse with warm water in the A.M.

### Condition your legs

Instead of shaving cream, apply hair conditioner to legs and underarms the next time you shave, says celebrity makeup

## WHAT SELF'S BEAUTY PROS DO

Celebrities like Sarah Jessica Parker come to Dr. Brad Katchen's dermatology practice and SkinCareLab in Manhattan for checkups and spa treatments, but Dr. Katchen credits his own clear skin to something very simple: staying in the best possible physical shape. "Skin benefits from exercise the same way the heart does," he says. Just make this your mantra: A healthy heart equals a healthy glow. For smart fitness tips to get you there, turn to page 102.

in the fridge; pressing the convex sides against lids for a few minutes constricts blood vessels, easing puffiness."

### Wipe away shine

When you're out on the town and work up a bit of a sheen, head to the loo and swipe a toilet seat cover; pat skin gently to emerge shine-free. "They're made from the same paper as blotting tissue," reveals Joanna Schlip, a Cloutier makeup artist in Los Angeles.

### Egg on your face

Another trick to zap zits: Dab egg yolk on pimples and leave it overnight, says makeup artist Corinne Williams of Façade beauty boutique. "Egg yolk is full of vitamin A—it's the natural Retin-A."

### A brighter hue, hands down

Tempted to hide stained nails? Give them the brush-off instead. Scrub yellowed areas with smoker's toothpaste for a few weeks to lighten them up.

### Create a finer liner

Convert powder eyeshadow into flawless eyeliner by dipping a makeup

your face. "It will set makeup so it lasts," says Kim Bacon of Studio 110 salon in Chicago. (Just remember to wash off with a gentle cleanser before bed.)

### Lip service

Condition lips and give them a natural stain by rubbing on a bit of Aveda's Madder Root Hair Conditioner. "It's a great sheer burgundy," says Tonya Riner, a makeup artist at Belle Ami salon in Houston, "and it's natural-looking."

### Think pink

To calm blotchy skin, smooth on Phillips' Milk of Magnesia before applying makeup. Let sit for 10 minutes, then rinse, says Williams. "You'll end up with a matte, powderlike finish."

### Birth control balderdash?

Any birth control pill will make your skin look better—not just ones that advertise that fact, says Katherine Sherif, M.D., director of the Center for Women's Health & Wellness in Philadelphia. Synthetic estrogen, the active ingredient in the Pill, is the same hormone that helps clear up blemishes. Even brands with very low doses of estrogen will do the job.



## Did you know...

- Baby powder banishes sticky beach sand? Sprinkle on your feet and watch the grains slide off!
- Olive oil is a great natural makeup remover? Just dab a drop under eyes to erase smudges.