



# 5 beauty tricks I just learned

From how to perk up your skin and eyes in the morning to fragrances that impart sweet dreams, beauty director Victoria Kirby has the scoop on all things pretty.

## THE SCENT OF ROSE IMPROVES YOUR SLEEP

Here's one way to get your special someone to buy you roses: Tell him that they may help *both* of you get more peaceful shut-eye. In a study on how scent affects the emotional content of our dreams, researchers at the University Hospital Mannheim in Germany exposed 15 sleeping individuals who had reached the rapid eye movement (REM) stage to certain fragrances. The folks who got a whiff of roses reported happier dreams than all the rest. So while keeping fresh flowers by your bedside is one way to go, I prefer to simply dab on one of these soft, rosy perfumes before hitting the sack.



Miss Dior Silky Body Mist, \$52 for 3.4 oz.

Tory Burch Jolie Fleur Eau de Parfum Rollerball, \$28.

## Cushion foundation nourishes skin



L'Oréal Paris True Match Lumi Cushion Foundation, \$16.99.

I'd almost given up on finding my ideal foundation (even sheer ones can cake on my dry skin) until I got my hands on a cushion formula. These foundation-soaked sponges hydrate like a tinted moisturizer but provide more coverage. "Just tap on the product with a sponge," says L'Oréal Paris makeup artist Sir

John (he works with Beyoncé). "But don't rub: It can smear off the color." He had me try L'Oréal's version, and the finish stayed dewy throughout a very long day—and an evening touch-up.

## YOU CAN DEEP-CONDITION YOUR HAIR ON THE GO

**That's what Jen Atkin recently taught me, and as hairstylist to all the Kardashian girls, she's one busy lady herself. "I'm big on weekly deep-treatments to keep hair healthy, but it can be hard to carve out 30 minutes to do it," she told me. "So I tell women, slather on a hair mask before you exercise—it works just as well on dry hair. Then simply shampoo it out after." I did this using Jen's Ouai Haircare Treatment Masque (\$32 for 8), which comes in individual packets, and I'd agree: It's a great time-saving move.**

## Peptides calm puffiness

Battling my swollen eyes is practically a morning ritual, so I was grateful when dermatologist Kenneth Mark, M.D., a clinical assistant professor of dermatology at New York University, gave me this advice: "Instead of using a depuffing eye gel, which can dry the skin and make fine lines appear worse, pat on an eye cream that contains peptides," he explains. "The ingredient decreases puffiness by up to 50 percent and, over time, it helps firm the skin." I like Clinique Pep-Start Eye Cream (\$26.50), because it also brightens, and the round tip smooths skin as you swipe.



FIONASTILES

win it!

## TAUPE PENCIL BRINGS OUT YOUR EYES

Even if you don't normally wear liner, this tip from makeup artist Fiona Stiles (she often does Jennifer Garner for the red carpet) will leave you doe-eyed: "Once you're over 35, lining the insides of your eyes with dark pencil can make them look smaller, because visually, it pulls the eyes down," she says. "So I use a taupe one instead, which subtly defines and also helps your lower lashes look thicker. If you have dark skin, though, a chocolate brown color is best."

Fiona Stiles Beauty Ultra Smooth Waterproof Eye Defining Pencil in Mulholland, \$16 (25 readers will win one; see page 164 for details).

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