



| BEAUTY SCHOOL |

## Rested and Radiant

That's how we look—and feel—after a good night's sleep. But if getting a blissful eight hours is more of a pipe dream, or you've had a rough one, there are other ways to achieve a fresh-faced appearance. We've gathered expert advice on reducing puffiness, reviving dull skin, and starting the day glowing, not groggy.

TEXT BY CLAIRE SULLIVAN

## 1. But First, Moisture

As soon as you roll out of bed, hydrate from the inside out—and that doesn't mean reaching for caffeine, which is a diuretic, right away. "Getting enough fluids plays a major role in plumping the skin, which results in luminosity," says Austin dermatologist Ted Lain. Swill some water, and then consider an antioxidant-rich sip with a subtle kick of caffeine, like a cup of green tea. Or go for pomegranate juice with a splash of sparkling water, a favorite day-starter for Chicago-based registered dietitian Vicki Shanta Retelny.



## 2. Then Firm Things Up

Lack of sleep leads to water retention in the face and slowed circulation—a recipe for puffiness. But gravity is your friend: Excess fluid flows downward as the day goes on. To coax it along, apply a cold compress to constrict blood vessels (subduing redness too) and reduce inflammation, says Georgia dermatologist Kathleen Viscusi. Stash spoons in the fridge, or do the same with the stainless steel **Glow Skincare La Glace Ice Roller**, which feels cool to the touch (\$72, [glowskincares.com](http://glowskincares.com)). Whatever you use, stroke upward and outward for better drainage.



## 3. Get a Move On

After cleansing, massage in a nourishing exfoliant to reinvigorate fallow skin. Lain suggests gentle sloughers like gluconolactone or lactic acid, which suit most skin types; **Shani Darden Lactic Acid Exfoliating Serum** contains both (\$88, [shanidarden.com](http://shanidarden.com)). Then feed those new cells "antioxidant-packed ingredients, like vitamin C, which are great for a natural glow," says Viscusi. Try **Olay Regenerist Vitamin C + Peptide 24 Hydrating Moisturizer**, which also has skin-brightening and tone-evening niacinamide (\$39, [walgreens.com](http://walgreens.com)).



## 4. Light the Way

"A good tinted moisturizer works wonders," says NYC makeup artist Marlena Orlowska. She swears by **La Mer Radiant SkinTint Broad Spectrum SPF 30**, which is loaded with skin-quenching seaweed extract (shown; in 7 shades, \$100, [cremedelamer.com](http://cremedelamer.com)): "It delivers sheer, healthy color." Pro trick: Use a shade warmer than your complexion, then blend a paler concealer under the eyes near the nose, where skin is often darker, to draw light to the center of your face. **Huda Beauty The Overachiever Concealer** is a great full-coverage option (in 20 shades, \$30, [hudabeauty.com](http://hudabeauty.com)).



### QUICK FIX

## Bright Ideas

If all you see in the mirror is dark circles and swollen lids, fret not. These winning formulas are like wake-up calls for your eyes.



### L'Oréal Paris Revitalift Derm Intensives 2.5% Pure Hyaluronic Acid + Caffeine Eye Serum

refreshes and depuffs on contact, courtesy of its cooling applicator (\$30, [cvs.com](http://cvs.com)).



### Kat Burki KB5 Eye Recovery

**Masks** are special-occasion superheroes. In 10 minutes, they tighten and smooth with hyaluronic acid, arnica, and amino acids (\$90 for 8, [katburki.com](http://katburki.com)).



**Beautycounter Think Big All-In-One Mascara** lifts and lengthens lashes with inky pigments, and the eye-opening formula is clump-free and smudge-proof, too (\$27, [beautycounter.com](http://beautycounter.com)).