

GOOD  
HOUSEKEEPING

# YOUR LOOK

BEAUTY HACKS • BEST MAKEUP STICKS • ALL-WEATHER DRESSING

## Wake Up Like This

**IT'S A GIVEN:** If you want to wake up looking and feeling fresh, getting adequate zzz's is a must. But what if you've only got a few hours at best? (Looking at you, moms of young kids!) Here's a hack you can try: For two to three nights a week, trade your usual night cream for a sleeping mask. Unlike your basic nighttime moisturizer, a leave-on mask offers additional serum-like benefits—like brightening or anti-aging—to give compromised or sleep-deprived skin an extra boost. Try **Laneige Water Sleeping Mask, P1,400, Robinsons Galleria 2/L.**

Text and shoot production by Elaine Natividad Reyes. Photograph by Darryl Darilag. Hair and makeup by Muriel Vega Perez. Assisted by Grace Salvador. Model: Tola Orendain.

# Beauty Hacks TO HIDE SLEEPLESS NIGHTS

Fake a good night's rest with these glow-getting strategies.



## CHILL YOUR SKIN CARE.

Hot temps can cause your products to go bad faster and bacteria to multiply. But there's more to storing your beauty creams in the fridge than just extending their shelf life. Aside from giving skin a pleasant, cooling sensation, the cold can "help soothe skin inflammation and address facial puffiness," says Ellaine Galvez M.D., dermatologist at Galvez Clinics in Makati. See for yourself: Store your daytime moisturizer and eye cream in the fridge, and treat your face to a refreshing pick-me-up as you slather them on.



## TRY A BRIGHTENING EYE CREAM.

Aside from checking for the usual moisturizing and anti-aging properties, look for the words "brightening" or "illuminating" on the label when choosing an eye cream. These formulas usually contain brightening optics to instantly diffuse imperfections and minimize discoloration. Also helpful: fatigue-fighting ingredients such as caffeine and panax ginseng, which help boost circulation in the eye area.

**Try: Origins Refreshing Eye Cream to Brighten and Depuff, P1,400, Origins, SM Megamall Bldg. A 2/L,** which perks up tired eyes instantly.

**PRO TIP:** "In the a.m., apply your eye cream under your eye only," writes beauty guru Laura Mercier in her book *The New Beauty Secrets*. "It's not necessary to use it on your eyelid in the morning, and it will interfere with any eye makeup you are wearing."

## 3 TRY AN OVERNIGHT OIL.

When you skimp on sleep, skin doesn't get to fully repair itself, and you pay the price in the a.m. But you can pre-empt the damage by taking a few seconds to apply a concentrated night oil—an alternative to night cream—in the evening even though you're not hitting the sack yet. Oils, given their waxy nature, typically have better occlusive or moisture-holding power than creams, and you can use this to your advantage to keep skin protected when you're about to pull an all-nighter. **Try:**

**Human Nature Overnight Elixir, P1,295,**

**[humanheartnature.com](http://humanheartnature.com)**



## 4 HANG UPSIDE DOWN.

Ever tried the downward dog position in yoga? Then you're probably familiar with the energizing rush you feel right after. Hanging your head upside down increases the flow of blood and oxygen to your face—a quick and easy way to boost facial color and promote a healthy flush. Also an option: simply letting your head hang over the side of the bed for a few seconds.

Text and shoot production by Elaine Natividad Reyes. Photographs by Dairy Darilag (model); Louie Aguinado (products); Studio D (swooshes); iStockphoto (ice); Getty Images (yoga). Hair and makeup by Muriel Vega Perez. Assisted by Grace Salvador. Model: Tola Orendain



*Maximize hydration by misting face with a hydrating spray after using a rinse-off mask.*

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#### MAKE TIME FOR A QUICKIE MASK.

There's no better cure for sleep-deprived skin than sleep, of course, but the next best thing? Moisture. Lots of it. While you're in the bath, apply a creamy hydrating mask all over your face and let it sit for 10 to 20 minutes—while you finish washing up the rest of your body. GH recommends: **Glossier's Moisturizing Moon Mask, P1,350, [BeautyMNL.com](http://BeautyMNL.com)**, a brightening skin treat that has sweet almond oil and hyaluronic acid to plump up skin with much-needed moisture, and licorice root and lemon fruit extracts to add a brightening kick.

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## CURL YOUR LASHES.

A night of tossing and turning can keep you from looking wide-eyed in the morning, but simply curling your lashes can make all the difference. Another option—especially for the time-pressed—is to get a semi-permanent lash lift, like the **Yumi Lashes (Lift + Tint), P4,000, Strokes by Momoi Supe, Greenbelt 1 1/L**, which lasts for two to three months. Unlike lash perming, this treatment lifts the lashes from the base (not the middle), promotes hair growth, and uses an organic tint to make lashes appear thicker. Plus, it's safer than extensions, which can cause your real lashes to fall out. "It's a natural alternative to extensions," says Jasmine Valentino, community manager for Strokes. "And you can even put mascara on as usual."



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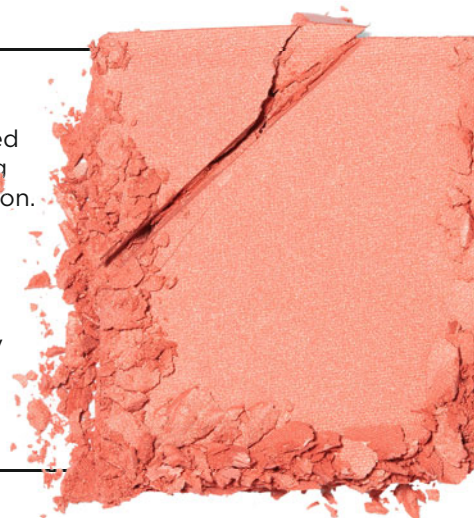
## DON'T OVERDOSE ON FOUNDATION.

Thinking of piling on extra makeup to hide your exhaustion? Bad idea. A heavy layer of foundation over dry, stressed skin will only appear cakey, making you look worse. Makeup artist Jasmine Mendiola suggests going for a light, hydrating base, like a tinted moisturizer or a radiance-enhancing foundation. She recommends **Laura Mercier Candleglow Soft Luminous Foundation, P2,350, Rustan's The Beauty Source, Rustan's Makati 1/L**, which "mimics an air-brushed effect." It's best to skip the powder foundation, too, as it's more likely to accentuate fine lines.

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## LOOK AWAKE WITH CORAL.

Slightly warmer than your usual pink-toned blush, a coral blush is universally flattering and can instantly perk up a pale complexion. Choose one with a subtle radiance to it, like the bestselling **Benefit Cosmetics CORALista, P1,600, Benefit Cosmetics, Greenbelt 5 1/L**. For a face-lifting dose of color, apply over the cheekbones (slightly higher than the apples of your cheeks), blending upwards and outwards.



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**HIGHLIGHT YOUR EYES.** "Minimize the haggard look by applying highlights to the inner corners of your eyes with an iridescent eye shadow or a highlighter," says Vega Perez. A golden shade works if you're morena, while those with fairer complexions can opt for a silvery or pearly color. Dab a tiny amount on that little hollow area, and blend with a Q-tip.



Look extra bright-eyed with white eyeliner on your waterline.

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## FIND THE RIGHT CONCEALER SHADE.

Makeup artist Muriel Vega Perez says, "Make sure you find one that's one shade lighter than your skin tone for best results—especially for under the eyes." Mind the undertones, too: Yellow-toned concealers are the most versatile and can be used for over-all correcting, while salmon or peachy concealers are best for under the eyes as they neutralize bluish tones. He also suggests applying with your fingers, instead of a brush, so it can really melt into the skin seamlessly.

