



get gorgeous

ways to
transform
your looks
and your
life

Diet, sleep, stress—
and more—affect
your hair and skin.
Follow this plan to
make 2009 your
prettiest year yet.

BY CAITLIN GAFFEY

Somewhere between Black Friday and January 2, the effects of holiday overindulgence start to take their toll. Exhibit A: tired eyes, too-snug jeans and through-the-roof stress. But you don't have to live like this another day. FITNESS asked the pros at Canyon Ranch Health Resorts in Tucson, Arizona, and Lenox, Massachusetts, along with several other experts, for the latest and most effective beauty, nutrition, exercise and de-stressing strategies. These easy-to-incorporate tips will get you feeling balanced and looking more beautiful, stat!

1 Eat your way to gorgeous.

Before reaching for that cookie, chew on this: For every single gram of refined carbohydrates (think sugary desserts and white breads and pastas) that we consume, our bodies retain 2.7 grams of water, says Jeffrey Morrison, M.D., a nutrition specialist in New York City. Short term, that can mean a bloated belly and puffy eyes, but over time you'll notice flaky skin, brittle hair and chipped nails. "That's because refined carbs contain no moisturizing fatty acids or protective antioxidants," Dr. Morrison explains. He suggests eating two one-cup servings of antioxidant-rich fruits (blueberries are a great source) a day and two five-ounce servings of fish (wild salmon and Atlantic mackerel are two of the healthiest choices) per week.

2 Fight head-to-toe flakes.

Dry, frigid temperatures and indoor heating strip skin of its natural levels of moisture. Instead of slathering on layers of lotion, try this more strategic fix: Apply a moisturizer made with humectants (such as hyaluronic acid) during the day and one with occlusive ingredients (like petrolatum or shea butter) at night, suggests Fredric Brandt, M.D., a dermatologist in New York City. Humectants are lightweight—ideal for daytime—and draw moisture from the deep layers of the dermis to keep skin soft, Dr. Brandt adds. Occlusive formulas, on the other hand, form a physical barrier that locks in moisture. Apply both to damp skin (either just-washed or spritzed with a hydrating mist), which attracts moisturizing ingredients like a magnet.

3 Smooth away fine lines.

Habitual squinting or scowling causes skin to wrinkle. "Relaxing your face through massage can help to soften those creases," explains Laura Hittleman, corporate beauty services director at Canyon Ranch. Try this technique from Christeen Millar, training executive for the skin-care line Clé de Peau Beauté, which offers free massages at store counters: Spread a nickel-size dollop of cream onto clean facial skin. With the pads of your middle and ring fingers (they exert the gentlest pressure), make long strokes from the center of the forehead up and out toward the temples; do the same from the center of your chin to the jawline. Finally, massage the cheeks in upward circular motions. Repeat the process three times. You'll see an immediate glow (massage enhances skin's circulation) and, when done at least three days a week, less-obvious lines.

4 Add luster to locks.

Brushing, heat styling and coloring cause the hair cuticle to lift and reflect less light. Kim Vo, a stylist in Los Angeles, suggests mixing a palm-size amount of deep conditioner, a shot glass of vodka and five drops of your favorite essential oil. "The alcohol lowers the hair's pH, encouraging the cuticle to close, while the oil offers instant shine," he says. Comb the mixture through dry hair (water-logged strands soak up less of the ingredients), and rinse after 20 minutes.

SOFTEN UP!

Stay smooth all over with these tips and treats.

Perfect for the p.m.

The petrolatum in **Jergens Skin Smoothing Cellular Renewal Moisturizer**, \$6.99, drugstores, binds to your body before bedtime.



Everyday essential

Johnson's Body Care 24 Hour Lotion, \$5.49, drugstores, is made with glycerin, a powerful humectant, which is ideal for moisturizing.



Conditioning cocktail

Mix a bit of vodka, essential oil and **Wen by Chaz Dean Cucumber Aloe Re-Moist Hydrating Mask**, \$72, chazdean.com, to get glossy hair.

