



Peter Thomas Roth Camu Camu Power C x 30 Vitamin C Brightening Sleeping Mask, \$68; sephora.com. La Mer the Lifting and Firming Mask, \$230; lamer.com.

# 6 Mask Yourself

According to N.Y.C. dermatologist Joshua Zeichner, the skin's water loss peaks at night, meaning it's a great time to add back moisture.

A new boomlet in "sleep masks" lets skin drink it in all night. These hydrating creams are designed to help potent ingredients like hyaluronic acid absorb rapidly, so they won't gunk up your pillowcase—and many don't even need to be rinsed off in the morning!

Traditional Medicinals Organic Roasted Dandelion Root Tea, \$5; traditionalmedicinals.com.



# 7 Weed Out Toxins

A glass of wine may sound like the perfect nightcap, but unlike alcohol, a cup of dandelion tea will help prevent MPF (morning puffy face). Studies have shown the weed's leaves work to rid the body of toxins and excess fluid. Drinking the tea will also aid digestion. "Dandelion is one of the most effective known herbs for relieving water retention," says Dr. Morrison, who specializes in nutrition.

# 8

## Stroke and Coat

No time to condition your hair in the morning? That's a good thing, says Abergel, who recommends using a leave-in treatment at night. "Your hair will be much softer when you wake up because the product has time to penetrate." Or simply give strands a quick coat of hydration in the A.M. with Conair's new finishing brush, which delivers a touch of argan oil through a preloaded center strip.

Infiniti Pro by Conair Argan Oil Treatment Strip Finishing Brush, \$13; at Walgreens.



You can buy a replacement argan strip (\$4/2) when the original dries out.

# 9

## Bronze in Bed

Contrary to what you might think, tanning right before bed can be the best way to achieve a glow like Jessica Alba's. But you have to choose the right product. Try a mousse, such as St. Tropez Self Tan Bronzing Mousse (\$32/4 fl. oz.; sephora.com), says Santa Monica tanning pro Fiona Locke. Unlike a gradual tanner, this concentrated yet light formula will give you results overnight without staining your linens.



JESSICA ALBA

# 10

## Power Up Your Pillow

It sounds a bit crazy: a satiny pillowcase that fights wrinkles with ions released by copper-oxide fibers. But the line-busting powers of this pillowcase do make sense in theory, says New York dermatologist Heidi Waldorf, since copper "promotes healing and growth enzymes." Even if the case won't turn back the clock, it will prevent sleep lines for side and stomach sleepers, she says.

Illuminage Silk Rejuvenating Pillowcase, \$69; neimanmarcus.com