

# Zzzzz

## SLEEP YOUR WAY TO...

**A glowier face:** Smooth on a serum with glycolic acid every night for a few weeks. Our tester tried Chanel Refining Peel Program Advanced (\$275, chanel.com). "It made my skin much less dull," says senior associate art director Christine Cucuzza. A bargain alternative: an A.M. quickie. Sex makes blood rush to your face, leaving cheeks flushed for hours.

**Whiter teeth:** Use a paint-on kit like GoSmile Advanced Formula B1 (\$89, gosmile.com) every night for a week. You can't overdo it, since it's active for only 30 minutes. "I down five coffees a day," says tester Kristin Koch, assistant to the editor-in-chief, "but this *still* managed to whiten my teeth."

**Straight hair:** You're not dreaming—it's doable! Advice from NYC stylist Takisha Sturdivant-Drew: Rub antifrizz serum on damp hair; then wrap hair around your head section by section. (Starting on your left side, pull a strip of hair to the back, make it taut, bobby-pin, then keep going.) Tie on a silk scarf, hit the hay and undo in the morning.

**Fewer breakouts:** Dab a salicylic acid gel (try Clinique Aene Solutions Night Treatment, \$16, clinique.com) on trouble spots at night to help dissolve breakout-causing gunk. And change your pillowcase once a week, says Elissa J. Lunder, M.D., a Wellesley, Massachusetts, dermatologist. "Hair products can build up on it and lead to clogged pores."

**A smooth complexion:** "Hydration plumps up skin—think of it like a sponge," says Tina S. Alster, M.D., director of the Washington Institute of Dermatologic and Laser Surgery. A rich but nongreasy fix: Lancôme Bienfait Multi-Vital Night Moisturizing Cream (\$46, lancome-usa.com). Pros also recommend sleeping on a fluffy pillow or two flatter ones so your facial tissues drain and you don't wake up puffy.

**Softer heels:** Try Sally Hansen NightTime Heel Repair Ointment and Heel Repair Wrap (\$7 each, at drugstores), which looks like the heel part of a sock. "My feet are usually

so rough, my husband hates when I brush up against him in bed!" says executive fashion editor-at-large Suze Yalof Schwartz. "After a few nights, though, he commented on how much softer they felt."

**Shinier hair:** Rub in a leave-in conditioner at bedtime, like Fekkai Protein Rx PM Repair Strengthener (\$65, neimanmarcus.com). It absorbs quickly and won't mess up bedding.

**Silky arms and legs:** Dove Regenerating Night Lotion (\$8, at drugstores) got raves for its softening powers. To boost the effects, sleep in a long-sleeve cotton tee and leggings; the fabric traps moisture, giving even dry elbows new life.

**Fewer crow's-feet:** Try the new skin patches, like Vichy Meokine Fusio Night (\$36, vichyusa.com). "It was strange to use," reports executive beauty editor Mary MacLean. "You plop a little plastic square on over the cream. But after a few weeks—you do it once weekly—my lines looked less noticeable. I've put a star on my calendar for 'patch day!'"



Can a product really give you better skin

# overnight?



**Sonya Dakar Drying Potion** (\$25, sonyadakar.com)

**THE CLAIM:** "Virtually dries your pimples overnight."

**OUR TESTER SAYS:** "The next day my pimple really did look less mountainlike. It's the big guns." —TRAM KIM NGUYEN, BEAUTY WRITER-EDITOR



**Wexler Intensive Night Reversal and Repair** (\$43, bathandbodyworks.com)

**THE CLAIM:** "Diminishes lines by morning."

**OUR TESTER SAYS:** "No Shiny Face—I could kiss my husband good night! It didn't reduce my fine lines, but my skin felt soft." —GENEVIEVE FIELD, FEATURES DIRECTOR



**Guerlain Midnight Secret Late Night Recovery Treatment** (\$106, Bergdorf Goodman, 212-872-2734)

**THE CLAIM:** "Like sleep in a bottle."

**OUR TESTER SAYS:** "My skin looked fresh—not dehydrated—after a late night out at a work party." —ASHLEY BAKER, ASSOCIATE STYLE EDITOR



**Estée Lauder Advance Night Repair Eye** (\$48, esteelauder.com)

**THE CLAIM:** "The entire eye area looks fresh, rested, less puffy."

**OUR TESTER SAYS:** "I definitely saw a difference, even in my bathroom's brutal lighting." —NINA CARBONE, ASSISTANT EDITOR