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Media Platforms Design Team Media Platforms Design Team 1 Get the most out of a deep-conditioning treatment by squeezing excess water from your hair before applying. This allows it to effectively penetrate the hair shaft. 2 Exfoliate at least once a week. Stash a sugar body scrub in your shower now—when you see it later, you'll remember to use it on legs and arms. Soap & Glory Sugar Crush Body Scrub gets skin super-smooth and has a zesty lemon-lime scent that lingers long after you step out of the shower. (\$17; at Target) 3 Lather up with a hydrating shampoo to protect your hair all winter: Media Platforms Design Team Here's a sneak peek at three new shampoos from the Herbal Essences Hydralicious line. Each has custom hydration levels, so there's bound to be one that's just right for your hair. (\$3.25; available February in drugstores) 4 Lock in moisture Turn the water temp in the shower to warm, not hot (yes, even in the winter!) to prevent stripping the skin of its natural oils. 5 Take better care of your teeth Brush once a week with Crest's Intensive Cleaning Paste. (\$4; drugstore.com) 6 Find a good dermatologist and get a full body scan. Then set up an appointment for six months later. 7 Wear SPF 30 or higher year-round, even during the middle of January, to defend your skin against harmful UVA/UVB rays. 8 Recruit a beauty buddy and make monthly mani/pedi appointments together to catch up. 9 Get a glowing complexion by eating more salmon (it's packed with skin-boosting omega-3s). 10 Make nail polish last longer and avoid staining nails with dark colors by adding a base coat to a DIY manicure routine. 11 Quit smoking (or convince a friend to). Besides the many health hazards, smoking accelerates the Media Platforms Design Team presence of fine lines and wrinkles that pop up as we age—and really, who needs that? 12 Choose beauty products that do more than just one thing for you. You'll save time and get maximum results. c.booth Skin Below the Chin Repair and Replenish Body Moisturizer contains alpha hydroxy acids (AHAs) to naturally exfoliate your skin. (\$7; at Rite Aid) 13 Repair your skin at night. Run a humidifier while you sleep to prevent moisture loss and to keep skin soft. Media Platforms Design Team 14 Brighten up eyes by wearing soft shades of green eyeshadow on lids (a fun, hot hue for spring). Avon Perfectly Paired Dual-Ended Shadow Stick in Seeing Green swipes on with ease—perfect when you're in a rush. (\$8; avon.com) 15 Load up on vitamin C, a potent antioxidant found in broccoli, red peppers, citrus fruits and strawberries, to keep skin healthy and prevent collagen from breaking down. 16 Take years off your face—smile more often. Smiling lifts facial muscles, making you look younger and happier! 17 Get healthy-looking skin by working out three times a week, which will stimulate blood flow and circulation. 18 Lock in colorand increase shine After conditioning, rinse your hair with cool water to close the cuticle. 19 Find your perfect shade of foundation Test colors along your jawline—this is where your most Media Platforms Design Team natural tone can be found. 20 Destress before bedtime Write down your worries—it'll help clear your head. 21 Give yourself a radiant, youthful look: Swirl on soft pink shimmer to highlight cheeks instead of your usual bronzer. Illuminate your face by applying Revlon Powder Blush in Softspoken Pink to the apples of cheeks. (\$9.79; at drugstores) 22 Create a flawless smoky eye by keeping eyebrows well groomed. Eyeshadow will cling to stray hairs below the browbone. 23 To avoid burning your lips (especially when wearing lipgloss, which can attract the sun), put on a lip balm with SPF first. 24 Stop squinting now! It can deepen fine lines and wrinkles around the eyes. A great pair of shades that protect your eyes from the damaging rays of the sun will help. 25 Eat right to look more beautiful According to The Beauty Diet by Lisa Drayer, MA, RD, the top beauty foods (like blueberries, walnuts and oysters) can improve looks. (\$23; amazon.com) Media Platforms Design Team 26 Wear mascara every day (if nothing else!) to appear wide-eyed even before your morning coffee. Maybelline New York Lash Stiletto instantly makes eyelashes look longer and sleeker. (\$8.95; at drugstores) 27 Get stronger, healthier nails Push back your cuticles instead of cutting them—they act as a natural barrier against bacteria. Keep nails in check by stashing the e.l.f. Nourishing Cuticle Pen in your bag. It's rich in avocado and almond oils to moisturize and soften cuticles. (\$1; eyeslipsface.com) 28 Try a trend: Define your eyes with a thin line of teal eyeliner. L'Oréal Paris HIP High Intensity Pigments Color Truth Cream Eyeliner in Teal complements any eye color. (\$12; at drugstores) 29 Take a 5-second time-out each day to spritz on a facial mist, and you'll instantly feel refreshed and recharged. 30 Get teeth whiter and cleaner with an electric toothbrush (so worth the investment!). 31 Want a great way to apply powder and bronzer evenly? Add a kabuki brush to your makeup kit. Media Platforms Design Team We love this Recycled Aluminum Retractable Kabuki Brush from ecoTools. Pull it a third of the way down to swipe on concealer, halfway to blend on blush, and all the way down to apply powders and bronzers. (\$8; eco-tools.com) 32 Rid your heels of dryness Soak feet in a tub of warm water for 2 minutes, pat them dry and use a foot file to smooth over rough spots. 33 Prevent haircolor from fading and rid your scalp of buildup by rinsing out salt, chlorine and chemicals immediately after swimming. 34 Revive tired feet and soothe legs, especially during sandal-wearing season, with a cooling foot and leg spray from Vickery & Clarke. We like how fast the burst of menthol and mint gets you going. (\$7.95; cvs.com) 35 Use a label maker to "stamp" a date of purchase on makeup to know when to toss. Media Platforms Design Team *Purge schedule: Foundation; 1 year, Powder eyeshadow; 1 year, Mascara; 3 months, Blush or bronzer; 2 years, Lipstick; 1 year, Nail polish; 1 year 36 Don't be tempted to scratch bug bites on your legs and arms, or they may scar. Keep a tube of Cortaid on hand to stop the itch. (\$8.50; drugstore.com) 37 Find yourself a sole mate (a comfy pair of heels, that is!). Look for a pair that you can quickly slip into and feel ultra-glamorous. 38 Take shade from the sun with a crushable (so it travels well), wide-brimmed hat to cover your shoulders when poolside or while at the beach. 39 Improve uneven skin tone when strapped for time by applying foundation like a face lotion. 40 Sterilize your metal beauty tools (nail clippers, tweezers, etc.). Use tongs to carefully place them in boiling water for 15 minutes—the amount of time it takes to kill bacteria. Media Platforms Design Team 41 Rejuvenate skin by applying an antiaging serum daily (we're not getting any younger!). CoverGirl and Olay have joined forces to create Simply Ageless Foundation. Antiaging serum is swirled in to glide over fine lines for a smoother surface. (available in 15 shades, \$14; at drugstores). 42 Give new beauty products time to work before you decide to toss them aside. Be patient—you'll need at least four weeks of use to see any real difference. 43 Get hair trimmed every six weeks. Hair that has dry, split ends takes longer to style and is harder to work with. Book your next hair appointment while at the salon so you won't forget. Media Platforms Design Team 44 Switch to an all-natural lipstick. (Did you know we eat at least 4 pounds of it in our lifetime? Gross!) Physicians Formula Organic Wear 100% Natural Origin Lip Veil has six gorgeous hues (Organic Rose, Nude, Plum, Spice, Sheen and Ginger) that give lips soft shine and look great on everyone. (\$8; at drugstores) 45 Compliment at least one person a day and start a "feel good about yourself" chain. 46 Keep your hair shining by skipping a day or two between hair washes. This helps prevent you from stripping your hair of natural oils that nourish the scalp (and saves you money on shampoo and conditioner!). 47 Be kind to the environment Never throw away liquid foundation or any other creamy cosmetics—they can harm aquatic life. Instead, pour these liquids into cat litter and wait for it to be absorbed before tossing in the trash. 48 Have your feet measured their size can change over time, and badly fitting shoes make feet dryer, rougher and harder to repair. 49 Treat your neck and décolletage as an extension of your face: Use cleansers, lotions and serums on them, too. 50 Cleanse your body of toxins and wake up skin by squeezing fresh lemon juice into two of the Media Platforms Design Team eight glasses of water you drink a day. 51 Give yourself a head massage once a month with a hot oil treatment to help soothe and repair a dry scalp. 52 Apply fragrance the right way (a spritz on each wrist). Applying it on one wrist and rubbing it on the other breaks down the scent and causes it to fade quickly. Try a new scent this year. We like the combination of woody, spicy and floral notes in Lancôme Paris Magnifique. (\$65; lancome-usa.com) wd This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

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