

beauty

# Sleeping Beauty

Achieve a stunning glow from head to toe with treats that work overtime while you sleep

BY ANDREA ARTERBERY

Rest beautifully with minimal effort.



**1.** Strengthen and moisturize hair while you snooze. Top stylist Ted Gibson believes overnight hair care is so important that he created a product specifically for it: **Goodnite Replenish Hair Repair Serum** (\$200, Saks Fifth Avenue). Catch some z's while protecting your hair against breakage with **Neero & Ana Satin Pillowcase** (\$30, single standard pillowcase, neero-ana.com).

**2.** Spritz your linens with **Bath & Body Works Aromatherapy Pillow Mist** (\$10, Bath & Body Works stores nationwide) for a seductive shortcut to sweet dreams.

**3.** Removing makeup is a nightly must. Make it fast and efficient with **Clinique Take the Day Off Makeup Remover for Lids, Lashes & Lips** (\$16.50, clinique.com). For a deep cleanse that will help keep acne at bay, Santa Monica, California, dermatologist Ava Shamban advises coming clean with a product that contains salicylic acid. Try **Ambi Even & Clear Foaming Cleanser** (\$7, drugstores nationwide).

**4.** Give overly stressed skin a boost with **Estée Lauder Advanced Night Repair Concentrate** (\$85, fine department stores). After only two weeks of nightly use, your "skin will be glowing and a new complexion will emerge," says Daniel Maes, Ph.D., senior vice-president of research and development for Estée Lauder Worldwide. Got a zit on the eve of a big day? Dab on **Bliss Change Your Spots Overnight Acne Treatment Gel** (\$32, blissworld.com), and by morning it will seem as though your pimple were just a bad dream.

**5.** Promote supple skin overnight with **Dior Capture Totale Rituel Nuit** (\$125, Dior beauty counters nationwide), which hydrates and firms.

**6.** End your day with **Origins Float Away Sleep-Inspiring Milk Bath** (\$22.50, origins.com) to melt tension away.

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