

look beautiful instantly

15 five-minute-or-less fixes for a flawless complexion, shiny hair, kissable lips—and more. BY JESSICA GIRDWAIN PHOTOGRAPHS BY ERICKA MCCONNELL

HEALTHY skin

■ Get a Glow

As skin starts to lose elasticity and sag, shadows form. Look more luminous by applying white eye shadow to four key points: the inner corners of the eyes, the brow bones, the temples and above the peaks of your upper lip, says Darac, a celebrity makeup artist in New York City. Light skin tones look best with a white shadow that has cool blue undertones; darker complexions need a complementary golden or off-white version. (A pick that's flattering on everyone: Peter Thomas Roth Anti-Aging Eye Illuminator, \$28, peterthomasroth.com.)

▶ Erase Wrinkles

Cover your face with a towel soaked in hot water for 10 seconds, then spread on a thick layer of cream or a moisturizing mask. "The heat swells pores, allowing the line-plumping ingredients to sink deep into skin," says FITNESS advisory board member Howard Murad, M.D., an associate clinical professor of dermatology at the University of California at Los Angeles. Cut and place pieces of plastic wrap over cheeks, chin, nose and forehead to seal in hydration; remove and tissue off after a few minutes.

■ De-puff Morning Face

Woke up looking bloated? "Sleeping facedown causes fluid to pool under skin, and eating sodium-rich foods—such as last night's Chinese takeout—makes you retain water," says Yael Halaas, M.D., a facial plastic surgeon in New York City. The solution is in your freezer. "A bag of frozen vegetables, especially peas or corn, conforms to the face perfectly, bringing down swelling in about five minutes," Dr. Halaas says.



QUICK FIX
Ahava Intensive Hydration Mask, \$28, ahavaus.com, suits all skin types.