



DAY  
20

### Double Up On Mascara

Apply a volumizing mascara to make lashes fuller. (Look for a brush with thick, closely set bristles.) Then, while lashes are still wet, top them with a lengthening mascara (rubbery bristles or comb tips work best) to declump, says Philippe Chansel, creative director of Ready to Wear Cosmetics in NYC.

I tried it



DAY  
22

### Apply stylers strategically

Target bottom layers of hair with styling products first, then apply a smaller dose to top layers, says Michael White, a stylist in L.A. You build your style's structure and avoid a greasy or stiff look.

I tried it

DAY  
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### Warm your body lotion

Before slathering chilly lotion all over, heat a handful with your hair-dryer until warm. (To avoid causing a mess, set your dryer on low and aim it down toward your palm, no closer than 3 inches away.) You'll be more likely to cover your whole body—and ensure soft-as-silk skin—when your routine has a pampering spin.

I tried it

DAY  
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### Avoid dark drinks

"Dark soda is the number-one tooth stainer because of the colorant added to cola," Dr. Rozenberg says. But red wine, coffee and deep-colored juices are culprits, too. Switch to beverages that are light (Chardonnay, chamomile tea) and clear (flavored seltzer, white grape juice). Or limit dark ones to two a day. "When possible, drink through a straw to minimize stain contact on your teeth," she suggests.

I tried it

DAY  
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### Bronze Better

For sun-kissed skin, apply bronzer in the shape of a W: Start at your temple, brush down your cheekbone, up the bridge of your nose to your forehead, down the other side of your nose and up the other cheek to the temple. And use the sides of your brush bristles—not the tips—to blend color, says Matin, a makeup artist in NYC. The shafts spread pigment more evenly.

I tried it

Physicians Formula  
Mineral Wear  
Bronzing Veil, \$12

