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46

Beauty

GOOD LIVING

All Systems Go

If your mornings are manic and your evenings are exhausting, it's time to tune up your beauty routine. These simple shortcuts will streamline your steps, unclutter your shelves, and make every minute (and product) count.

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Cabinet Positions

For autumn's ease, designate shelves for morning and nighttime products. Or arrange items from head to toe: hairstyling products on top and facial formulas in the middle, all the way down to body and foot balms.

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MORNING SHORTCUTS

Multitask in the shower

Try this four-in-one move: In the couple of minutes it takes for conditioner to soften strands, lather up your body, brush your teeth (gargling will be surprisingly speedy), and detangle your hair with a wide-tooth comb; then rinse.

Cut drying time and fight frizz

Styling sopping-wet hair is a hard no, as is blow-drying in the bathroom you just steamed up from showering. Blot strands well with a microfiber towel (like DevaTowel; \$20, devaurl.com), then step into a cooler, more arid spot for the rest of your—fancy accent alert—coiffure.

Straighten hair faster

Replace your round brush with a rectangular boar-bristled paddle-style one. It acts like an ironing board for large sections of hair, says Lucy Garcia Plank of the Salon at Bergdorf Goodman, in New York City. We like the Spornette DeVille Paddle (\$14, houseofbeautyworld.com).

Put your part to work

Zig-zag it to hide gray roots, or flip it to the other side for volume.

Don't waste time rooting through your makeup. Organize products by purpose (powder, blush) or color family (lipsticks), and have them at the ready.

Make an SPF cocktail

Combine makeup and sunscreen into a single step. For fail-safe coverage, New York City dermatologist Arielle Kauvar suggests mixing a few drops of foundation into a dollop of tinted sunscreen, like LaRoche-Posay Anthelios SPF50 Tinted Mineral Ultra Light Sunscreen Fluid (\$34, laroche-posay.us).

Rethink the order of your makeup

Apply foundation before concealer, and mascara before eye shadow or liner. You'll need a lot less of the second items—maybe none at all.

Get grooming

Running late? A little lip color goes a long way, then just smooth brows with a toothbrush spritzed with hairspray and sweep hair back. These quick steps make you look polished and pulled together.



OVERNIGHT SUCCESSES

Wash away the day

As soon as you get home, wash your face and apply nighttime skin treatments—now you can officially relax. (No need to cleanse again in the a.m.) Makeup pro Andrew Sotomayor suggests using an oil-based formula to make quick work of mascara and stubborn cosmetics. (Our

pick: DHC Deep Cleansing Oil; \$28, dhccare.com.)

Optimize antiaging

To ensure that a retinol is ultra-effective, don't layer on ingredients that may cancel out its benefits. Save anything containing benzoyl peroxide or alpha hydroxy acids (AHAs) for morning, advises New York City dermatologist Heidi Waldorf.

Get some (faux) sun

Smooth self-tanner onto your face before bed, says makeup artist Kimara Ahnert. Use a nontinted one like Tan-Luxe Sleep Oil (\$51, tan-luxe.com) which won't stain pj's or sheets. You'll wake up with a glow, and need less makeup.

Stop tomorrow's sweat

Apply antiperspirant deodorant at night so it can adhere to sweat ducts while you doze, says Kauvar. That's one less step in the morning.

Relocate a soothing night cream

Keep a jar by your bedside table to provide a final layer of moisture and a tension-relieving ritual, says Sotomayor. We like L'Oréal Revitalift Triple Power Intensive Skin Revitalizer (\$25, lorealparisusa.com). Before hitting the sack, gently massage it into your temples, brow furrows, jaws, and neck.