



December 2017 Issue

O, Beautiful!

GOOD TERMS
For the past couple of years, hygge—the Danish idea of cozy contentment—was all the rage. Now prepare to add lagom (LAW-ə-gohm) to your vocabulary. The Swedish concept of “not too little, not too much” is about finding happiness by seeking balance in all aspects of life. Sounds just right for 2018!

Heavenly Peace

» A calendar filled with fancy fetes, last-minute gift giving, and festive decorating can leave you feeling more overwhelmed than overjoyed. For every harried holiday moment, we've got a **DIY spa treatment** that will lift your spirits. *By Melissa Goldberg*

THE MALL MAULING
You just finished a marathon holiday shop, hitting up everything from Target to Talbots—and now exhaustion is hitting back. Few things are as restorative as a nice long soak in the tub. Up the spa factor by turning on some slow, soft tunes; switching off overhead lighting; and

burning a couple of candles. (If they're scented with lavender or bergamot, all the better; both may help reduce anxiety and stress.) While the chilly weather might tempt you to go heavy on the hot water, it's best to keep it lukewarm—anything hotter could dry your skin by stripping it of natural oils. For maximum skin softening, skip the bubble bath, which contains moisture-depleting soap, and use a bath oil instead. (To make your own, mix eight to ten drops of lavender

or bergamot essential oil into an eight-ounce bottle of sweet almond, coconut, or jojoba oil and gently shake, recommends Victoria Roth, an aesthetician at Miraval Arizona Resort & Spa in Tucson.) After 15 to 20 minutes, step out and apply a hydrating body lotion (choose one with the same scent as your bath oil to keep the olfactory peace) while skin is still slightly damp.

THE HO-HO-HANGOVER
You were out late enjoying the office's Secret Santa swap and an eggnog or three. This morning you look like the Ghost of Christmas Past-My-Bedtime.

Hit reset by placing chilled green tea bags over your eyes. “The tea is packed with caffeine, which helps reduce dark circles and puffiness by constricting blood vessels in the area, and it also contains polyphenols, antioxidants that can help decrease inflammation,” says Heidi Waldorf, MD, associate professor of dermatology at the Icahn School of Medicine

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at Mount Sinai in New York City. Soak two bags in cold water and gently squeeze out the excess liquid, then lie down and place them over your eyes and lower lids for 15 minutes. Too much work? Any chilled compress will help. "My go-to solution is 2nd Skin burn or blister pads, which I store in my fridge," says Waldorf, who cuts one disk in two and applies a half under each eye.

THE WINTER WASHOUT

After weeks of cold, blustery weather, your complexion is just as dreary.

To get your glow back, exfoliation is key. When dead cells pile up on the skin's surface, they prevent your skin from reflecting light, which dulls your complexion,

says Debra Jaliman, MD, assistant clinical professor of dermatology at the Icahn School of Medicine. To buff away those cells with a DIY scrub, combine two tablespoons of finely ground oatmeal, one tablespoon of honey, and one tablespoon of water, forming a paste. Massage it onto your face and rinse with warm water. For added radiance, you can also make a yogurt and honey mask. Blend a quarter cup of plain Greek yogurt with two tablespoons of honey, then apply the mix to your face and neck. Rinse after five minutes. "To really feel refreshed, chill the mask in the refrigerator first," recommends Elizabeth Tanzi, MD, associate clinical professor of dermatology at the George Washington University School of Medicine & Health Sciences.



THE HURTING HANDS

You've wrapped a gazillion presents, and your fingers are so stiff, you can barely tie the last bow.

The best (and most luxurious) way to release all that tension? Treat your hardworking hands to a little R&R using this massage plan from Lara Katsman, head massage therapist at Haven Spa in New York City.

1. Thoroughly shake out both hands for several seconds, making sure to also wiggle your fingers.
2. Flex the fingers of your left hand, spreading them as far apart as possible, and hold for 15 seconds. Then make a tight fist and hold again for 15 seconds. Repeat the sequence five times.
3. Using your right thumb and index finger, massage each finger of your left hand. Starting at the base, gently twist and pull as you work your way up. Finish by squeezing each fingertip for a few seconds.
4. With your palm facing the floor, bend your left wrist up toward the back of your hand and down toward the palm, then tilt your hand left and right a few times.
5. Focus on your He Gu (or LI4) point—an acupressure spot used to decrease stress and relieve pain throughout the body; it's located at the highest point of the muscle between your thumb

and index finger. Squeeze it for 30 seconds by placing your right thumb on top of the point and your right index finger on the palm side.

6. Repeat steps 2 through 5 on your right hand.

THE TOO-POOPED-TO-PARTY HAIR

A social calendar full of celebration has given your hair major burnout.



Whip up a nourishing hair mask using antioxidant-rich coconut oil and avocado. "Coconut oil is one of the few natural oils proven to penetrate the hair shaft, so it can help strengthen from within," says Francesca Fusco, MD, assistant clinical professor of dermatology at the Icahn School of Medicine. "Plus, it can protect against heat damage." To make your mask, mix a mashed avocado with a teaspoon of the oil. (If you've noticed increased hair shedding, you can add a couple of drops of rosemary oil, which, one study suggests, can act similarly to the hair loss medicine minoxidil.) Apply from roots to ends, leave on for ten minutes, and shampoo and condition with products labeled FOR DRY SCALP. "When the scalp is healthy, your hair follicles produce stronger, thicker strands," says Fusco.