

# beauty

Haven't been getting enough zzz's? Here's how to look and feel gorgeous no matter how sleep deprived you are! Read on and recharge... By **Nikki Yazxhi**.

# expresso

## re-energise your skin

Tips from Kay Andrews, beauty therapist and salon owner of The Lounge Hair and Beauty in Darlinghurst, Sydney.

- **max-up the moisture** When you're over-tired and your face looks dull, you need a richer moisturiser and don't forget to apply plenty of eye cream.
- **bag morning-after eyes** To reduce redness and swelling around your eyes after a big night, soak cotton balls in cold milk, squeeze out excess and place over closed eyelids for five to 10 minutes.

## recharge your body

- **scrub up** Invigorate your whole body with a pre-shower scrub made from dampened sea salt. Rub for at least one minute to get the blood flowing.

## shower power

Just before taking a shower, sprinkle a few drops of essential oils onto the floor of your shower, close the door, run the hot water and inhale. For a morning-after mood-boost, try a reviving blast of rosemary with a few steady drops of lavender. To re-refresh and revitalise, try a few drops each of rose and geranium to balance your energy levels.

Alternate blasts of hot and cold water to pep up your circulation and boost energy.

## make-up magic



International hair and make-up artist Kevin Murphy reveals how to wake-up with make-up.

- **forget the foundation** Putting on a thick foundation will sit in sleep-deprived lines and make them look more obvious. Use a tinted moisturiser instead, or mix a dollop of foundation with your moisturiser and apply.
- **go blue** Navy mascara on lashes casts a reflection, making your eyes sparkle. Black mascara on the tips of your lashes makes the whites of your eyes whiter.
- **curl up** Use an eyelash curler before your mascara to open up eyes and make you look more awake.
- **brush work** Brush your eyebrows up to enhance the arches and wake up your whole expression.
- **puff away** Make eyes appear whiter and less puffy by sweeping a bronzer across your lids.
- **bright eyes** Gently apply white or pastel pale blue eyeliner along the inner rims of your lower lash lines. This instantly brightens your eyes.
- **get cheeky** Put some healthy colour back into your cheeks, says Murphy.
- **red alert** Wearing red lipstick draws attention away from tired eyes.
- **quick trick** If you need to revive your foundation during the day, place a clean tissue over your face, spritz it with a water spray and then peel it off.

## tired hair help

- **rise and shine** "If you wash your hair in the morning, rinse it with blast of cold water to make hair shine and wake up your whole system," says Murphy.
- **turn up the colour** "If you haven't coloured your hair in ages, brush a little matte eyeshadow that's the same shade as your hair onto your roots."

## wardrobe wake-up

"Don't be tempted to wear your favourite slouchy clothes when you're over-tired – you'll just feel frumpy," says Amanda Newman, Cosmopolitan magazine's fashion director. "Dress up a little to boost your energy and your mood."

"Wear materials that breathe, such as cotton, and avoid anything too restrictive."

## desk yoga

"If you're sleep deprived the first thing you need is energy," says personal fitness trainer and Ki Yoga Instructor Janie Larmour.

"Ki Yoga works your energy fields to supply you with vitality and energy," she says. "Try this Ki Yoga move for maximum vitality."

"Breathe in as you raise your tight fists over your head. Hold your breath and pound gently into your upper chest and exhale. Breathe in with fists raised again, hold breath and then pound into the lower ribs and up the edges of the rib cage to the sternum. Exhale and release. Breathe in again, then hold your breath and punch the air above strongly 10 to 20 times, then exhale."

## water vs coffee

"Coffee is dehydrating and the more dehydrated you become, the more tired you'll look and feel," says Andrews.

"Instead, drink water or green tea to hydrate the body to relieve lethargy and plump up the skin. And eat fresh fruit (high in energy-boosting vitamins) rather than comfort foods containing empty kilojoules."