



Balmain

NEW YEAR NEW YOU

Sure, it would be great to stay in celebration mode forever, but eventually you have to hit the reset button on your life. Here, 10 easy ways to do it. By Anne-Marie Guarnieri

1 BE RADIANT If you buy only one new skin-care product during the long, dry winter months, make it a luminosity-enhancing serum, such as Kypris Beauty Elixir III Prismatic Array (\$150). It's chock-full of antioxidants like vitamin C, which brings tired, dull complexions into the light, and is gentle enough for those who have sensitive skin.

2 BOOST YOUR LASHES For an instant eye-brightener, reach for a tube of Maybelline New York The Falsies Push Up Angel Mascara (\$9.49). Its name is as long as its staying power but more important is its brush—a fan-shaped, short-bristled wonder—that ensures curled, are-they-real-or-not? lashes with every swipe.

3 GET FULLER HAIR Nutrafol (\$88), a blend of marine collagen, hyaluronic acid, and vitamin E, is the buzziest hair-growth supplement around. Riawna Capri, who tends to the manes of some of Hollywood's A-list (Jennifer Lawrence, Selena Gomez), swears by it. "I have seen a huge difference with my clients after taking it for three months," says Capri. "Their hair is so much thicker, especially around the hairline."

4 SHOP WISELY Lifestyle guru Gwyneth Paltrow's *Goop Clean Beauty* is packed with advice on how to choose the right beauty products and how to eat better as well as clean-living tips like "Energy, enthusiasm, and glowing skin do take you pretty far, actually." Amen to that.

5 REPLACE YOUR LIPSTICK Red lip color will wake up your face in a flash. Our pick: Nars Velvet Lip Glide in Mine-shaft (\$26). This poppy shade is flattering on most skin tones, and it goes on like a dream, leaving behind rich, high-impact color that wears evenly and keeps lips soft all day long.

6 FIND YOUR ZEN Get an Apple Watch for the holidays? Go launch its built-in Breathe app. "Wait," you may be thinking, "I don't need an app to tell me how to breathe." And you would be right, but it does much more than that: It blocks out time for you to meditate, which studies have shown can significantly reduce stress and anxiety in just minutes. For non-Watch-havers, the Headspace app (from \$6.24 per month) is a good option.

7 WHITEN YOUR SMILE Already a devotee of Crest Whitestrips? The newest version, Crest Whitestrips With Light (\$99.99), is souped-up thanks to the addition of blue-light technology, which works in conjunction with the strips you know and love to accelerate the whitening effect.

8 EXERCISE ANYTIME, ANYWHERE You can get a serious workout with the Cody app (classes from \$9.99), if you have access to a screen (yes, your phone counts). Big-time trainers (Ashley Galvin, Jacquelyn Umof, Dylan Werner) coach you through yoga, Pilates, HIIT, and barre classes streamed to you, on your schedule.

9 REPAIR YOUR HAIR Restore overworked strands to peak condition with b3 Demi Permanent Conditioner. This in-salon treatment combines the deep hydration of a mask with the rejuvenating qualities of a bond builder, leaving hair stronger and softer for up to 12 shampoos (from \$45).

10 SELF-TAN SMARTER Tan-Luxe takes the guesswork—and the smell—out of at-home tanning. Add a few drops of The Face (\$50) or The Body (\$60) to your moisturizer or body lotion of choice, and smooth evenly on your skin. In a few hours you'll develop a natural, streak-free glow (without staining your sheets or clothing). Want deeper color? Use more drops. Simple. ■