



## The Proper Amount of Rest is Golden But Here's A Few Beauty Tips To Make It Without A Good Nights Sleep.

**Tip 1: Shut it down** – electronics that is. Before going to sleep, shut down all electronics – that means TV, computer and, yes, your blackberry. These all are stimulants for the brain, and if you're answering emails in bed at 10 p.m., you're going to have a difficult time getting to sleep. Hit the power switch at least an hour before bedtime.

**Tip 2: Get up ... NOW!** Once the alarm goes off, get out of bed immediately. Snoozing is not sleep; it's just prolonging the inevitable.

**Tip 3: So now that you're up – do something.** Try a morning workout to get motivated and feel energized for the day. Take a quick run or hit an early morning spin class. Be sure to challenge yourself first thing and then see how much easier your morning commute feels.

**Tip 4: Hydrate.** Great-looking skin isn't just about what you put on it, but also what you put in your body. Skip that morning cup of coffee, which can be dehydrating, and drink a glass of ice water instead. The cold water will not only give you a kick in the morning, but also help hydrate skin, leaving it looking and feeling refreshed.

**Tip 5: Wakeup and fake it!** Use a hydrating and stimulating makeup like Almay Wake-Up Makeup – a favorite of celeb Kate Hudson. This product contains essential minerals and ingredients, such as cucumber and aloe, which soothe and hydrate skin. It also has first-of-its-kind encapsulated water technology – once the powder touches your skin, it releases a cooling sensation that gives you an added boost in the morning.

**Tip 6: Do NOT skip breakfast.** You've worked out, you've hydrated, you're looking gorgeous. Why deny your body the nutrients it needs to keep it looking and feeling refreshed by walking out the door without grabbing a quick bite?