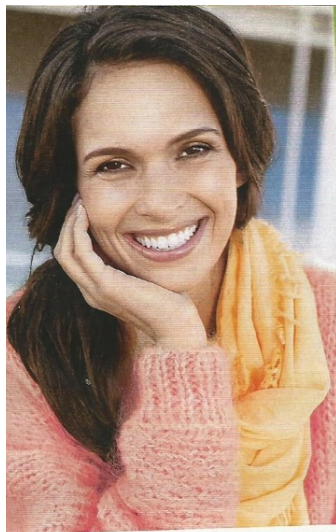


for women First

April 1, 2019



beauty now

style

Look good, feel better!

The tail end of flu season runs right into the start of spring sniffles, leaving behind beauty-busting side effects like a red nose, tired eyes and parched lips. To the rescue: easy healers and quick concealers that will ensure a radiant, rejuvenated and refreshed you in no time

Cracked, dry lips?

When our nose gets stuffed, we end up breathing through our mouth. This dehydrates lips, leaving them prone to painful and unflattering cracks.

HEAL IT: Slather lips with a DIY salve made from petroleum jelly and vitamin E. "Fat-soluble vitamin E easily absorbs into skin for more hydration and moisture between cells," explains Dr. Guanche. "And petroleum jelly traps the vitamin E oil onto the lips, reinforcing its healing actions." Simply combine a pea-sized amount of petroleum jelly with the oil from one capsule of vitamin E, then apply to lips before bed and leave on overnight. You'll see a difference by morning.

HIDE IT: The light-reflective qualities of a glossy lip balm visually blur lip lines and cracks. Opt for one made with natural butters like cocoa and shea. They're packed with fatty acids that deeply moisturize and form a protective barrier over skin so lips remain soft and smooth. One we like: Mario Badescu Lip Balm (Ulta.com).

Raw, chapped nose?

Ouch! All that tissue use can scratch up and inflame the nose's sensitive skin.

HEAL IT: Dab coconut oil onto nostrils twice a day for lasting relief. "Its hydrating compounds aid in repairing the skin barrier, while its antibacterial and anti-inflammatory properties help heal wounds," says Bella Skin Institute dermatologist Anna Guanche, M.D.

HIDE IT: Dab on a concealer infused with *hyaluronic acid* (we like Neutrogena Hydro Boost Hydrating Concealer, Walmart.com). It covers any redness and the ultra-hydrating acid moisturizes skin to thwart irritation fast.

Dark, puffy circles?

Pressure from nasal congestion can swell blood vessels under the eyes, leading to puffy, blue-tinted bags.

HEAL IT: Soak two cotton pads in cold milk, place on eyes for five minutes; rinse. Milk is an anti-inflammatory that eases swelling while the cool compress shrinks blood vessels.

HIDE IT: Apply a peach corrector (like Pixi by Petra Correction Concentrate in Brightening Peach, Target.com) above and below (not on) bags. The placement optically recedes puffiness and the blue-canceling hue neutralizes dark shadows.

READER POLL

Would you ever...wear oil-infused panty liners?

We asked 100 FIRST readers & staffers to weigh in and...

Panty liners that do more than just absorb moisture? That's the claim of The Honey Pot Company Everyday Herbal Liners (\$7 for 30, TheHoneyPot.co). The plant-based products are infused with essential oils like lavender and mint that fight odor, ease cramps, reduce dryness and "cool" the area for a fresh feeling. But can a liner really do all that? **Our verdict:**

We're split!

"These definitely lived up to their 'cooling effect,' though I wouldn't choose them over my regular liners because I felt a little irritated by the end of the day."

—Tara Hans, FIRST managing editor

**64%
said
no!**



"They have a nice scent and created a slight tingling sensation that was a bit odd, but really did help make my pre-period cramps much more bearable."

—Melissa Sorrells, FIRST senior health editor