

Hey, bright eyes

"WAKEUP" CURES FOR ANY SET OF PUFFY PEEPERS

TARA J. OOLIE OF JUST CALM DOWN IN NYC SHARES TIPS ON HOW TO ACHIEVE THE SPA'S SIGNATURE DE-PUFFING EYE SURRENDER TREATMENT AT HOME: Massage one ice cube gently around each eye in a circular motion until it's melted. This will de-puff the eye area and stimulate blood circulation. Place warm, drained chamomile and green tea bags on your eyes for 20 minutes afterward. Still looking dead to the world? Try these:

1 NEUTROGENA HEALTHY DEFENSE DAILY EYE CREAM, \$11.99, is packed with an SPF of 30 and a tint of color to help lessen the look of raccoon eyes and prevent future damage from UVA and UVB rays.

2 POND'S AGE DEFYEYE, \$14, is a "swirl" of antiaging cream and gel that may reduce the appearance of puffiness and firm the delicate skin around your eyes.

3 FREEMAN TOTAL EYE RESCUE HYDRATING EYE PADS, \$9.99, are infused with vitamin K to alleviate puffy lids and dark rings. The cucumber scent and cooling sensation will make you think you're at the spa.

Q+A

I've heard about removing hair by threading, but I'm afraid to try it. Does it hurt? Is it sanitary?

Threading is an Asian and Indian custom of hair removal now popular in the States. Usually a "threader" holds one end of a thread in her mouth and, using both hands to make it tight, quickly lassos the thread around the hair, pulling it out by the root. Although it may sound like a torture method, it's actually less painful than waxing. It's even recommended by dermatologists for people on Accutane or Retin-A, since it doesn't involve the use of chemicals or wax. The thread is placed in the threader's mouth to hold it in place, but that part never touches your skin, so there's no worry about fluid exchange (and a new thread is used each time). The cost is comparable to waxing, ranging from \$5 to \$50 at salons. For more information, check out www.shobhathreading.com.



Trust us,
you have
to try...

Attention, Solar Oil cult members: SolarBalm, \$9.95, a spill-proof, on-the-go version, is born! This emollient balm is more than just a conditioner for your nails and cuticles—it has jojoba oil, vitamin E and sweet almond extracts that also help soothe chapped lips, paper cuts and rough patches on elbows, knees and heels. Instead of picking at your tips when you're stressed, rub on a dose of this replenisher.

***PSST!** IN A PINCH TO DE-PUFF? PUT COLD SLICES OF CUCUMBER ON YOUR EYE AREA FOR 5–10 MINUTES.

CHA-CHING VS. CHEAP

Not only does pumpkin taste yummy in pies, it also contains nutrients that help reverse the signs of aging. The Pure Simplicity mask is great for moisturizing your face, while Body Systems' peel works on face, hands, body and feet. (Log on to www.ForMeMagazine.com/winme between September 6 and October 6, 2005, for a chance to be one of 10 readers to each win the Body Systems Pumpkin Facial Peel. No purchase necessary.)



BODY SYSTEMS
PUMPKIN FACIAL
PEEL 4 oz
\$27



PURE SIMPLICITY
PUMPKIN PURIFYING
FACE MASK 8 oz
\$16