



Check out the BlackBook Guides on your iPhone!

Current City: **New York**Other Cities: [Los Angeles](#) | [Miami](#) | [Las Vegas](#) | [San Francisco](#) | [Chicago](#) | [Washington DC](#) | [London](#) | [Paris](#) | [Sao Paulo](#) | [All Cities...](#)

NEW YEAR'S EVE

2010

THE HOTTEST PARTIES, THE COOLEST VENUES...
THE BIGGEST NIGHT

TICKETS ON SALE NOW!

BROUGHT TO YOU BY
NYEC
NewYearsEveCentral.com
joonbug.com

BlackBook Guides



RESTAURANTS | New
BARS & CLUBS | New
SHOPPING | New
HOTELS | New

DOWNLOAD BLACKBOOK GUIDES FOR IPHONE!



Latest Fashion Picks



BlackBerry Bold 9700
Rembrandt Two Hour
Whitening Kit
more...

Surviving the Holiday Party Circuit

By Sharon Feiereisen

December 10, 2009



One could've assumed the 2009 holiday season would turn out to be a Grinch's delight, but the general consensus -- best evidenced by overflowing Facebook-invite sections -- the holiday party circuit's as busy as ever. Besides the anxiety that comes with finding a dozen "festive attire" outfits, dealing with recently expanded waistlines makes getting hyped about seeing all those friends and family members you don't see on a regular basis all the more challenging. To that end, here're some quick-fix finds to help enhance your spirits for the nights you'd like to remember and some to ease the mornings you'd like to forget.

Functionalab, a line of health and beauty nutritional supplements (available exclusively at [Henri Bendel](#)), has come-out with [Immune Health Drops](#) (\$30). The soluble drops can be added to water or juice to help boost your body's natural defenses against all those [Crumbs holiday cupcakes](#) and spiked drinks you're likely consume, while their [Energy Tonic](#), is like Red Bull on speed...drink with caution. If getting cracked-out on Acai and the likes isn't up your alley, you can go the more traditional caffeine route with everything from [caffeinated lip balm](#), to caffeinated eye creams like the celeb-favored one, [Dr. Brandt's Flaws No More r3p Eye](#).

For more of a pre-going out zen moment, the hottest selling Christmas gift in Sweden, [Nail Mats](#), just hit the U.S. Basically: a thin rubber foam pad, covered in cotton fabric and filled with plastic disks each of which have a number of sharp spikes on them, the mats aid in everything from decreasing high stress levels to increasing metabolism by causing a high level of endorphin release. The catch? Pain's the name of the game if you're a beginner (though even some newbie-users have reported being relaxed to the point of falling asleep). To help sooth the exquisite pain, [Bach's Rescue Balm](#) hydrates lips while calming the body via the same five homeopathic flower essences found in the original [Rescue Remedy Spray](#) (plus it's pocket size so you can bring it along to keep your lips pucker-ready in between dehydrating shots of Patron). Beyond lips, the holidays are big on shimmer and shine, though self-restraint in this arena to avoid looking like the product of one of MTV's [Jersey Shore](#) Guidettes, is strongly recommended.

First, [prep the face with an Orlane Lightbox](#), which in mere minutes helps refresh and sooth skin. Post mask apply a [primer like the one from Mineral Fusion](#) to keep the fruits of your preparatory labor in tact and then, because no one (unless maybe they're pregnant), glows naturally, check-out [Sensai by Kanebo's Platinum Coffret Set](#) (available exclusively, for limited-time, at [Bergdorf Goodman](#), which consists of a velvet party clutch containing platinum shimmer powder, body lotion formulated with platinum particles, and an application brush. Since you're already at Bergdorf, might as well go all out and stop by the Orlane counter where us plebeians can get our hands on J.Lo's famous hairstylist's [24K Gold Pomade](#) for sparkling highlights. Top it all off with some seriously high-impact (we're talking criss-crossing, side-sweeping, glitter-filled, crystal-topped, multi-colored craziness), [faux lashes from Illamasqua](#).

When it comes to the bod, fake bake with [St. Tropez](#), and then--because your packed party schedule leaves no time for sick days--apply [SpaRitual Instinctual Oil](#) to balance your root chakra and energize your mind and body (i.e. it's formulated with essential oils to ease cold and flu symptoms, nausea, muscle aches, and combat poor circulation). Once you're on-the-go you can touch-up via [Kiss My Face Olive My Body](#) to prevent dry spots. Before heading-out though don't forget some musk-heavy perfume to lure the opposite sex towards the mistletoe. When it comes to sprays, [Tom Ford's White Suede](#) takes the cake, while [Crazylibellule](#) and the Poppies' appropriately named [Le Baton Ensemble Ce Soir](#), is perfect for touching-up once mid-party-hopping (don't forget your Listerine...and to thank us when Tom Ford and the Poppies get you lucky).

Once out-and-about, [Shobba's](#) pocket-friendly, unscented, [alcohol-free spray hand sanitizers](#) allow you to be discreetly health-conscious while meeting lots of potential flu-carrying party-goers. And, speaking of discreet, don't forget that with Tom Ford spritzed on your body you might need an extra pair of underwear. To that end [Flingz](#) [thongs](#) come in packs of 3 individually-wrapped, folded thongs that you can conveniently slip into even the tiniest clutch.

Post one late-night and pre the next, pop into [Eve Salon for a Pampermint Pedi](#). It uses all peppermint products to refresh muscles and sooth the skin, includes a long massage, a scrub, a candy cane, and some all-natural hot cocoa (available spiked--how's that for some day-time holiday cheer?). For an at-home alternative Soap & Glory has got their [Spa Heel Genius Foot Mask](#), while any diuretic-induced moisture loss can be revived by [Orbe's Signature Moisture Mask](#) and [Oncorovicza's Illuminating Moisturizer](#).

Lastly, NYC's [Jillian Wright Clinical Skin Spa](#) has got a sleep machine that in 20 minutes is said to give the feeling of 4 to 8 hours of sleep, while the [Ynessun Spa in Japan](#) claims that drawing yourself a bath peppered with coffee, wine, or faux-noodles dipped in pork broth, can be an effective cure for everything from fatigue to a poor metabolism; just remember to keep your head above water.



Email



Print

Tags: [Fashion](#), [Bergdorf Goodman](#), [Beauty](#), [Sharon Feiereisen](#), [Henri Bendel](#)

BlackBook
RESIDENT REMIX
PRESENTED BY *Solo*

VIEW COCKTAIL RECIPES, INTERVIEWS AND VIDEOS OF RESIDENT REMIX DJs

ACCESS PERKS™
Presented by Equinox Fitness Clubs

Click Here
For a 7 Day Complimentary Trial Membership

City: **New York**

FEATURED PERK

Equinox
97 Greenwich Ave.
Equinox Fitness Clubs, named "America's..."

Elizabeth
205 Elizabeth St.
All bottles of wine are half price on...

Café Loop
105 W. 13th St.
\$28 prix-fixe dinner.

Edward's
136 W. Broadway
Half-priced wine on Wednesdays.

Butter
415 Lafayette St.
Complimentary signature cocktail with...

Clinton Street Baking Company
4 Clinton Street
Half-off bottles of wine on Tuesdays. ...

HOLIDAY GIFT GUIDE

no!no! Face Trainer
A workout for your face, but not...

Fresh Brown Sugar Gift Set
Never before has sugar been sweeter,...

Diesel Watch
Both futuristic and industrial,...

no!no! Personal Hair Remover
Its name is to the point, and so...

[Read More](#)

307 Bleecker Street
LONG ISLAND CITY CONDO. [More details](#)

corcoran.com

GOOD NIGHT MR. LEWIS

- The Most Important Clubs of the Decade
 - Samantha Ronson and DJ Vice Talk Collaboration
 - A Gift List for Clubdom
- [READ MORE...](#)

la vida **L.A.**

• Your Los Angeles NYE Party Planner