



KATE BECKINSALE in Michael Kors

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WORK THOSE CURVES

A flowy number might look pretty, but body-conscious may be a better way to go when dressing for a holiday get-together, advises nutritionist Heather Bauer. "If you wear something snug, you're more aware of how much you're eating," she says.



7 MILK IT FOR ALL IT'S WORTH

To enjoy those cocktails without getting tipsy—and to avoid a queasy rendezvous with bad diner food in the early a.m.—eat or drink something before going out. Albers suggests a glass of 1 or 2 percent milk (almond milk works too). "It helps prevent dehydration and also neutralizes the acidity of the alcohol," says Albers. "What's more, the fat and protein in it slows the absorption of alcohol into your bloodstream."

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STOCK YOUR BEDSIDE

If you don't want to wake up with dehydrated skin, follow this prep step prior to party time. Leave skin wipes, an Evian mist, and an overnight hydration mask on your nightstand. When you get home, just before crashing, wipe off the makeup, spritz your face, then seal in moisture with the mask. Finish by downing a glass (or three) of ice water.

DR. JART Premium Firming Sleeping mask, \$48; sephora.com.



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THINK BEFORE YOU DRINK

Pick your wine carefully. A good rule of thumb: the higher the alcohol level (10 to 15 percent is the range), the more calories. So scan the label to see just how lethal your libation is. Dry white wines, such as sauvignon blanc, tend to be the kindest calorie-wise (about 120 calories per 5 ounces). If you really want to cut back, opt for one of the new low-calorie wines and stick to a two-drink rule. They have a lower alcohol content, so you'll also feel better the next day.

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KNOW THY NIBBLES

When surrounded by pigs-in-puff-pastry blankets, what's a health-minded girl to do? Reach for smarter bites on the appetizer platter. Especially good are those containing lean protein, like chicken skewers or shrimp on a cucumber slice. And feel free to dive into the dry-roasted nuts. "High in potassium, they'll help balance fluid levels to stave off morning-after alcohol headaches," says nutritionist Christine Avanti.

A glass of this low-cal vino has a mere 86 calories. Cheers!

