

December 2014

InStyle

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SIMPLE

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10 WAYS TO

AMP UP
Your Energy

Wake-Up Light
HF3520/60, Philips,
\$170; usa.philips.com

Fake a Sunrise

Waking up by natural light is easier than crawling out of a pitch-dark sleep cave. "Keep your blinds open to cut down on sleep inertia," advises Dr. Robert Rosenberg, author of *Sleep Soundly Every Night, Feel Fantastic Every Day* (\$17; amazon.com). For those of you who must rise before daybreak (we're sorry), the Philips Wake-Up device simulates dawn using different colors of light so you awaken more gently.

2

Bliss Super
Minty Soap
'N Scrub,
\$32; bliss
world.com

Get Peppy

As in pepperminty: "Clean, fresh scents like spearmint or citrus can induce wakefulness," says Dr. Alan Hirsch, neurological director of the Smell & Taste Treatment & Research Foundation. Lathering up with a minty body wash or putting on a dab of essential oil can help resolve an A.M. or P.M. slump.



3

Tea Up

Not all caffeine is created equal. Matcha (pure powdered green tea) contains caffeine and antioxidants that can provide a calm state of alertness, not a jittery espresso buzz, says L.A. nutritionist Christine Avanti. Can't give up your latte? Sprinkle it with cinnamon to help stabilize any coffee-induced spikes in blood sugar.

Imperial Grade Matcha
Japanese Green Tea,
Teavana, \$20/1.4 oz.;
teavana.com



PADMA
LAKSHMI

4 See Red

Winter dragging you down? Cheer up with a pop of color. "Studies show that heat-signifying shades like bright red, hot pink, orange, and yellow trigger energy levels," says Pantone Color Institute's executive director Leatrice Eiseman. Tap the power of the rainbow with vivid lipstick or a neon shirt. "You'll be uplifted just seeing yourself in the mirror," she says. Marc Jacobs Beauty Kiss Pop Lip Color Stick in Wham, \$28; sephora.com.

5 B(e) Yourself

"B vitamins help control blood sugar and improve circulation and oxygen absorption, all of which support energy metabolism," says N.Y.C. nutritionist Tina Ruggiero. She suggests taking one a day, especially after imbibing one too many glasses of champers the night before, as alcohol depletes B vitamins.

Steam and top with healthy ingredients: dried cherries, walnuts, and warm anchovy dressing.



6 Pump Up with Potassium

It's a nutrient we all know is good for us but are never quite sure why. Here's the bottom line: "It's all about energy metabolism," says Ruggiero. "If you have enough potassium, you're keeping your metabolism working at optimal levels." Delicious sources besides bananas? Dates, dark greens (like collards, escarole, and kale), and fish (such as anchovies, cod, and salmon).



REESE WITHERSPOON & NAOMI WATTS

Take a Breather

All that focus on inhale/exhale during yoga isn't just to distract you from the intensity of your *utkatasana*. "Deep, measured breathing distributes oxygen to the entire body, so you feel refreshed," says Avanti. On days when you skip *vinyasa*, slip in a few sun salutations; if you're not a yogi, do square breathing—inhale for four counts, hold for four, exhale for four, hold for four—which works too.

8

Eat and Repeat

Having four light bites is better than devouring one behemoth meal, says Avanti. "Blood-sugar dips make you feel sluggish," she explains. Three snacks to keep things stable: almond butter on celery, dried edamame, or a whole-nut bar (if you must go to the vending machine).

Nuts and Spices Dark Chocolate with Sea Salt bar, Kind, \$2; kindsnacks.com.



9

Power Off

Didn't you know? We are all members of a cult—People Obsessed with Electronic Devices. But logging out at least an hour before bedtime can help you get higher-quality zzz's. "The blue light emitted by phones and tablets disrupts melatonin, a hormone linked with rest," says Dr. Rosenberg. Good night, smartphone!

Kaleidoscope sleep mask, Bona Notti, \$24; bonanotti.com.

10

Chill Out

Waking up all hot and bothered in the middle of the night? Chances are your bedroom is too warm. High temperatures increase the body's core temperature—a sneaky cue that it's time to get up. Crack open a window, or set the thermostat between 62 and 69 degrees so you'll have a quiet snooze.