



MARTHA STEWART

Living

LIFE MADE BETTER

185 Inspiring Ways to
Refresh Your Home, Health
& Happiness

QUICK & EASY
COOK LIKE A PRO

THE ABC'S OF
ORGANIZED STYLE

NEW BEAUTY
ESSENTIALS

CHIC & SIMPLE
THE HOME
MAKE-UNDER

SKIN SAVERS

IMPROVED EYE CREAM

“When you don’t get eight hours of quality zzz’s, your eyes tell the tale,” says Milrad Goldstein. “The new **Estée Lauder Advanced Night Repair Eye Supercharged Complex Synchronized Recovery** contains restorative algae extracts and dark-circle-eradicating yeast extract—it’s a good night’s sleep in a bottle.”

(\$62, esteelauder.com.)



SERIOUS SPF

“**Elta MD UV Clear** is a light, zinc-based sunblock that doesn’t break people out,” says Cybele Fishman, a Manhattan integrative dermatologist. “Plus, the vitamin B3, aka niacinamide, is good for calming down rosacea and lightening sun spots.”

(\$33, eltamd.com.)



WINNING WASH

“The blend of olive and rosemary-leaf oils in **DHC Deep Cleansing Oil** easily and effectively removes makeup and impurities, then rinses off quickly, leaving skin hydrated,” says Heidi Waldorf, a cosmetic dermatologist in Nanuet, New York. (\$14, dhccare.com.)



COLD COMFORT

“When you need to quickly deflate stressed, tired eyes, **Skyn Iceland Hydro Cool Firming Eye Gel Masks** are up to the task,” says Waldorf. (\$15 for 4 pairs, skyniceland.com.)



ACE ANTIOXIDANTS

“Each travel-friendly vial of **Isdin Flavo-C Ultraglican Ampoule** has two days’ worth of vitamin C and proteoglycans, which kick-start hyaluronic-acid production for brighter, more moisturized skin,” says Waldorf. (\$102 for 30, isdin.com.)



SMOOTH SWEEP

“I’m obsessed with **Ren AHA Smart Renewal Body Serum** with lactic acid, because it exfoliates, hydrates, and nourishes, all in one step,” says Patinkin. (\$42, renskincare.com.)

DO-IT-ALL MASK

“**SkinBetter Science Detoxifying Scrub Mask** is a multitasker for busy women,” says Doris Day, a Manhattan dermatologist and author of *Beyond Beautiful* (Center Street, 2018). “It has biodegradable jojoba beads to exfoliate, clay to absorb sebum, and calming ingredients to soothe.” (\$55, skinbetter.com.)

OVERNIGHT SENSATION

“**Neova DNA Total Repair** contains enzymes that have been demonstrated to repair DNA mutations caused by UV radiation that lead to skin cancer,” says Elizabeth Hale, a Manhattan dermatologist and cofounder of CompleteSkinMD. “It’s one of the few things we can apply to mitigate and reverse the signs of sun damage.” (\$99, neova.com.)

HAIR HELPERS



HEAT SHIELD “Leonor Greyl

Condition Naturelle gives fine hair mild, volumizing hold,” says New York City–based hairstylist Peter Butler. “It’s magical for women who need a little lift.” (\$38, leonor-greyl-usa.com.)



TEXTURE TAMER “I recently reignited

my love affair with **Bumble and Bumble Brilliantine**,” Butler says. “It disappears into medium to thick strands, leaving shine and slept-in separation behind.” (\$24, bumbleandbumble.com.)



ROOT RESCUE

“To cover large patches of hair regrowth or grays, I use **Rita Hazan Root Concealer Touch-Up Spray**,” says Butler. “It’s transfer- and waterproof, and comes in five shades.” (\$25, ritahazan.com.)



FAST FIX

“A nickel-size amount of **Virtue Perfect Ending Split End Serum** on damp tresses resurrects hair from the dead and gives amazing shine,” says Townsend. (\$20, virtuelabs.com.)



STRAND REVIVER “Dove Unscented

Dry Shampoo is a game changer,” says Townsend. “You get oil absorption, volume, and texture, and it won’t fight with your perfume for attention.” (\$5, dove.com.)



TIES THAT BIND “Sephora Collection

clear Snag-Free Hair Elastics keep ponytails super-tight,” says Townsend. “I double up: The first one secures hair, and the second lifts and holds it in place.” (\$4, sephora.com.)