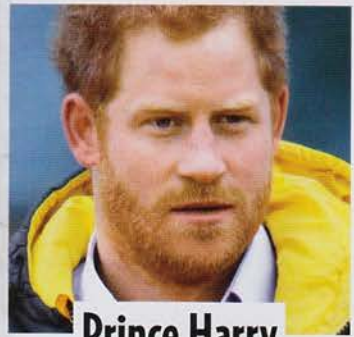


WEEKLY



Train Wreck Romance
ROB'S FAMILY
FREAKS OUT



Prince Harry
HOT NEW
HOOKUP



Mariah Carey
MARRYING
INTO MONEY



HER SON CHOOSES DAD

MADONNA'S NIGHTMARE

The devastated mom sues Guy Ritchie to return her boy
Why she blames her ex for tearing them apart

\$4.99US



7 25274 34190 0

Maximize



1

FADE DARK SPOTS

Glycolic acid in Garnier's leave-on peel can treat hyperpigmentation, says L.A. dermatologist Ava Shamban. The vitamin C-packed serum provides an instant cooling sensation and is gentle enough for daily use. (\$17, drugstore.com)

Molly Sims promises *Us Slip's* silk eye mask "will help you sleep better." (\$40, net-a-porter.com)



3

DRENCH DRY HANDS

When worn once a week, Karuna's single-use cloth gloves lined with jojoba oil and glycerin "restore the hydration balance" to help repair and prevent hangnails and split fingertips, says NYC dermatologist Ellen Marmur. (\$32 for four pairs, beauty.com)



2

WARD OFF CREASES

The nylon and elastane wire-free bra with soft microfiber cups separates breasts so the force of gravity won't etch deep vertical décolletage creases in side sleepers. Reinforced satin straps support without chafing. (\$98, nightlift.com)

4

PROTECT EYES

Swapping cotton pillowcases for silk ones makes sleeping on your side "less likely to crease skin" around eyes, says Marmur. The moisture-wicking fiber slides, rather than pulls, against the face. (\$80 each, slipsilk-pillowcase.com)



5

ZAP BREAKOUTS

Peter Thomas Roth's clear pimple-size adhesive discs hold doses of pore-declogging salicylic acid and tea tree oil. They're barely noticeable, says Marmur, who adds, "You can get away with wearing them to work in the morning!" (\$30 for 72 dots, sephora.com)



Your

Sleep

You can get a lot done in eight hours! Just put these problem preventers and fixers to work

COOL DOWN

Clearer skin is no sweat! A memory-foam pillow specially woven to dissipate heat and regulate body temperature can reduce breakouts, "especially if you have oily skin and are prone to perspiring on your face and scalp," says Shamban. (\$149 for a 5x16x28-inch pillow, [beautyrest.com](#))

8



SOFTEN LIPS

This buttery twist-up is packed with avocado, cranberry and marula oils. Peptides and sea fern algae extract in the apricot-scented balm boost collagen production, and green tea prevents damage from UV-ray exposure. (\$22, [drunk elephant.com](#))

CALM ITCHINESS

Dry patches are alleviated when water from Dyson's humidifier is released into the air and absorbed by skin. The self-adjusting machine also helps speed cold recovery by keeping nasal passages lubricated. (\$500, [dyson.com](#))

9



HYDRATE SKIN

"Skin can lose a lot of water while you sleep," says Marmur, who adds that an oil-based moisturizer seeps in deeply. This soybean and sunflower seed oil-laced translucent face gel melts when massaged into the face, without leaving a shiny finish. (\$88, [lancome-usa.com](#))



Master Meditation

Three top-rated apps put your mind at ease



HEADSPACE

For \$8 a month, you get 400 hours of 10 to 20 minute sessions voiced by Buddhist monk Andy Puddicombe. **Emma Watson** has called them "genius."



BUDDHIFY

This \$3 to \$5 service offers more than 80 guided tracks to overcome obstacles. Among them: **Can't Sleep and Feeling Stressed.**



OMYANA

A library lets you combine 800 inspirational speeches or hypnosis sessions with background noises, like a babbling brook, for \$10 a month.