

# 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

### GOOD LIVING BEAUTY

#### 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](http://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](http://eltamd.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](http://isdin.com).)

### SKIN SAVERS



#### WINNING WASH

"The blend of alive 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](http://dhccare.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](http://renskincare.com).)



#### COLD COMFORT

"When you need to quickly defuse stressed, tired eyes, **Skyn Iceland Hydro Cool Firming Eye Gel Masks** are up to the task," says Waldorf. (\$15 for 4 pairs, [skyniceland.com](http://skyniceland.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](http://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](http://neova.com).)

### HAIR HELPERS



#### HEAT SHIELD

"**Leonor Grey! 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, [leonorgrey-usa.com](http://leonorgrey-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 sleep-in separation behind." (\$24, [bumbleandbumble.com](http://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](http://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](http://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](http://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](http://sephora.com).)