

InStyle

Just Us
Girls

VICTORIA BECKHAM
GETS REAL

BEAUTY

How to Stress Less

CRAVE-WORTHY PRODUCTS
TO GET YOU CALM AND
CENTERED INSTANTLY

INDULGING IN A LITTLE SELF-CARE

doesn't require multiple spa appointments. Few things feel better than a clear mind and clean pores, so go ahead and unwind with these DIY finds. You need only a few minutes to feel better, and if you're really time-pressed, no worries: These items are so pretty, you'll relax just looking at them.

SMOOTH OUT

This fragrant blend of ylang-ylang and lavender (Susanne Kaufmann Oil Bath for the Senses, \$76/250 ml; net-a-porter.com) does double duty. The aroma relieves stress, and the formula softens skin as you soak.

FACE TIME

Clay is in everything from juice to toothpaste these days, and the classic face mask (L'Oréal Paris Purify & Mattify Mask, \$12; drugstore.com) is a no-brainer for maxed-out complexions. Dab it on while Netflix-bingeing; just be sure to pause after 10 minutes to rinse off!

SPRITZ ON

An invigorating mist makes for a great midday pick-me-up. We love Caudalie's version (\$49/100 ml; spacenk.com), which contains energizing notes of orange blossom and mint and can be applied right over your makeup.

ADD SALT

If that spin class has you feeling beat, soothe sore muscles by sprinkling your bath with Herbivore's Himalayan pink salt (\$18; herbivorebotanicals.com). Its subtle vanilla scent will help you drift away.



BUTTER UP

Upgrade your post-shower moisturizer. This decadent cream (Shiva Rose Celestial Rose Body Butter, \$65; shivarose.com) is infused with rose oil, shea butter, and macadamia nut oil. Massage it in from your neck to your toes—or enlist some help.

SET IN STONE

These "charged" crystals (Goop Medicine Bag, \$85; goop.com), which include amethyst and clear quartz, are said to store and emit energy that promotes good juju. And who doesn't need more of that?

BREATHE IN

Whether you have a looming deadline or a never-ending to-do list, just a whiff or two of this transporting elixir (Tata Harper Aromatic Stress Treatment, \$80; tataharperskincare.com) can help you slow down.

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