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Hibernation Mode: Sleep In, Moisturize a Lot, and Recharge Your Spirit, Skin, and Hair

There's a natural lull at the very end of the year that's beautiful to take advantage of, whether your holidays have been hectic or mellow, whether the weather is cold and dark or warmer and sunnier. It's a time to hole up, take stock, and do as much staring into middle distance as possible. Simply luxuriating in a steamy bathtub, phone-less, can shift the entire course of your day; make the water piping hot and steep in there for twenty minutes.

Once you're in, slather on a few low-lift treatments—a reparative deep conditioner, a plumping face mask—to work while you soak. The heat and moisture will help the ingredients penetrate further for even glowier skin and silkier hair.

Skin-Brightening Face Mask



Tammy Fender
RESTORATIVE
RADIANCE MASQUE

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