

WEWOMEN

How To Look Good When You Feel Like Crap

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Whether you've got the post-drinking sweats, a cold-induced break out, sleepless dark circles and questionable breath, it is possible to look fabulous when you feel like crap. No matter how early your morning or how big the occasion, these fail safe tips will see you looking your radiant best again in no time at all.

We've all woken up sick, tired, and hungover from time to time. It sucks. Unfortunately for us, while we're feeling under the weather, the world continues to turn with zero mercy.

So what to do when you have red skin, puffy eyes and hair that's nothing short of toxic, yet need to face mankind?

We spoke with Dermatologist, Dr. Debbie Palmer, founder and creator of REPLERE, a natural, antioxidant-based skincare line, Abby Fazio, co-owner of New London Pharmacy, and Shanice Wynter, beauty guru of The Girly Blog, for their advice on how to look our best when we're feeling our absolute worst.

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1. Get drinking

No we're not talking about having a Bloody Mary. If you need to look human fast, Abby says reach for the water as soon as you wake up, "It seems counter intuitive but drinking as much H2O as you can will flush toxins and reduce puffiness."

Dr. Palmer agrees: "After a long night of drinking, your skin and body become dehydrated. You can reverse this by drinking plenty of water or coconut water to replenish the body and by applying topical moisturizers to hydrate the skin."

Abby loves Sepai Tune It For Face Paparazzi a moisturizer which can add a glow your complexion and take away redness. What could be better?

2. Banish puffy eyes

A bad night's sleep can leave you with inflamed skin and puffy, swollen-looking eyes. But there is a way to banish them before breakfast.

Dr Palmer says, "Steep 2 green or black tea bags in hot water for 3 minutes then place the cooked bags in the refrigerator to chill. When cold, apply to the eyes for 5-10 minutes as needed. For those who are short on time, washing your face with cold water can also have some benefit."

3. Drink more wisely

If you want to take a preventative approach to dreary skin post drinking, Abby recommends Bytox, the pre-drinking patch packed with vitamin B and other essentials. Wish we'd know about that yesterday!

4. Make your skin regime work

Your usual cream cleanser or face wipe routine might not cut it when you're really feeling bad.

Instead invest in some high performance skincare to help you on days where you're not your best. Dr. Palmer recommends applying topical antioxidants to reverse inflammation caused by over drinking or illness.

She says, "Antioxidants are a great hangover cure! For a quick skin pick me up, exfoliate with an alpha or beta hydroxy acid to get rid of that dull top layer of

skin and to reclaim your glow!"

Replere's Skin Tonic and Day Lotion are packed full of all you need to give your lack luster skin the brush off.

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5. Cucumber trick

Dark circles always give you away if you're feeling lousy. Fade them by applying cucumber slices or pads. Abby suggests using Caswell-Massey who have some cucumber eye pads that do just as good a job and last longer.

6. Caffeine hit

Follow your cucumber routine with a caffeine infused eye cream like vbeauté's Eye Never® Nourishing Repair Eye Crème. As Abby says, when you feel like crap, nothing works better than caffeine to pep you up "internal and external!"

Better make it a double espresso today.

7. Foundation

If you're suffering with patchy red skin, Shanice believes in the power of makeup and so do we.

Her key words? "Conceal and accentuate. Apply your foundation all over to even out the overall skin tone, paying special attention to the red blotches around the nose. Light application is key, as to not look caked on. You aren't trying to go for a makeup look, you're trying to look like you again."

She can say that again!

8. Go mad with mascara

Ah mascara. It's always there for us when we need it. And if we've woken up feeling like a mummified relic it's the only thing that's guaranteed to help us back to the land of the living.

Shanice agrees. She says, "it's a staple to any makeup routine to brighten your face. You can forget the pesky eyeliners because a good mascara can do the trick."

From opening up your eyes, to giving you a polished, defined look, don't even think about leaving the house without it. Shanice recommends: CoverGirl's Bombshell Volume By LashBlast Mascara. It literally works miracles.

9. Concealer, concealer, concealer

Say goodbye to the eye bags and hello to MAC's Pro Longwear Concealer. Shanice swears by it. Just sweep under your eyes and pat in with your ring finger to make dark circles disappear. Magic hey?

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10. Lipstick

A red pout is an absolute must to make you look half normal when you're feeling a shadow of your former self. A bold red lip will have everyone fooled that you're feeling bold on the inside too. Pft. So easy!

11. Glow

Highlight yourself to health. No one will suspect you're feeling terrible if you have glowing, radiant skin. We're obsessed with Benefit's High Beam. Works like a charm.

12. Get zesty

Whether you're ill or just feeling the effects of the night before, the chances are you're going to need a little help from the fragrance world. Spritz a perfume with citrus notes to instantly energize your senses. Thierry Mugler's Alien has notes of mandarin for a zesty start to the day.

13. Hair mare

That massive can of dry shampoo you bought is finally about to have its moment. Shake it,

spray it on your roots then massage your hair until the powder residue disappears. Now it looks half-clean bung it up into a gentle top knot, but not too tight, or try plaiting your hair into a fishtail braid. These are easy to do hairstyles that are still chic and don't need to be too neat either.

Thank Gawd!

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14. Fashion illusion

As our fashion writer Lareese says, if you feel awful never dress how you feel. Forget about the sweat pants and fake it til you make it. When you feel seriously in poor form, it's time to bring out your best confidence boosting outfit to make everyone think you're feeling fine. Try a bright colour or a pair of heels and all the attention will be on your outfit.

There you have everyone thinking you feel fine! Do you have any sick day beauty secrets? Tweet us @wewomenUSA!

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