

5 Beauty Hacks for When You're Feeling Sick

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When you're under the weather, the last thing you probably want to do is slap on some makeup, fake a smile, and try out that new braid tutorial you've seen online. However, if hitting the snooze button and calling out of work clearly isn't an option, putting some effort into your appearance does not have to be a painful task.

To take the challenge out of sick day primping and pampering, we've got five key beauty hacks that will surely keep you going when you're feeling rundown, or plagued with a never-ending cold. And whether you want quick hairstyles or brighter eyes pronto, these time-saving looks can definitely work on all those no-sleep nights too.

For Rejuvenated Skin

Being sick can definitely take a toll on your skin, so it's always important to replenish your body with lots of water, plus vitamins and antioxidants.

"When battling a cold it is important to drink plenty of water to assist your immune system in clearing the virus and to increase your intake of antioxidants, vitamins and minerals," says Dr. Debbie Palmer, NYC dermatologist and REPLERE antioxidant expert. "Skin care remedies include applying topical antioxidants, and chilled tea bags.

Taking your chilled tea bags, Dr. Palmer recommends applying them easily onto your face, as this action helps soothe and depuff fatigued skin.

"Steep two green or black tea bags in hot water for three minutes then place the cooked bags in the refrigerator to chill, adds Palmer. "When cold, apply to the eyes for five to ten minutes as needed. For those who are short on time, washing your face with cold water can also have some benefit."

For A Fast Face

Although applying on foundation, shadow and liner may seem impossible when you are sick, it's best to take a cue from beauty experts like Nina Leykind, and keep your overall look easy and painless.

"On days when you're sick and the thought of making up your whole face is just too much, mascara is the answer," explains Nina Leykind, Creative Director of Eyeko. "Mascaras like the Eyeko Black Magic Mascara have a carbon black finish to give you intense definition with just one coat. To apply, simply wiggle the brush into the base of your lashes, thickening up your lash line for a full lash fringe."

For Brighter Eyes

And to give fatigued-looking eyes a boost, skincare shortcuts like reinvigorating eye patches can brighten and nourish the usually delicate eye area with ease.

"If you have ten to 20 minutes to spare, whack on the Eyeko Hydrogel Eye Patches, which hydrate the delicate eye area and Vitamin B3," recommends Leykind. "Brightening and nourishing dark circles, keep these patches in the fridge to maximize the cooling effect."

Red eyes got you down? Simple makeup tricks like flesh colored liner can definitely help feign that bright-eyed and bushy tailed look.

When plagued with red, eyes, use the Eyeko Making Eyes Automatic Gel Eyeliner in Powder

Pink to feign a wide-awake look,” says Leykind. “Drawn along the waterline the off-white hue with a hint of pink brightens the appearance of eyes instantly.”

For Effortless Volume

Getting gorgeous locks may seem like a big fail when your defenses are down, but good hair days while you are sick are more than possible, especially since expert stylists like Tyson Kennedy recommend keeping your looks simple and voluminous.

“For those days when you feel like you cannot get out of bed – the key is voluminous hair that is easy to manage,” says Tyson Kennedy, Cutler/Redken Senior Stylist, co-owner of Cutler Salon Brooklyn.

To get that fuller mane, Kennedy recommends trying out a pumped out ponytail for starters.

“Creating the look is easy - spray a volumizer like Redken Full Frame 07 to dry hair and pull back hair securing with an elastic at the occipital bone. Then, take a half-inch section of hair from the bottom of the ponytail, wrapping it around the hair tie to complete. Finish your look by securing the hair with one to two bobby pins.”

For A Five-Minute Hair Style

But if you are looking for a true beauty shortcut, clip-in pieces can definitely save you some snooze time, as each piece can be placed easily into the hair for an on-trend look.

“Detract fast by adding Beyoncé-inspired Angelo David Couture bangs, which draw the eye upward, and help minimize that too-tired look you get when you’d rather stay in bed,” recommends celebrity hairstylist Angelo David Pisacreta.

Being sick really is no fun, but thanks to these five lifesaving tips, you never have to stress about looking tired or pooped out again. Want more time saving hacks? Try these Expert Beauty Tips That Will Change Your Routine.