



Best Beauty | WAKE UP  
**GORGEOUS**  
 AT EVERY AGE

REJUVENATE  
 your SKIN and HAIR  
 while you sleep.

Here, five easy fixes.

By Lauren Cohen

**20s RESTORE LOCKS** If your hair is chemically treated, you're likely suffering from major damage. Strengthen strands before bed with a hair treatment. The new ones absorb easily! Try Tigi S-Factor Wonderful Tonight (\$60). "By morning, hair will be smoother and shinier," says Lati Domi, art-team director of Toni & Guy/Tigi. For frizzy locks, we like John Frieda Frizz-Ease Overnight Repair Formula (\$9.99).

**30s BOOST YOUR LASHES** As you start an antiaging regimen, why not add a quick and easy lash enhancer to your nightly routine? To thicken and lengthen lashes, brush on prescription Latisse. "It's scientifically proven to work," says New York City dermatologist Heidi Waldorf. For an over-the-counter alternative, try Code.ai Lash Extend Serum L-117 (\$115), which has lipopeptides to increase lash length.

**40s RENEW HANDS** "You'll begin to notice the skin on your hands thinning out," explains Manhattan dermatologist Ariel Ostad. He adds, "The condition of your hands directly reflects your age." Invest in an ultrarich hand cream to use at night, looking for ones that contain retinol to diminish brown spots and hyaluronic acid to lock in moisture. Try ZO Skin Health Oraser Overnight Hand Recovery (\$65).

**50s GET GLOWING** "As you age, it becomes more difficult for skin to renew itself, which can make your complexion appear ruddy," says Ostad. Speed up the repair process that occurs as you sleep with an exfoliating serum, he says. Try StriVectin Overnight Facial Resurfacing Serum (\$59). "It's also just as important to moisturize," he notes. We like Avon Anew Ultimate Night Gold Emulsion (\$34).

**60+ STAY HYDRATED** "Over time, skin gets dry because it becomes less effective at holding in moisture," says Waldorf. Create a plumper complexion by morning with treatments that contain hydrating ingredients and humectants. We like Origins Drink Up Intensive overnight mask (\$21). For more sensitive skin, try Kiehl's Midnight Recovery Concentrate (\$42), which uses lavender essential oil to calm irritation.



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