

## 9 Post-Party Beauty Detox Tips | Mar 17, 2014 - (0) comments - detox, hangover, hangover cure, nightlife, party, St. Paddy's Day, st. patrick's day, tips



Just because you had a wild night last night (congrats!) doesn't mean your face has to show the evidence today!

### 1) Cut out the booze.

Nothing says detox like going off caffeine and alcohol. Switch to green tea to save your skin from dehydration from too much partying. Ring out the tea bags and place on your eyes to reduce puffiness. "Do a home facial or splurge for a pro. Start by steam cleaning your skin and purging pores to get the dirt, oil and residue out with your Clarisonic deep cleansing device. Try a quick fix rejuvenating mask like Caudalie Vinoperfect Enzymatic Peel Mask to brighten, freshen skin and tighten pores, and you're good to go," says Wendy Lewis of BeautyintheBag.com.

### 2) Before you call it a night:

Even if that's at 4 am - drink a couple glasses of coconut water and take aspirin/ibuprofen. "Coconut water is nutrient-rich, containing calcium, magnesium, phosphorous, potassium and sodium. The electrolytes help combat dehydration while the aspirin/ibuprofen help keep a headache at bay first thing in the morning. My personal favorite coconut water is Koh Organic," says Bethany Hilt, Founder of Vertere Skin Care.

### 3) Wash your face and apply moisturizer.

It may seem like the last thing you want to do, but your skin will look immensely better when you wake if you do. "I recommend our Dramatic Transformation Cream SPF 15 can work wonders because it hydrates and renews your skin at the same time to help give your skin a glow in the morning rather than looking dull and sleep-deprived," says Hilt.

#### **4) Turn on your humidifier while you sleep.**

"I always advocate using a humidifier regularly to combat dry air regardless of the season. It's especially important after a long night," says Hilt.

#### **5) In the morning:**

Wash your face with cool water and follow that by wetting a wash cloth with very cold water, folding it and laying it across your eyes for a couple minutes. It will help to combat puffiness in that area.

#### **6) Drink some warm lemon water first thing in the morning,**

...on an empty stomach! It purifies the liver and the skin. "Throughout the day I will avoid all meat and fatty foods (butters, oils) and drink a ton of water to rehydrate. For more superficial results; Applying a cold compress on face and eyes will reduce swelling. Also, applying a super hydrating moisturizer or serum, such as hyaluronic acid will surely save your skin!" says Jolie Martin, director and laser skin specialist at SKINNEY Medspa.

#### **7) And keep on drinking that water.**

According to NYC dermatologist Dr. Judith Hellman, "Drink, drink, drink. Your skin needs hydrating, plus it will flush out the concentration of alcohol in your bloodstream."

#### **8) When you apply your makeup:**

Carefully and lightly brush a highlight powder under your eyes just grazing the apples of your cheeks and the inner corners of your eyes. This will help you look awake although you may feel otherwise.

#### **9) Unpack your bags**

There is no reason to walk around with bags under your eyes all day after a fun night! Finding a product, such as Elite Serum RX, that has Haloxyl in it is key to minimizing puffiness under the eyes. "This powerful peptide facilitates filtering away of surplus fluid that accumulated under the eyes. It also eliminate toxins, which causes the breakage of capillaries," says Tim Schmidt of SkinPro.com.