

More: Beauty Products That Help Fake a Rested Look

BEAUTY PRODUCTS THAT HELP YOU FAKE A RESTED LOOK

Real-Life Solutions for Women 40+ from More Magazine Beauty and Fashion Director Lois Joy Johnson

Most often, those helpful people who always let you know how tired you look aren't really concerned with how rested you are – they're really just saying, "Wow, you look awful today!" Their unspoken message clings like a bad bumper sticker for the rest of the day: Look at me, or maybe don't – I look awful!

And yet, despite their crazy schedules and HDTV, our favorite over-40 newscasters never seem to look "tired." Their faces seem egg-y and smooth, their eyes sparkling and alert, their expressions serene. Of course, having a personal makeup artist doesn't hurt, but with a little effort, it is possible to look as fresh as they do.

Lois Joy Johnson, beauty and fashion director at *More* magazine, notes that looking rested is "all about the skin and the eyes," so to get immediate results, don't bother with lipstick or skin care regimens that can take weeks to work. Johnson recommends her simple 5-step plan to see instant improvements:

1. Start with major exfoliating. The **RoC Resurfacing Facial Peel Kit** (\$25) works like a good dry cleaner, removing "stains" of dead cells and flaky yellow skin.
2. Though the Facial Peel Kit includes a post-treatment cream, Johnson uses the **Caudalie Moisturizing Cream-Mask** (\$40) instead. It gives an extreme moisture boost to restore a dewy finish and what passes for healthy, hydrated skin. Apply a thick layer to the face (including the eye area) for 20 minutes, then leave on a thin layer in place of your usual moisturizer.
3. When stressed, Johnson, applies **Clarins Advanced Extra-Firming Eye Contour Serum** (\$54) first thing in the morning, reapplying as needed to drain water from puffy eyes via its own dose of caffeine. If you only do one thing, do this – it will make the biggest impact.
4. The only eye makeup you really need is a little mascara and the **Mally Beauty Matte Wand** (\$25). Subtle but effective, this pink-beige brightener has a creamy automatic pencil on one end and a sponge-tip powder on the other. Use it on the inner corners of the eyes and just under the brows (pencil first, then powder) to open your eyes and make them sparkle.
5. Model Lauren Hutton wanted camouflage that didn't look fake, so she developed one. **Lauren Hutton Aqua-Elements Base Elements** (\$38) has four creamy concealers you can blend to customize the shade and degree of coverage. It gives skin a glow you'd never guess came from a loose mineral powder foundation.

For more fashion and beauty tips for women over 40, check out the February issue of *More* or visit www.more.com.

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