

Parenting



EARLY YEARS

the secret to
**healthier,
happier
kids**

little beauty
tricks that
pay off big!

29
ways to
defuse
checkup
jitters

make
learning fun!

- easy brain boosters
- insider tips for preschool success
- comfy, classic clothes

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Jergens Natural Glow Revitalizing Daily Moisture

The rare blend that moisturizes as well as it tans, this lotion bronzes you so gradually and subtly, says Dr. Day, that you almost can't get it wrong. (\$8.99)

3 things you can literally do in your sleep

Make every precious minute of snooze time count even more.

GIVE YOUR HAIR WAVES This trick works best for medium-to-thick hair that's somewhere between straight and wavy, but can also help boost body in fine hair or curly hair that's been blown out. Before bed, brush (dry) hair and secure it on top of your head with the scrunchie that's been banished to bathroom-drawer purgatory since back when Jon-Bon was shot through the heart and you were to blame. (Don't use a rubber band, which would leave a mark.) If you have fine hair, says Toye, use a bit of volumizer at the roots before putting it up. Wrap the ponytail around the base, and tuck the ends into the fabric. Then simply release the ponytail when you wake up, tousle, and enjoy your lovely, loose waves or fuller-than-usual body.

LIPS OUT OF BOUNDS

Clockwise from near left: Avon Red 2000 (\$6.50, avon.com); Victoria's Secret VS Makeup Lip Lacquer in Chic (\$14); Maybelline New York Color Sensational Lipcolor in Coral Crush (\$7.49); Revlon Super Lustrous Crème Fire & Ice (\$7.99); L'Oréal Paris HIP High Intensity Pigments Shine Struck Liquid Lipcolor in Euphoric (\$12)

WASH YOUR HAIR Or create the illusion that you did:

Spray or shake some dry shampoo into your roots. When you wake up, any residual telltale powderiness will have been absorbed naturally. Try: Psssst Instant Spray Shampoo (\$8).

SOFTEN YOUR FEET Every night for a week, right before bed, slather on a salicylic acid- and/or urea-rich lotion, then pull on a pair of cotton socks. You'll gradually slough off the rough spots (the salicylic acid and urea dissolve the dead skin) and leave the fresh skin moisturized, says Dr. Day. Sweet feet sans scraping! Try: Kerasal One Step Exfoliating Moisturizer Therapy (\$9.99).

cheap thrills

Six mass-market finds that work just as well as (or better than) their poshest counterparts.

One With Nature soaps Dead ringers for their spa-dwelling brethren, these bars are full of skin- and nose-pleasing natural extracts. (\$3.79 at Whole Foods)

CoverGirl LashBlast mascara This mascara has fast become a favorite in the beauty world—imparting serious, clump-free drama in a couple of strokes, notes Ahnert. (\$9)

exfoliating gloves Yes, we're talking about those gloves that make you look like Minnie Mouse. Available at pretty much any drugstore, they're a less expensive, longer-lasting alternative to body scrubs, says Ahnert. (Around \$6)

John Frieda Frizz-Ease Straight Fixation Smoothing Crème This cream packs professional-strength straightening power and frizz deterrence, says Toye. (\$6.49)

generic paddle brushes Those big, flat brushes with widely spaced plastic teeth are some of the best detangling tools in existence, says Toye. "Much better, in fact, than the priciest boar's-bristle brushes, which are no match for matted mom hair—especially if your kids have been playing around with it." (Around \$5)

Kiss Magic Shine File If you have the rare adult interaction to look forward to and your nails are a mess, skip the polish altogether and try a buffer, like this one, which has all you need in one tool. After quickly shaping the edges of your nails with a file, use the light-gray side (and a continuous, steady motion) to remove any discoloration and ridges from the nail surface in about ten strokes, says Michele Pierno, a nail pro and Kiss spokesperson. Then repeat with the white side, but with increased speed and friction, to bring out the glossiest possible finish. (\$1.19) ✨

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