

PARTY PERFECT

Simple steps to brighten your look

The many gatherings that fill December are special occasions, and the makeup you wear can reflect that. "You just want to add a little shimmer for the holidays," says Mary Curran, Martha's stylist. Several products offer subtle sparkle, so the effect isn't flashy. Curran suggests picking two features—such as cheeks and lips, or eyes and lips—and using the makeup only on those.

FOR CHEEKS

First apply a matte, earth-tone bronzer along the cheekbones. Then highlight just the apple of the cheeks with a pop of color and a little shine from a shimmering blush or loose powder. Avoid using sparkly products all over the face. Not only will it look overdone, but too much shimmer can accentuate fine lines and wrinkles.

FOR LIPS

If you want to play up your eyes, it's best to keep lips a bit more natural. But that doesn't mean leaving them naked. "A sheer, sparkling gloss is really versatile," Curran says. Wear it alone, or apply it over lipstick. To give lips a fuller appearance, she recommends concentrating gloss on the pouty part of the lips—the center points of the top and bottom.

FOR EYES

You can start with a matte base. Take the guesswork out of shadow selection by using a coordinated palette sold in one container. Sweep the lightest shade over your entire lid, from your lash line up to the

brow. Use a darker shade on the lid and a medium one in the crease, and be sure to blend well with a clean blending brush. Add sparkle by applying a shimmering shadow on the lid, close to your lash line. (Keep shimmer off the brow bone. It can reflect too much light and look shiny.) Alternatively, use a sparkling eyeliner, applying it as close as possible to the lashes.

PRODUCTS TO TRY

Items with just a hint of sparkle

- 1. GUERLAIN** Météorites Perles Impériales, \$53; face-powder pearls (color can be applied with a blush brush or a powder pad)
- 2. CLINIQUE** Brush-On Cream Liner in Violet Luxe, \$15; eyeliner
- 3. NARS** Multiple in Luxor, \$37; for cheeks, eyes, and lips
- 4. STILA** Illuminating Finishing Powder in Gold, \$32; for face
- 5. LANCÔME** Color Fever Shine in Tempt Me, \$25; lipstick
- 6. ESTÉE LAUDER** Opulent Shimmer Gloss, \$18; for lips
- 7. LAURA MERCIER** Baked Eye Colour Palette in Champagne and Malt, \$48; two colors in a palette of five eye shadows
- 8. COVERGIRL** TruBlend Microminerals Blush in Shimmering Sands, \$11; powder blush
- 9. ESTÉE LAUDER** Opulent Shimmer Powder, \$32; for face



HOLIDAY COUNTDOWN

When it comes to the busy social season, the best thing you can do to avoid stress and look great is to plan everything in advance, says Jessica Liebeskind, a New York City makeup artist. Take an organized approach to your beauty routine, including scheduling appointments early.

- **Take inventory** of your cosmetics. Replenish basics, and buy a few special items to spruce up your holiday look.
- **Arrange to get a haircut** a few weeks ahead of party time. That way your hair "will have a chance to grow just a bit and not look too perfect," Liebeskind says. If you'd like to leave the styling to someone else, schedule a blow-out at the salon for the day of an event.
- **Schedule a facial** at least a week before a party so skin can recover from any irritation.
- **Have eyebrows groomed** a few days prior to an event so that any redness disappears.
- **Get a manicure** (or do it yourself; see below). If you polish your nails a day or so before a party, it's safe to go with a dark shade or festive red. If you do your nails several days in advance, it's better to choose a lighter shade of polish; it won't be as obvious if you have a few chips later on.

BEAUTY AT HOME

NAILS *with polish*

It isn't always necessary to have your nails manicured professionally. These tips, from nail expert Deborah Lippmann, will help you get high-quality results at home while saving money and time.



PRODUCTS TO TRY

From top:

L'OREAL Paris Pro Manicure Nail Polish in Apple of My Eye, \$5

SALLY HANSEN Diamond Strength No Chip Nail Color in Timeless, \$5

DEBORAH LIPPMANN Nail Lacquer in Lady Is a Tramp, \$16

USE A BASE COAT

"It will leave the surface of your nails totally smooth, so that color goes on without streaking," Lippmann says. Plus, most contain fibers that give polish something to adhere to.

HAVE PATIENCE

"You need to wait a full minute for each coat to dry," Lippmann says. By applying thin coats and letting them dry completely, you can make your polish last a few days longer.

FIND THE RIGHT RED

Red is one of the trickier shades to match to your skin tone. Lippmann suggests using your favorite red lipstick as a guide: Is it a cool blue-red or a warm, yellow-based red? As you pick a red polish, stay in the same color family.

APPLY CAREFULLY

When applying color, don't let the brush get closer than 1/8 inch from your cuticles. "If you start with it right against your skin, as soon as you put pressure on the brush, the bristles will fan out and cover your cuticles with polish," Lippmann says. If polish does get on your skin, wrap a tiny piece of cotton around a wooden orange stick, dip it in nail-polish remover, and carefully go around the edge of your nails.

DON'T SKIP THE TOP COAT

It really does seal in color and protect it from wearing off prematurely.

Text by Sally Wadyka

Martha's pick



This tinted lip gloss is a favorite of Martha's. She wears it alone and over lipstick: The gloss has enough sheer color to stand by itself during the day but can also enhance the lip products she wears at night. Martha likes that it is long-wearing and not too sticky. The winelike shade is a nice color for the season.

SHU UEMURA Gloss Unlimited in WN 283S, \$22, shuueamura-usa.com

ASK AN EXPERT

A GOOD NIGHT'S SLEEP



Are houseguests or seasonal stresses keeping you up at night? Here are some tips from Gary Richardson, a doctor and senior research scientist at the Sleep Disorders Center at Henry Ford Hospital, in Detroit.

MIND YOUR LAST COCKTAIL

Alcohol sedates you, but it also interferes with restful sleep. Richardson recommends taking your last drink at least three hours before bedtime.

TURN DOWN THE HEAT

The body likes a cool environment for sleeping. So remember to lower the thermostat or leave a bedroom window open slightly to let in some colder air.

TAKE A WARM BATH

There's some evidence that the rapid drop in body temperature after a high-temperature bath facilitates sleep. If you soak about 30 minutes before crawling into bed, it may have a sedating effect.

READ A NOT-SO-GOOD BOOK

When you're trying to lull yourself to sleep, don't go for a gripping page-turner, an energizing computer game, or a great TV show—those will wake you up rather than wind you down.

PREVENT INTERRUPTIONS

"If your sleep is going to be interrupted, it should be for something really important," Richardson says, "not for trivial things like your BlackBerry beeping or someone walking past the bedroom door to go to the bathroom." Simple solutions: Turn the phone to silent, keep the bedroom door closed, and use a white-noise machine.

MAKE A LIST

If your mind races with all that needs to get done, take time before bed to deal with your to-dos. "Write a list, and make a plan for what you'll do tomorrow," Richardson says. "Doing that can help you put it aside when it's time to go to sleep."