

RISE AND SHINE!

Want to maximize your beauty sleep? We've got some overnight treatments that will get you gorgeous by morning

SAY GOOD NIGHT

Do you want radiant skin, healthy hair and stronger nails? Make sure you get a good night's sleep. Proper shut-eye gives the body the opportunity to heal and recuperate. "It is in the deepest stages of sleep that the body does most of its restoring and repairing," says David Edelson, M.D., director of the Healthbridge Multi-Disciplinary Center in Manhasset, New York, which specializes in sleep disorders. When you miss out on adequate sleep, it naturally shows on the outside. Besides the dark circles under your eyes, you could suffer from acne flare-ups or even hair loss. To make sure you roll out of bed looking your best, supplement a good night's sleep with overnight treatments that give nature a helping hand. >

BY PAMELA EDWARDS
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