

10 Ways to

Look Better in the Morning



PUT DOWN THE POPCORN

If you want to wake up with a flat tummy, close the kitchen two hours before hitting the sack. Absolutely no late-night snacks? Avoid anything salty. "Cut up a grapefruit and grate some fresh ginger," recommends registered dietitian Lauren Slayton. Grapefruit is hydrating, and ginger is an anti-inflammatory that has the added benefit of calming skin.



ALICIA KEYS



DEVACARE
ARC ANGEL
\$19/12 oz.;
devachan
salon.com.

PAMPER YOUR RINGLETS

If you wash your curly hair at the end of the day, coat wet spirals with gel. "Make them crunchy," says Lorraine Massey, co-owner of Devachan salon in N.Y.C. "They will soften overnight and be the perfect consistency when you wake up." If you go to bed with dry hair, remember that friction creates frizz. The fix? Gather your curls into a high ponytail and fasten with a strip of pantyhose, which won't leave any telltale marks.

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