



## lookgood

then spray with a styling lotion, which will condition as well as offer a slight hold. Leave the rollers in while you apply your makeup (about 15 minutes should do it). When you take them out, run your fingers through your hair. The result should be a chunky, tousled look with a little bounce.

To freshen curls that have been flattened overnight, "dampen hair by spritzing it with a spray bottle of water, then spray John Frieda Frizz Ease Dream Curls throughout the curls and let hair air-dry," advises celebrity hairstylist Sally Hershberger.



Stephen Knoll Hydro Repair Mist (\$23.50, at [stephenknoll.com](http://stephenknoll.com)) helps tame an out-of-control mane.



John Frieda Frizz Ease Dream Curls (\$5.49, at [drugstore.com](http://drugstore.com)) enlivens crushed locks.



**WAKE UP!**  
Put five ice cubes in a spray bottle before you go to bed. When your alarm sounds, immediately spritz your face a few times. The cold water gently stimulates and awakens you. It will also help alleviate any lines and creases that developed overnight.

Lifestyle Consultant Jilda Shernoff

## Morning Breath

### WHAT'S UP WITH THAT?

Bad breath is caused by the bacteria that naturally live in the mouth. When you're asleep—and not eating—your salivary glands slow down. The resulting dark, dry environment is the perfect setting for bacteria to breed. Brushing for at least two minutes before bed (and then not drinking anything except water) will help combat morning breath. "Make sure to brush your tongue, too," advises Debra Glassman, D.D.S., of Glassman Dental Care in New York City. "Bacteria harbor there as well."

### A.M. RELIEF

Got a bedmate who complains when you roll over to say good morning? Dr. Glassman suggests keeping Oral-B Brush-Ups in your nightstand, which look like finger puppets but work like paper toothbrushes. "They attract the plaque and bacteria from your teeth, and don't require a sink," she says. You can also leave a glass of water and breath spray close by. Take a sip of water, swish it around your mouth for 30 seconds, then swallow. Next, spritz the breath spray on your tongue. Again, sip, swish and swallow. "This trick will dislodge the plaque that forms on your teeth during the night and make you fresh without even having to get out of bed," she says.

If bad breath is a chronic problem for you, it could be a sign of something more serious, so a dentist's visit is in order. "A cavity and gingivitis are both bacteria growing in your mouth, which causes terrible odor and won't go away by just brushing and flossing," Dr. Glassman says. "These ailments require professional treatment to rid the mouth of bacteria."



Oral-B Brush Ups (\$2.84, at [drugstores](http://drugstores)) can freshen breath when a toothbrush isn't nearby.



Binaca Peppermint Breath Spray (\$2.29, at [drugstore.com](http://drugstore.com)) is a great bedside companion

Check out our editors' cold-weather product picks at [ForMeMagazine.com/winterbeauty](http://ForMeMagazine.com/winterbeauty).