

BUSTLE

BEAUTY PRODUCTS TO MAKE YOUR SICK DAY BETTER (ALL 24 STUFFY, MISERABLE HOURS OF IT)

The last time I was sick, it was one of those lingering, awful, flu-ish, sinus-y colds that lasted for almost two weeks. (And yes, that is the technical, medical name for my illness.) I wasn't anywhere near death, but I was hellishly uncomfortable. As I struggled heroically through endless tissues, like one of George Washington's men at Valley Forge but without the bleeding feet, I found that some of the products that helped with my cold were already hanging out in my bathroom cabinet.

Post sickness, your skin may be feeling extra stressed out, so you should take it straight to a therapist. A skin therapist! INNOVATIVE SKINCARE®'s HYDRA-COOL® SERUM is designed to help skin recover from stress and damage, according to their Clinical Director, Dr. Charlene DeHaven, who recommends it for "irritated skin occurring for any reason — from sunburn to the skin effects related to cancer therapies."

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