

# Beat The Clock Beauty

## Time-Saving Tips for Looking Good On The Go

(NAPSA)—Between dressing the kids, packing a lunch and getting yourself made up before you race to work, it could be noon before you realize your skirt is on inside out and your hair is standing on end. From juggling the responsibilities of working nine to five and raising kids, today's busy women (the ones without the luxury of a personal assistant) have little time to take care of themselves.

"To eliminate some of the hustle and bustle from your morning beauty routine, make a list of all activities from the moment you wake up to when you walk out the door," says Laura Powell, women's lifestyle journalist. "Chances are, one or more of those tasks could be made more time-efficient by either combining it with another or by using a different approach to accomplish it."

Small, focused changes will ultimately have a greater impact on peace of mind and productivity than total upheaval and transformation. To maximize all of your spare time, try the following self-indulging tips to pamper yourself on the move:

- **Wake-Up Call**—Awaken your senses with a fragrant body wash. In a matter of minutes, the smell will invigorate and energize you as you shower while getting you squeaky clean.

- **Tress Management**—Apply a deep conditioner to wet hair and wear it in a sleek ponytail. The conditioning ingredients will penetrate hair all day, leaving it soft and shiny. Plus, the sleek look is very chic.

- **Kick Off Your Day**—Don't neglect your legs! Moisturize on the move with new L'eggs Care pantyhose. As you move throughout the day, aloe moisturizers are released onto skin, leaving legs feeling luxuriously silky.



**Nine to five should be a work schedule, not odds against finding a little time for yourself.**

- **Multi-Tasking Makeup**—Use all-in-one products for an "on-the-go" glow. Many products, such as stains, have multiple uses for eyes, lips and cheeks.

- **Turnaround Time**—When there's only minutes for a manicure, give your nails a speedy splash of color with one of the new quick-dry polishes. The paint dries as you head out the door.

- **Keeping On Your Toes**—Being on your feet all day can leave them feeling sore. Stash a foot massager under your desk and take time to rub tired tootsies and relieve aches and pains while talking on the phone or drafting a memo.

- **Pulling An All-Nighter**—Pamper yourself while you sleep. Rub lotion on hands and slip them into cotton gloves overnight. You'll awake with soft, smooth skin.

When putting together a busy schedule, be sure not to leave out those magic moments that keep you feeling and looking beautiful. In the end, they can help make the rest of the chaos seem a lot more worthwhile.