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WE ASKED THE EXPERTS to reveal their secrets to prevent over-eating and weight gain, get a quick glow, and hide a hangover.

PARTY PREP Winter's chilly temperatures and indoor heat can suck the moisture from your skin, leaving it dry and dull. To revive your complexion, Los Angeles dermatologist Peter Kopelson, M.D., recommends getting a Neo-Peel glycolic-acid treatment a few days before an event. "It takes only 10 minutes and creates an immediate glow." No time to go to the dermatologist? Giorgio Armani celebrity makeup artist Tim Quinn suggests using the SK-II Facial Treatment Mask (\$17) before applying your makeup for a more luminous canvas. While getting ready, fix yourself a snack so that you don't head straight to the canapés the moment you arrive at the party. Eat a combination of fiber and protein: "They take the longest to digest and keep you feeling full," explains New York dietitian Tanya Zuckerbrot. Spread nut butter on an apple or top fibrous crackers with tuna salad. And beware of your 4 P.M. coffee to help you rally after a long day at work; caffeine can spike your blood sugar and mimic the signs of hunger. Kelly LeVeque, a nutritionist in L.A., suggests opting for a less-cafeinated, unsweetened green tea or a Runa Clean Energy Drink.

BALANCE TEMPTATION When navigating the hors d'oeuvres, Zuckerbrot advises filling your plate with crudités and protein like cold shrimp and chicken skewers instead of puff pastry. "If you stick with protein and vegetables, even when drinking alcohol, you should wake up with a flat stomach," she says. If you can't resist a cheese cube, "always choose

white cheese over a yellow cheese," adds L.A. nutritionist Philip Goglia. "It generally has less fat and sodium." The golden rule for alcohol: More sugar equals more weight gain—and a greater chance of a hangover. Our experts recommend avoiding beer, wine, and sugary mixers in favor of a low-calorie cocktail of vodka or tequila with club soda and lime. If you veer from the plan, preempt tomorrow's bloat with a Pamprin, says Goglia. It contains a diuretic and a drowsiness-inducing anti-histamine to help you sleep.

DISGUISE A LATE NIGHT Hydration, inside and out, is key to recovering from a hangover. Our experts unanimously agree that water is the best hydrator, but if you need something more, LeVeque says to skip the Gatorade and go for the powdered multivitamin Oxygent (\$8.95 for a seven-day supply). "It contains nutrients that are depleted when you metabolize alcohol," she explains. For your parched skin, a hyaluronic-acid-packed serum like SkinCeuticals H.A. Intensifier (\$98) will help draw in water and restore your skin's lost moisture. To improve puffy eyes—a dead giveaway of a late night—first apply an eye gel containing caffeine

to increase blood circulation, says Whitney Bowe, M.D., a New York dermatologist. Try Kiehl's Facial Fuel Eye De-Puffer (\$36). Then neutralize redness in the whites of your eyes with blue-tinted eyedrops, says Quinn. His pick: Laiter Collyre Bleu Eye Drops (\$35). Lastly, apply a creamy concealer strategically near the inner corners of your eyes and on the bridge of your nose; and use less product under your eyes, which can settle into fine lines and look crepey. We like Giorgio Armani High Precision Retouch Illuminating Concealer (\$42). ■



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