

Sweaty to Office-Ready

Go from post-run to *fabulous* in no time.

By Stephanie Cajigal

Whether you're squeezing in runs on your lunch break, before a dinner date or prior to picking up your kids from school, we've got all the tips, tricks and products you need to improve your personal primping speed.

Step #1

60-SECOND SHOWER

For the quickest clean possible, pack your caddy with products that multitask. A two-in-one shampoo and conditioner will save you time as you lather and rinse. While some dual-usage products dry out strands, **Suave Kids 2-in-1** (\$3, drugstores) leaves hair silky and lends a fun scent. Tami Gibson, beauty expert and author of the blog *A Mom in Red High Heels*, recommends assigning this product an additional task: using it as shaving cream.

If, like many avid runners, you tend to break out on your chest and back, Gibson recommends combining acne treatment into your wash-up routine. **Neutrogena Body Clear Body Wash** (\$6, drugstores) has salicylic acid to prevent spots from forming. For perfume-loving ladies, a scented wash removes the seconds needed for a spritz—and the 10 minutes you spend digging through your gym bag to locate the tiny bottle. For a winter-themed scent, try **Bath and**

Body Works Shower Gel in Midnight Pomegranate (\$10, bathandbodyworks.com).

If you're super-stressed for time and showering isn't an option, simply wipe and swipe. Get a quick clean with body-sized towellettes from **Paper Shower** (\$8 for a 6-pack, papershower.com). Then ensure you smell fresh (not fresh from a run) with a clinical-strength deodorant like **Secret Clinical Strength** (\$8, drugstores).

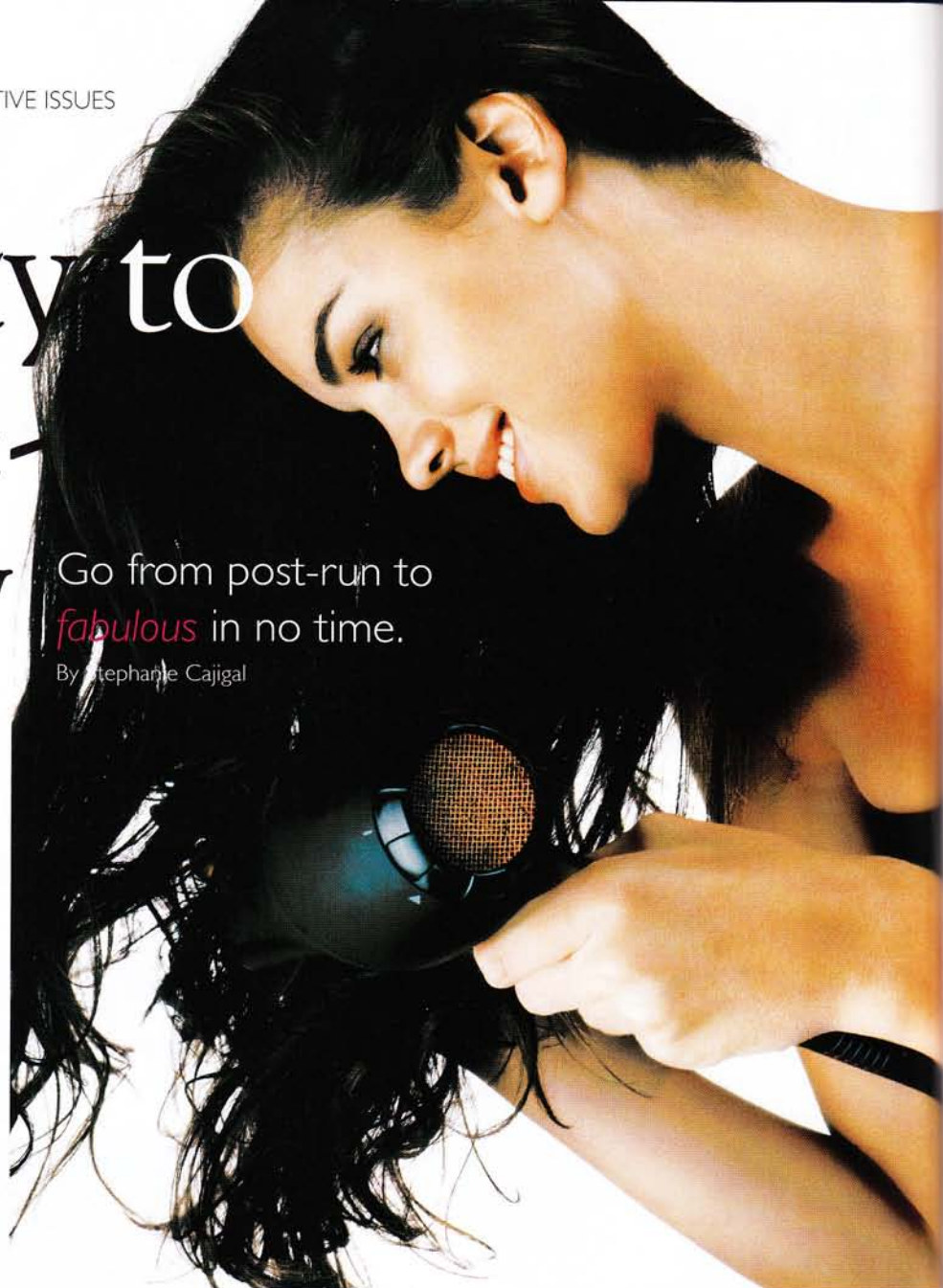
Step #2

STYLE HAIR IN A FLASH

To dry hair quickly, Nina Sutton, author

of *The Chic Mom's Guide to Feeling Fabulous*, recommends wrapping your head in a microfiber towel. **Aqua Sphere Swimmer's Dry Towel** (\$11, aquasphereswim.com) is made of an ultra-absorbent material that soaks up moisture in record time. Next, use an ionic hair dryer like the **Revlon Tourmaline Ionic 1875 Watt Dryer** (\$24, drugstores). "Ionic hair dryers are more expensive but completely worth it. They can dry faster and leave hair smoother and shinier," says Sutton.

You can also save the suds for later and "wash" hair with a dry shampoo such as **Oscar Blandi Pronto Dry**





Shampoo (\$11, sephora.com). "Just put it on your roots and then comb it through," Sutton explains. "Plain baby powder works just as well, and it's not as expensive," she adds.

Once your hair is clean, style in a snap with super-easy hair tricks. (See "Three-Minute Hairstyles" for more ideas). Gibson says the best way to get great hair fast is to invest in a good haircut. "It's your best accessory, and you wear it every day," she says. "Your stylist should be able to determine a cut that would work when your hair falls naturally or for when you wear a more styled look."

Step #3

GREAT FACE IN NO TIME

Save time post-run by doing a little skin prep pre-workout. Gibson recommends using a cleansing wipe before you run to prevent foundation and sweat from clogging pores and requiring you to spend minutes scrubbing afterwards. *Olay 2-in-1 Daily Facial Cloths* gently lift away dirt without irritating skin (\$6 for a 33-pack, drugstores).

For quick and fabulous skin in a snap, beauty pro Sutton likes tinted moisturizers that condition, cover impurities and create a dewy look, all in one application. Her favorites are from

the **Laura Mercier** line, which contain SPF 20 and provide varying levels of matte or luminous coverage. Try the lightweight *Tinted Moisturizer* (\$42, lauramercier.com) for a sheer, easy look.

Sutton also swears by airbrush foundations like **DiorSkin AirFlash Spray Foundation** (\$62, sephora.com) and **Sally Hansen Natural Beauty Airbrush Spray** (\$14, drugstores). "You literally can spray in two seconds and have even, flawless skin," she says.

If your face tends to perspire long after you're done with your run, Gibson suggests finishing with a setting spray that will prevent makeup from running while your body cools down. She likes **Motives 10 Years Younger Makeup Setting Spray** (\$29, motivescosmetics.com).

Step #4

MAKEUP MADE EASY

Lips & Cheeks Save on priming time by using a lip stain that doubles as blush. The **Sephora Collection Lush Flush Lip & Cheek Stain** (\$12, sephora.com) can be used to brighten both your apples and your pout. Lipstick can require some time and skill to apply correctly, so opt instead for a neutral or pink-colored gloss. One to try: **Clinique Chubby Stick Moisturizing Lip Colour Balm** (\$15, clinique.com).

Eyes When it comes to your eyes, Sutton suggests keeping it simple. A few quick strokes of brown eyeliner will look much more natural than a jet-black shade imperfectly applied. **Bobbi Brown Long-Wear Gel Eyeliner** (\$21, bobbibrowncosmetics.com) goes on easy and stays in place. Sutton recommends skipping your eyelash curler and avoiding mascaras touted as "quick drying," as these often leave clumps. Instead, sweep on a waterproof shade that won't smudge even if you continue to sweat, such as **CoverGirl LashBlast Length Water Resistant Mascara** (\$7, drugstores). Ok, gorgeous, you're good to go! ■

THREE-MINUTE HAIRSTYLES

BALLERINA BUN Rub conditioner or **MoroccanOil Hydrating Styling Cream** (\$28, amazon.com) through your strands and slick hair into a high bun. Top with a flowered clip.

PERFECT PONYTAIL If you have long hair, apply a shining serum like **Garnier Fructis Anti-Frizz Serum Sleek and Shine** (\$4, drugstores) and tie back hair into a high ponytail. Wrap a small piece of hair around the base of the pony and secure with a pin.

QUICK CURLS If you don't have time to wash your hair, heat a curling iron while you shower. Once you're out, take three-inch chunks of hair and curl them away from your face for a simple, tousled look.

HIP HEADBANDS For a quick fashion fix, top hair with a unique band to add polish and tame flyaways. We love the **Andreas Beau Antique Sequin Headband** (\$30, andreasbeau.com).

BEACH WAVES Skip blow-drying and spritz your locks with a texturizing spray like **Bumble and Bumble Surf Spray** (\$23, bumbleandbumble.com) for a chic, messy look. You can even make your own by mixing sea salt, water and a sweet-smelling essential oil in a spray bottle.