

Waking up early after the holiday celebrations and indulgences could put a dent in your good mood. These few tips will make your morning experience much easier and you can look and feel great with limited time.

Open your curtains as soon as you get out of bed. Sunlight will slow your body's production of melatonin - a chemical known for causing sleepiness - and increase adrenaline - a chemical that makes you awake, alert and energized. The last thing you probably feel like doing when you drag yourself out of bed is vigorous physical activity, but exercise will give you an immediate energy boost - just what you need to get going in the morning. Exercise increases "levels of energizing brain chemicals dopamine, or epinephrine and serotonin," writes Sari Harrar in Good housekeeping.

A study of business travellers found that those who exercised did 61% better on cognitive tests than those who didn't exercise, reports Harrar. So exercise can set the stage for focus and concentration at work.

An invigorating shower is a great way to wake up and wash up for the day. Make sure that the water's not too hot, as this can dry out your skin and cause redness.

Splash off your body with cool water to re energize.

Some body washes and scrubs are perfect for morning because of their energizing aromas and revitalizing effects. Combine Dr Baumann Spa Line Mineral Sea Peel Oil and a dash of energising Orange Essential Oil or add invigorating Dr Baumann Rosemary, Basil and Grapefruit Ethereal Oils. This makes for an enlivening, refreshing experience. **Don't underestimate the power of essential oils.** They are composed of phyto chemicals from plants, fruits and flowers. These oils quickly evaporate into the air but leave behind their scents. They can also be applied to (and absorbed by) the skin. To "rev up" energy and stimulate alertness. Look out for citrus or spice-based scents, such as grapefruit, mint, ginger, orange or black pepper and basil, suggests Carolyn Kepes of the Web site, Living Naturally. **Dr Baumann has them all.**

The Ultimate "Refresher." After your shower apply Dr Baumann Spa Line Body Tonic Mint or Body Tonic Orange on a damp skin. The skin is re energised refreshed and revitalized. (These tonics can also be used on the face before or after your makeup has been applied)

One study found that "volunteers who washed their faces after napping felt more awake than those who just took a nap," writes Harrar. So, if washing your face can boost your energy levels just add. Dr Baumann's Cleansing Milk as a gentle, water soluble cleanser that washes away impurities and boosts the skins surface moisture content. It contains valuable hydrating and treating ingredients such as Vitamin E, Lavender and Hyaluronic Acid or for those of you who prefer a gel use Dr Baumann's Cleansing Gel containing Macadamia Nut Oil and Urea. It does not dry your skin and leaves it treated and refreshed. **Remember to splash cool water on your face for an instant good feeling.**



Wake up your eyes. Eyes looking puffy or saggy after a poor night's sleep? Simple treatment products can reduce these telltale signs of tiredness: Dr Baumann Eye Gel containing soothing Allantoin will reduce puffiness and leave the eye area smooth and hydrated.

Fuel up and hydrate: "People who skip breakfast struggle more with fatigue later in the day than do people who take time to eat," Elizabeth Somer, a registered dietician, tells CNN. Even if you're trying to cut calories and watch your weight, having breakfast is crucial to your health. Plus, it prevents you from becoming famished and overeating later on.

Be sure you hydrate by drinking at least eight ounces of water. "You've been fasting all night and you wake each morning dehydrated," warns Reader's Digest. Dehydration can cause low energy levels and poor performance on cognitive tests. Can't quit your caffeine habit? Drink even more water, because caffeine acts as a diuretic.

A morning makeup routine doesn't need to be long or complicated. All you need is a few key products to help you look awake, alert and treat your skin, Dr Baumann Intensive Color light or color dark helps to treat protect and even out your skin tone for a radiant complexion. This "multi-tasker" is a must for eliminating the need for a separate moisturizer and foundation. Dr Baumann Blush /Rouge are great for cheeks and lips. It gives a light natural color and radiance to cheeks and lips.

These simple tips will get you going in the morning so you can head out feeling energized and looking great!

Your personal guarantee from Dr. Baumann Bionome Cosmetics; A visibly more beautiful skin in just 3-5 weeks!

Irresistible offers from Dr Baumann

WITH A PURCHASE OF:
Dr. Baumann Bionome
SPA Mineral Sea Peel
Oil, 200 ml Valued at
R529 you will receive a
Dr.Baumann SHAMPOO
75ml valued at R130
FREE OF CHARGE. You
save R130 - This is a
25% discount

WITH A PURCHASE OF:
Dr. Baumann Bionome
SPA Orange Body Tonic
200ml Valued at R513
you will receive a
Dr.Baumann SHAMPOO
75ml valued at R130
FREE OF CHARGE. You
save R130 - This is a
26% discount

WITH A PURCHASE OF:
Dr. Baumann Peeling
mild, 75 ml Valued at
R339 you will receive a
Dr.Baumann Cleansing
GEL 75ml valued at
R133 FREE OF CHARGE.
You save R133 - This is a
39% discount

WITH A PURCHASE OF:
Dr. Baumann Multi-
Vitamin Lotion 75 ml
Valued at R339 you will
receive a Dr. Baumann
Cleansing Milk Special,
75 ml valued at R227
FREE OF CHARGE. You
save R227 - This is a
67% discount

Available from 23 - 29 January or while stocks last