

## HOW TO SURVIVE AN...

**ALL-NIGHT** *study sesh*

We don't recommend cramming, but it happens. Our fast fixes will help you focus *and* look awake after you grind it out.

BY KATE FOSTER

**While You Study****• FIGHT FATIGUE**

When you start fading, spritz your face with a ginger-infused toner to hydrate skin and keep you alert.

(1) **MIYU BEAUTY** De-Stress Mi Beauty Essence, \$34, miyubeauty.com

**• POLISH YOUR MEMORY**

A study has shown that seeing red as you cram will help you recall facts more easily midtest. A crimson mani puts the hue in view.

(2) **CHANEL** Le Vernis Longwear Nail Colour in Rouge Essentiel, \$28, chanel.com

**• WAKE UP YOUR EYES**

Not only will this handy little tube prevent puffiness, but its icy metal tip will also make you feel wide-awake.

(3) **THE ESTÉE EDIT BY ESTÉE LAUDER** Late Night Eraser Brightening Eye Balm with Pink Peony, \$42, sephora.com

**• AVOID ANXIETY ZITS**

Stress can make you oilier, leading to acne. To balance skin, try this black-and-white charcoal-loaded mask for 15 minutes while you flip flash cards.

(4) **BOSCHIA** Charcoal Pore Pudding Intensive Wash Off Treatment, \$38, sephora.com

**• SMELL SUCCESS**

Light a peppermint candle—it'll sharpen your focus. (Plus, once this one is done, you can use the tumbler for iced coffee!)

(5) **ILLUME** Watermint Enamel Tumbler, \$20, illumecandles.com

**• ROCK A CALM SCENT**

The spa vibes of a cucumber perfume will help you chill out during the big exam. You've Got This.

(6) **MARC JACOBS** Cucumber Splash, \$62 for 3.4 oz., Saks Fifth Avenue

**• GLOW, FAST**

Don't waste precious recap time applying a full face—tint lips and cheeks with a 2-in-1.

(7) **CLINIQUE** Pop Oil Lip & Cheek Glow in Nectar Glow, \$18, clinique.com

**• REVIVE YOUR SKIN**

Skimping on sleep dries out your face. Slather on a vitamin C-infused moisturizer to nix flakes and boost luminosity.

(8) **GARNIER** Skinactive Ultra-Lift Miracle Wake-Up Cream Anti Fatigue Hydra-Gel Moisturizer, \$17, drugstores

**• BE BRIGHT-EYED**

Navy tones counteract redness. A few swipes of this mascara and voilà! Eyes look sooo much more rested.

(9) **DIORSHOW** Mascara in #282 Pro Navy, \$27.50, dior.com

**On Test Day****A+ HACKS!**

Use these tips from psychologists at Union Square Practice in New York City to totally slay that exam.

**Get Your Caffeine Fix**

... but don't down more joe than you're used to. That can give you jitters, increasing anxiety and making it hard for you to concentrate.

**Pick Up a Pack of Gum**

Chewing the same brand and flavor of gum during your study session *and* test can help jog your memory.

**Headache Coming On?**

To reduce tension in a snap, use your fingers to massage your temples, ears, and between your brows.

**Take a Speed Nap**

Rather than get no sleep at all, look over your most important notes, then catch some zzz's for 45 minutes (but no more, or you'll feel groggy). You'll remember this info more easily midtest.

**Don't Wait Until the Last Minute!**

Everyone has been there, but prepping for your test sooner—and getting some sleep the night before—is your best bet for nailing a good grade.