

THE ULTIMATE PMS SURVIVAL KIT



SEPTEMBER 25, 2014 | by Brittany Fischer

When it comes to the (Not-So-) Great Aunt Flo, there are two types of women. First, the kind who breeze through their periods completely unfazed. They continue working out, they're as productive at work as they've ever been, and they wear fitted tops with their tight jeans without flinching. They claim the secret to getting through their periods is drinking lots of water.

Then, there's the rest of us: the kind who transform into totally beastly creatures who, should they choose to risk leaving their bed, are stomping around with big bloated bellies, purses overflowing with tampons and chocolate wrappers. We roar and explode at anyone who so much as looks at us sideways. If it's a good day, we're wearing yoga pants with no intention of doing any yoga whatsoever. If it's a bad day, so help us God, we're wearing the worst of the worst. You know the clothing I'm referring to. Those gray sweatpants that are starting to tatter at the bottom. That one pair of enormous underwear that could easily belong to sumo wrestler. A men's hoodie, because our own sweatshirts just aren't big enough to swim in. Skin is a wreck. Hair is piled on top of head. Advils are being popped like M&M's. If you haven't figured it out by now, I belong to the second group, and you know what? I'm not even ashamed. Each month, I tell myself that the pain I'm experiencing is training for childbirth. I consider myself a PMS ninja. The secret, I think, is to take the opportunity to pamper yourself and to get some rest, but without becoming a full-fledged bedridden "Half Ton Woman" impersonator. (P.S. Am I the only one who derives sick pleasure from watching that show? If so, nevermind—forget I said anything!)

If that last paragraph struck a chord with you, hello friend. We're one in the same, cut from the same cloth. Hell hath no fury like us when we're PMS-ing/MS-ing. I feel your pain, and I'm here to help. Here are the things that get me through the darkest days:



1. First and foremost, this aromatherapeutic gem: **Spray The Bitch Away**. To help with PMS, hot flashes, menopausal issues, and overall general bitchiness, this sassy handmade line created this genius mist by using the two oils considered to be the best for those issues: Rose Geranium and Clary Sage. They then added Lavender, Bergamot, and Frankincense, which all have a calming effect. A few deep inhales of this make it virtually impossible to be pissed off about something trivial. I recently took this on a trip to Chicago, and my gay boyf Brian was just as obsessed as I was. After a crazy weekend of drag bars, deep dish pizza binges, and the perpetual sound of yet another champagne bottle being popped, Sunday called for some major R&R. We both had the exact same thought at the exact same time when we woke up that morning. (This is a common occurrence, as we lived together throughout college and were basically conjoined twins the entire time.) "Let's light some candles, douse the bed in Spray the Bitch Away, do face masks, make some hot tea, and watch a fall movie!" It was every bit as glorious as one might expect.

This one's on sale on Gloss48 at 11am ET! Click [here](#) to shop when the time is right!



2. Speaking of tea, you already know how obsessed I am with **MIYU**. It is by far the best tasting tea I have ever had the pleasure of consuming, and it certainly doesn't hurt that it is drop dead gorgeous. I feel like royalty every time I drink it. The "Refresh Me" is minty and invigorating. The "Hydrate Me" is floral and slightly sweet. Both are totes amaze.



3. I know. You want to eat ALL OF THE CHOCOLATE. I am the worst with this. I won't lie: I once ordered three Starbucks desserts just for myself. Espresso brownie, chocolate chip cookie, and a chocolate cake pop. It was actually four if you count the 3 pumps of mocha that I added to my Venti Americano. Not my proudest moment, dear reader, but I'm nothing if not straight with you. Anywho, if you haven't heard about my obsession for this **Josh Rosebrook Cacao Antioxidant Mask**, get pumped. This looks and smells like the yummiest, most decadent dark chocolate frosting, and it satisfies chocolate cravings while making you look prettier rather than fatter. It clears, tones, tightens, brightens, and softens. The flavanols from the cacao activate your blood circulation and leave you with a pretty little pink flush, which quickly vanishes to reveal smooth, supple, younger-looking skin. Sometimes I love a quick mask that gets the job done in a few minutes; other times I really enjoy the ritual of a face mask and want to marinate in it for as long as possible. You can leave this one on for 45 minutes, which is heavenly. Even when I'm not PMS-ing, I love to use it on Sundays to rejuvenate my complexion and prepare for the week.



4. This Oatmeal & Coconut Bathing Milk by **Beridan Naturals** is so scrumptious. It smells DIVINE and it leaves my skin feeling like a baby's butt because it is a natural source of lactic acid, which releases dead cells and provides silky nourishment. Bubble baths are lovely, but there's something extra luxurious about swishing around in a milky tub. Maybe it's because I know that bath milks have been used to soften skin for centuries—Cleopatra and Queen Elizabeth I were both fans.



5. When all else fails, try my new favorite combo: red wine and dark chocolate peanut butter cups. I have yet to meet a problem that this dynamic duo can't solve.



Did I miss anything? Let's discuss in the comments!

xoxo,

